

What do you say, FHA?

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Public Health Advisory—EEE

Update 8/15/19: Eastern Equine Encephalitis virus has been identified in mosquitoes from three different test sites collected by the Cape Cod Mosquito Project. Area truck spraying was conducted on Wednesday, August 14, at 9:00pm to 11:30 pm. The spraying was conducted as planned, with all on the map being sprayed except for the properties that requested to be excluded. Thank you for your cooperation in addressing this public health issue. As always, we strongly recommend that residents use EPA-approved repellents and wear long sleeves and/or pants if tolerable to prevent mosquito bites. If you have any questions, please feel free to contact the Cape Cod Mosquito Control Project at (508)775-1510 or the Falmouth Health Department at (508)495-7485.

In an article published from Mass.gov—*Fact sheet about EEE*

www.mass.gov/services-details/eee-eastern-equine-encephalitis dated August 2019

The virus that causes EEE is spread through the bite of an infected mosquito. In Massachusetts, the virus is most often identified in mosquitoes found in and around freshwater, hardwood swamps. EEE virus particularly infects birds, often with no evidence of illness in the bird. Mosquitoes become infected when they bite infected birds. Although humans and several other types of mammals, particularly horses and llamas, can become infected, they do not spread disease.

How common is EEE in Massachusetts?

EEE is a very rare disease. Since the virus was first identified in Massachusetts in 1938, fewer than 100 cases have occurred. Over 60% of those cases have been from Plymouth and Norfolk counties. Outbreaks of EEE usually occur in Massachusetts every 10-20 years. These outbreaks will typically last two to three years. The most recent outbreak of EEE in Massachusetts began in 2010 and included nine cases with four fatalities through 2012.

What are the symptoms of EEE?

The first symptoms of EEE are fever (often 103° to 106°F), stiff neck, headache, and lack of energy. These symptoms show up three to ten days after a bite from an infected mosquito. Inflammation and swelling of the brain, called encephalitis, is the most dangerous and frequent serious complication. The disease gets worse quickly and some patients may go into a coma within a week.

What is the treatment for EEE?

There is no treatment for EEE. In Massachusetts, about half of the people identified with EEE died from the infection. People who survive this disease will often be permanently disabled. Few people recover completely.

What can you do to protect yourself from EEE?

Since the virus that causes EEE is spread by mosquitoes, here are some things you can do to reduce your chances of being bitten: **1.** Schedule outdoor events to avoid the hours between dusk and dawn, when mosquitoes are most active. **2.** When you are outdoors, wear long pants, a long-sleeved shirt and socks. **3.** Use a repellent with DEET, picaridin, IR3535 or oil of lemon eucalyptus according to the instructions given on the product label. **4.** Keep mosquitoes out of your house by repairing any holes in your screens and making sure they are tightly attached to all your doors and windows. **5.** Remove areas of standing water around your home.

FHA Hosted Events:

FHA – Commissioners Board Meeting

This month's Commissioners Board Meeting will be held at Tataketa Apartments on Tuesday September 17th at 1:00 PM.

FHA Sew-a-long Schedule

Tataketa - Baby bib project for Falmouth Hospital Tuesdays: September 17th at 10:00 PM

Harborview - Superhero cape project for kids at the Carriage House- Wednesdays: September 4th and 18th at 10:00 PM

*Funny story: *While making capes last month one of our regular sewers said "if a kiddo with our superhero cape gets a little naughty, they could turn the cape around to become an apron and they could be put to work."*

Our activities serve multiple purposes. We strive to make cool stuff for people in our community, we stay busy, alert and active, and we use many fine motor and coordination skills. It seems that every time we get together the byproduct of all the hard work is having fun, smiling and laughing... a lot.

If you don't want to sew, so what!
We don't mind.
Join us anyway!

Meeting with the Falmouth Town Clerk

Rose Morin Apartments, Wednesday
September 11th at 10:00

Learn the ins and outs of early voting, voting by absentee ballots, and learn about federal laws that ensure all voters have opportunities to cast ballots. Regardless of your party or stances on issues, all of us are given equal opportunities to vote.

Candidates and current lawmakers turn their attention most often to communities where they know residents will show up to vote on Election Day. Do you have their attention? Let your voice be heard!

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 Monday, September 16th
from 12:00 noon to 1:00 PM

Salt Sea Lane on Thursday, September 19th
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 Tataketa on Thursday, September 12th, at 11:00 AM

Refreshments will be served.
See you there!

Cooking Demo with Dena

This month's cooking demonstration will be held at Tatakot on September 10th at 10:00AM. Dena plans showing us how to make smoothies... a meal in a glass!

Last month at Rose Morin, Dena made refreshing infused waters to help cool you on a hot summer day.

Drinking water infused with fruit or herbs is a smart and tasty way to hydrate and cleanse without getting overloaded with sugar and calories. There are many health benefits of infused water including appetite control, hydration, immune defense, heartburn prevention, blood sugar regulation and weight management.

Hydrate with INFUSED WATER!

Save money while avoiding sugar and artificial ingredients by making your own infused water in seconds! Mix and Match any combination of herbs, spices, fruit, and vegetables in a pitcher of filtered water and let sit for a few hours.

Need inspiration? Try:

- Sliced fresh **ginger** (spicy and anti-inflammatory) with **lemon** slices (brightening & vitamin c)
- **Cucumber** slices (refreshing & a good source of minerals) with **mint** (cooling & stimulating)
- **Cinnamon** sticks (warming & blood sugar helper) with **orange** slices (tangy & vitamin C boosting)
- **Strawberries** (antioxidant packed & naturally sweet) with **basil** (aromatic & helps digestion)
- **Lime** slices (refreshing & immune enhancing antioxidants) with **cilantro** (detoxifying)
- **Rosemary** (energizing & immune enhancing) with **grapefruit** slices (tart, sweet & full of antioxidants)

Salt Sea Parking Lot

The Salt Sea state project to repave the parking lot will begin in September. Certain fencing and lighting will also be repaired. Notifications will be distributed to explain alternate parking areas.

Public Hearing

There will be a Public Hearing about change to the Lease agreement.

Tuesday, September 3rd at 10:00 AM at Tatakot Apartments.

Cooking and Coffee with CapeAbilities

Thursdays, September 5th, 12th, 19th, and 26th 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!

Come join us and share a some laughs!

The more the merrier :)

Nourishing Yoga

Join us at Harborview on September 24th 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!

According to Dena, yoga lubricates your joints promoting circulation of the synovial fluid. The practice of stretching in yoga can prevent and heal inflamed joints and helps reduce friction between the articular cartilage.

Our regulars participants also find that yoga is a big stress reliever and a great source of relaxation.

Important reminders to all FHA tenants

In accordance to the Tenant Handbook:

- Rubbish, garbage and other waste from the apartment unit must be disposed of in the designated trash areas for each building. Please pay close attention to trash and recycling bins and make sure you dispose of trash and recycling in the proper receptacles.
- Housekeeping practices which attract rodents, vermin, insects, cause mold growth or emit offensive odors are prohibited. This in addition to the EEE scare we ask that no tenant put out standing water as it attracts mosquitos. There will be no exception to this policy.
- Failure to maintain 42" minimum pathways throughout the unit, or blocking egress to windows, doors, or access to kitchen or bath facilities is a health and safety violation and is not permitted. Boxed or stacked items may not be stacked over 4 feet in height. All doors and closet doors within the apartment must open fully without blockage. Utilizing bathroom, tub/shower or kitchen as storage is prohibited. Tenants cannot block any egresses in their units with the storage of their items, including motorized vehicles, boxes, or other items. Exterior egresses include stairways/ stairwells, front doors, elevators and cannot be blocked. Motorized vehicles should be stored, under your control, within your unit. If you choose to store them in a common area, they cannot block any egress and you, not the housing authority, are responsible for them. Please contact the Housing Authority if you wish to discuss this mater.
- Work orders may be made in person or over the phone by calling the housing authority at (508) 548-1977. When placing a work order please be specific about the problem. All work orders are logged and prioritized. Do not take on the role of the maintenance department. No alterations are permitted by tenants without approval from the FHA.

Local Events:

One day clothing sale benefiting "Belonging to Each Other"

Saturday, September 7th from 9:00AM to 2:00PM at the John Wesley United Methodist Church.

This one day sale includes: fine clothing, bedding, linens and more. All proceeds benefit "Belonging to Each Other" to support Falmouth's homelessness population.

September 11th Ceremony

Join us at the Falmouth Fire Department, Tuesday, September 11th at 9:00 AM for the 9/11 Memorial Ceremony. It will be held at the Memorial Garden, 399 Main Street.

SOLDIER RIDE CAPE COD

Thursday, September 12th from 9:30AM to 12:00 noon at the Shining Sea Bikeway.

The 8th Annual Wounded Warrior Project Soldier Ride - Falmouth is returning again to the Cape! The Falmouth Ride will be on Thursday, September 12th, the soldiers will ride Falmouth's Shining Sea Bike Path from North Falmouth to Woods Hole and back.

On Friday, September 13th the Warriors will ride on a special route in Yarmouth. The Falmouth Military Support Group is again coordinating the logistics and planning for the Falmouth ride. Please reach out if you would like to help.

<http://www.fmsgroup.org/>



Joe Q Veteran Coffee Break

And the Falmouth Housing Authority

Unite to Support Veterans,
Family Members & Friends
Introduction/Gathering



Socializing and Presentation
September 20, 2019 – 9:30 am

Falmouth Housing Authority
Community Room
115 Scranton Ave. Falmouth, MA

Light Refreshments Served

Free Event

Members of the Community Welcome

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		Public Hearing *TAT 10:00	Sew-a-long *HV at 10:00	Cooking and Coffee with CapeAbilities *TAT at 10:00		
8	9	10	11	12	13	14
		Cooking Demo *TAT at 10:00	Discussion with Town Clerk *RM at 10:00	Cooking w/ CapeAbilities *TAT at 10:00		
15	16	17	18	19	20	21
	Library Book Bike *CH 12:00 - 1:00	Sew-a-long *TAT at 10:00 Comm. Board Mtg. *TAT at 1:00	Sew-a-long *HV at 10:00	Cooking and Coffee with CapeAbilities *TAT at 10:00 Library Book Bike *SS 12:00 - 1:00	Veteran Coffee Break *HV 9:30	
22	23	24	25	26	27	28
		Yoga *HV at 10:00		Cooking and Coffee with CapeAbilities *TAT at 10:00		
29	30					