

What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

June is Alzheimer's and Brain Health Awareness Month:

With that in mind, this is a good time to share an informative passage from an article *9 Brain-Kindling Activities to Reduce Alzheimer's Risk for Elderly People*, (Completehomecare.com).

Medical researchers continue to prove that brain kindling activities and exercises can help keep Alzheimer's risk at bay for elderly populations. A new study published in the Journal of the American Geriatrics Society by James E. Galvin, reveals potential Alzheimer's prevention strategies.

According to the study, getting involved in mentally stimulating activities such as writing, reading, and playing games can improve brain health by producing fewer deposits of Beta-Amyloid (a toxic protein that has become the symbol of early Alzheimer's diagnosis). The experts also say that many of these activities spark your senses, assisting you to stay occupied and pay attention, and eventually make your brain more responsive to your environment.

Kindle Your Mind & Senses

Here are nine activities from Dr. Galvin's latest research that you can infuse in daily life to help secure long-term brain health and make an impact in building the foundations of planned Alzheimer's care and prevention.

1. Games that require thinking: Sudoku and crossword puzzles are brain activities that not only improve cognitive capability but also help prevent Alzheimer's disease and other forms of dementia. Cards games, whether it's bridge, a game of poker, or a cut-throat game of hearts with your grandchildren, can also stimulate the mind and sharpen cognitive awareness.

2. Reading: According to medical practitioners, reading (as an activity) is more neurobiologically demanding than processing images or speech. Reading, which requires vision, language, and associative learning - all connected - is far more challenging than watching a movie. So give a thought to joining a book club. This not only promotes reading but also dialogue with others – the two activities that enhance your brain health.

3. Arts & Crafts: You don't need to be da Vinci to make a holiday cap or put together a yearly scrapbook. Put some paint on a canvas, draw the birds in your lawn, knit a sweater or do some woodworking. Working with your hands and creating something new will help keep your senses finely tuned.

4. Develop a new skill: If your mind is tasked to learn, it remains active and healthy. Learn a new language; learn to mend a kitchen sink; maybe you've always wanted to play the piano? Take lessons. Join a cooking class. Most local clubs offer affordable classes through their recreation programs.

5. Writing: Handwritten letters and cards is a dying art, but one that can help keep your brain healthy and well. Maintain a diary or write a memoir, as putting pen to paper enhances hand, eye, and cognitive coordination.

6. Music: Listening to music stirs the mind and the senses; it can be calming as well as stimulating. Also, you can play your favorite instruments and practice the piano, and sing along. Music keeps your hand-eye coordination finely honed and brains tracking.

7. Exercise Daily: ‘Healthy body keeps a healthy mind.’ We’ve heard that mantra for years. Researchers have claimed that physical exercise can, in fact, help reduce Alzheimer’s risk by up to 65%. Physical activity improves breathing and supports the survival of cells that make up the body and brain. Exercise diminishes chronic inflammation and augments the release of a protein which can help brain cells improve cardiovascular and metabolic health. Our qualified personal home care specialists are always happy to jog around with you, whenever you feel like sweating a little.

8. Befriend new technologies: At the rate computer software gets updated, there is always something new to learn. This doesn’t have to be a Herculean task. So, even playing simple computer games can help with Alzheimer’s care, and so does checking email daily and messaging from your mobile phone. Laptops, iPads, and other mobile gadgets can go anywhere with you. There a huge range of apps to pick from – whether you want to play Scrabble, read the news, or track the weather online

9. Stay social and get out in the open: Remain interested, active and engaged in your life and your brain will remain active as well. Visit parks, go to the local theater, make regular trips to the library, chat with neighbors and friends and don’t become a loner. Our care providers will go grocery shopping with you to ensure you are eating the right food at the right time. And, volunteer where you can.

So, it’s never too late to start. Researchers say that a lifetime of involving in these cognitively rekindling activities can improve brain health and help reduce the risk of Alzheimer’s. If you remain optimistic about life and continue to learn new things, your brain will remain well-oiled and challenged. As the old saying goes – if you don’t use it, you lose it.

FHA Hosted Events:

FHA – Commissioners Board Meeting:

This month’s Commissioners Board Meeting will be held at Harborview Apartments on Wednesday, June 18th at 4:30PM. The agenda will be posted at all properties prior to the meeting.

FHA Sew-a-long Schedule

Tatakot on Tuesdays:

June 4th and 18th at 10:00

Harborview on Wednesdays:

June 5th and 19th at 10:00

We look forward to having you join us. 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, and just keep us company.

Cooking Demo with Dena

This month's cooking demonstration will be held at Tatakot on June 11th at 10:00 AM. Dena plans on making a Fruit Chia Jam. Last month at Harborview Dena made a delicious, fast and easy Mediterranean Bean Salad.

Mediterranean Bean Salad

15 oz. can chick peas or white beans
8 oz. jar chopped roasted red peppers
½ cup pitted Kalamata olives
1 chopped cucumber
4 oz crumbled feta cheese
Handful chopped fresh mint leaves
Handful chopped fresh parsley
1 minced clove garlic
Juice of 1 to 2 lemons
2 tbs. olive oil
Sea salt and black pepper to taste

Toss all ingredients together in a large bowl. Makes 4 servings, and stays fresh in refrigerator for up to 5 days. Enjoy!



The Falmouth Housing Authority Board of Commissioners will be participating in the Mass NAHRO (National Association of Housing and Redevelopment Officials Massachusetts Chapter) *Professional Relationships & Procurement* conference presented by Jeffrey L. Driscoll, Esq. on Friday, July 19 from 9:00 AM to 4:00 PM at Harborview Apartments.

Cooking and Coffee with CapeAbilities

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

Nourishing Yoga

Learn classic chair yoga moves at your own pace. Join Dena Irwin, certified Yoga instructor from Cape Cod Community Health Center, on Tuesday, June 25th at 10AM, at Tatakot.

This is a great activity to keep your brain young by being physically and socially active at the same time.

A journey to better health and wellness!

Coffee Social with Guest FHA Staff

This month we will have a coffee social with Linda Connors at Rose Morin on June 19th at 12:00 noon.

We will have refreshments... and lots of laughs!

See you there!



A great big shout out goes to Dick Briana, retired Carpenter, and John Regan, retired Ships Master, for volunteering their time in replacing the felt top to our pool table at Harborview Apartments. What a time intensive and time consuming project that was! Thank you to the great effort and quality job from both these gentlemen.



Nearly 18 years ago Norm Drouin and his amazing wife Pat purchased a few dozen American Flags to be placed proudly at the entrance of their home, Tatakot Apartments. Norm served in the Air Force as an Administrative Specialist. He also flew with the Army and earned an Air Medal along with his Wings. Fellow Tatakot Resident, Michael LaRoche places the flags around the island and circle in front of Tatakot every 4th of July, Veterans Day and Memorial Day. Michael served in the Navy as a Mechanic on the USS Coral Sea, a midway– class aircraft carrier (fondly nicknamed the “Ageless warrior”). Each year, Michael will let Norm know how many new flags need to be ordered to replace the ones that have worn down. The sense of duty and sense of pride reigns strong in these two former service men. Thank you Norm, thank you Michael, and thank you Pat (we miss you and think of you often).



June is...

By Sandra L. Emery,
Tatakot Apartments

June is:

Flowers by the dozens
Weddings of the cousins

Trees full of Colors
Graduation of Sisters and Brothers

Honoring the Flag
But most importantly – DAD

Steady at the helm
Guiding us through life's web
That sometimes can overwhelm

For years to come
We will remember
His wisdom...

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Joyful Noise Music Therapy

Tataketa Apartments - Friday, June 7th from 2:00 PM to 3:00 PM



In an October 2017 interview from KUCI, Orange County Public Radio on Joyful Noise Music Therapy:

“Orange County native and musician, Karl Detken has performed since he was 13 years old in TV shows, in the film, “Duets” starring Gwyneth Paltrow, and was even a Star Search winner. Today he lives for bringing joy to retirees, seniors and hospital patients who are hurt or are healing-----with Kalifornia Karl's Joyful Noise Music Therapy.. ‘Each performance has something magical in it,’ Detken said. ‘Last week a daughter of one of the patients came up to me afterwards and started crying and said it was the first time she had seen her mother laugh and smile in 20 years. I hear stories like that constantly.’


From a massive library of 30,000 backing tracks he plays his guitar and sings music from every decade and style; from Bing Crosby to Bruno Mars, from Pharell to Platters, he has it all.

‘We use engaging activities like sing along on-screen lyrics, audience tambourines/maracas/echo microphones & funny wigs/props. I call it ‘Engagetainment. We add a dose of joy to life in a healthcare or retirement community.’ Detken said.”

We are delighted to announce that our partners at CapeAbilities are graciously sponsoring an event featuring Kalifornia Karl at Tataketa Apartments on Friday, June 7th from 2:00 PM to 3:00 PM.

All Falmouth Housing Authority Tenants are invited; and please, If you plan on attending from a different location - bring a friend!

JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
		Sew-a-long *TAT at 10:00	Sew-a-long *HV at 10:00	Cooking and Coffee with CapeAbilities *TAT at 10:00	Joyful Noise Music Therapy *TAT 2:00	
9	10	11	12	13	14	15
		Cooking Demo *TAT at 10:00				
16	17	18	19	20	21	22
		 Sew-a-long *TAT at 10:00	Sew-a-long *HV at 10:00 Coffee Social with Linda Connors *RM at 12:00	Cooking and Coffee with CapeAbilities *TAT at 10:00		
	Father's Day					
23	24	25	26	27	28	29
		Yoga *TAT at 10:00	Comm. Board Mtg. *HV at 4:30	Cooking and Coffee with CapeAbilities *TAT at 10:00		
30						



Falmouth Housing Authority

Community Health Fair and BBQ!



Community Health Center of Cape Cod and Falmouth Housing Authority invite you to join us to celebrate our new collaboration with a pre-July 4 BBQ and Health Fair!

Wednesday, July 3 from 11:30 a.m. to 1:00 p.m.

115 Scranton Avenue, Falmouth

This free, family-friendly event will include:

- Hot dog BBQ and snacks
- Soft drinks
- Health insurance enrollment support
- Blood pressure screening
- Access to health care resources and information

And more...all are welcome to join us—we'll see you there!

If you have any questions about the event, call

(508) 477-5990 or email info@chocofcapecod.org

