

# What do you say, FHA?

By Marie Palmer, Resident Service Coordinator

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[www.falmouthhousing.org](http://www.falmouthhousing.org)

T. (508) 548-1977

E. [info@falmouthhousing.org](mailto:info@falmouthhousing.org)

## Stress Awareness Month – April 2021

By National Today

<https://nationaltoday.com>

Stress can be debilitating, and it can cause and/or aggravate health problems. And since stress is a normal part of human existence — nobody is immune to it — it's important to arm ourselves with knowledge so that we recognize when stress rears its ugly head. (Amazingly, we don't always notice it's happening to us.) Stress Awareness Month happens each April. It's important to learn some strategies for coping with this particular silent scourge.



## How to Observe Stress Awareness Month

### Practice meditation

One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.

### Exercise

Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.

### Visit your doctor

They're really in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.

## Four Stressful Facts you Need to Know

### Stress can help — sometimes

According to the National Institute of Mental Health, "stress can motivate people to prepare or perform and might even be life-saving in some situations."

### It's sickening — literally

People under stress — especially those prone to chronic stress — are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease.

### Stressed? Here's why

A survey by the American Psychological Association found that the five factors most often cited as a source of stress were money, work, family, economic outlook and relationships.

### America's highest and lowest stress states

A report on WalletHub found that the most stressed-out states in America are Louisiana, New Mexico and West Virginia. The least? Minnesota, North Dakota and Utah.

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## Why Stress Awareness Month is Important

### **It reminds us to pay attention to our health**

According to the official website, "Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society."

### **It's going strong**

Stress Awareness Month has been an ongoing campaign of awareness and education since 1992.

### **Because we're all feeling it**

A recent survey found that about two-thirds of U.S. workers report engaging in behavior such as drinking or crying regularly in order to deal with stress.

## Six tips to build resilience and prevent brain-damaging stress

May 20, 2013 by [Alvaro Fernandez](https://sharpbrains.com/)  
<https://sharpbrains.com/>

These days, we all live under considerable stress — economic challenges, job demands, family tensions, always-on technology and the 24-hour news cycle all contribute to ceaseless worry. While many have learned to simply “live with it,” this ongoing stress can, unless properly managed, have a serious negative impact on our ability to think clearly and make good decisions, in the short-term, and even harm our brains in the long-term.



### **What Can You Do?**

Rather than simply living with stress, learning how to effectively master our stress levels and build emotional resilience can not only help you feel and perform better on a daily basis, but also protect your brain from the long-term damaging effects of stress. Here's how to do it:

- 1. Get some exercise:** Studies show that aerobic exercise helps build new neurons and connections in the brain to counteract the effects of stress. In fact, a 2012 study found that people who exercised very little showed greater stress-related atrophy of the hippocampus (the part of the brain that stores memories) compared to those who exercised more. Regular exercise also promotes good sleep, reduces depression and boosts self-confidence through the production of endorphins, the “feel-good” hormones.
- 2. Take control:** Studies show a direct correlation between feelings of psychological empowerment and stress resiliency. Empowering yourself with a feeling of control over your own situation can help reduce chronic stress and give you the confidence to take control over your brain health. Some videogames and apps built around heart rate variability sensors can be a great way to be proactive and take control of our stress levels.
- 3. Have a laugh:** We all know from personal experience that a good laugh can make us feel better, and this is increasingly backed by studies showing that laughter can reduce stress and lower the accompanying cortisol and adrenaline levels that result. Having fun with friends is one way to practice to two good brain health habits at once. Even just thinking about something funny can have a positive effect on reducing stress and the damage it causes to your brain.

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4. **Think positive:** How you think about what stresses you can actually make a difference. In one study at Harvard University, students were coached into believing that the stress they feel before a test could actually improve performance on graduate school entrance exams. Compared with students who were not coached, those students earned higher scores on both the practice test and the actual exam. Simply changing the way you look at certain situations, taking stock of the positive things in your life and learning to live with gratitude can improve your ability to manage stress and build brain resilience.
5. **Learn to relax:** Multiple relaxation techniques –through meditation, tai chi, yoga, a walk on the beach, or whatever helps to quiet your mind and make you feel more at ease–can decrease blood pressure, respiration rate, metabolism and muscle tension. Meditation, in particular, is tremendously beneficial for managing stress and building mental resilience. Studies also show that getting out into nature can have a positive, restorative effect on reducing stress and improving cognitive function. So move your yoga mat out into the yard, or turn off that treadmill and take a walk in the park. Your brain will thank you for it.
6. **Socialize in person, over the phone, virtually:** When your plate is running over and stress takes over, it's easy to let personal connections and social opportunities fall off the plate first. But ample evidence shows that maintaining stimulating social relationships is critical for both mental and physical health. Create a healthy environment, inviting friends, family and even pets to combat stress and exercise all your brains.

Living with high levels of sustained stress can have a profound negative impact on your psychological and brain health. While often there is little we can do to change the stressful situation itself, there are many things we can do to alter or manage our reactions to it. Managing stress and mastering our own emotions through simple lifestyle changes and the use of basic techniques that anyone can do can help reduce stress-related damage to the brain, improve emotional resilience and thwart cognitive decline as we age.

## AFFORDABLE HOUSING OPPORTUNITIES

### Affordable Housing Lottery

An affordable housing lottery for three new affordable homes located at the Locustfield Estates in Falmouth, MA for \$235,000 each.

**Application Deadline:** Friday, April 16, 2021 at Noon

**Lottery:** Friday, April 23, 2021 at 11:00 AM

Applications are available online at [www.plymouthredevelopment.org](http://www.plymouthredevelopment.org).

For more information, please contact the Plymouth Redevelopment Authority at (508) 747-1620, ext. 10147 [Redevelopment@plymouth-ma.gov](mailto:Redevelopment@plymouth-ma.gov)



## Resident Survey

We must renegotiate our cable contract, which is for multiple years. The current bulk cable rate per unit is \$31. This is far cheaper than getting cable on your own, however with the change in technology and many people electing to subscribe to wifi, some may want to nix cable so they can stream as a primary alternative.



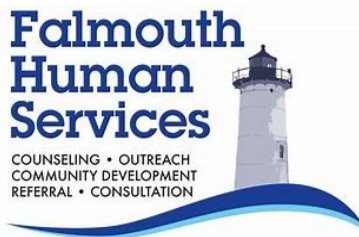
It is important that we get your feedback on both questions as it will impact each one of our residents.

1. Do you want to continue receiving the bulk rate for basic cable or would you like for cable to not be available as part of their lease?

Also, we need feedback for our current smoking policy as it relates to smoking areas.

2. Do you wish for the housing authority to establish, at each of the 5 public housing locations, a smoking area that is away from the residential building or would you like for the entire property to remain as non-smoking?

Please respond to this survey prior to April 19, 2021 by calling Marie Palmer at 508-548-1977 ext. 212. Results will be presented to the Board of Commissioners during the April meeting.



If you think you could benefit from assistance **excessive storage, managing compulsive clutter and collecting**, there are some valuable resources within our community that you could tap into. Falmouth Human Services offers individual counseling and, prior to the pandemic, acclaimed peer support groups such as “Buried in Treasure.”

As indicated on the FHS web page, [www.falmouthhumanservices.org](http://www.falmouthhumanservices.org) : **“If you are a Falmouth resident and do not have health insurance, or you find that you cannot afford the co-pays for your insurance, contact Falmouth Human Services for counseling services at no charge.”**

**Falmouth Human Services is just a phone call away. (508) 548-0533**

## Friendly Reminder!

Annual recertifications need to be returned to the Falmouth Housing Authority by the date indicated on the cover letter inside the large manila envelope that you receive from the office.

Too often this date is ignored which makes collecting and gathering proper documentation stressful for you as well as for the office.



We allow enough time for all housing authority residents to get paperwork together and signed. Please pay attention to the return deadline and start working on this annual requirement as soon as you receive it in the mail.

Also, please know that you can call the office if you need assistance.  
We are here to help you!



## **Want to getaway on a vacation but can't . . . go on a VIRTUAL VACATION!**

### **The 12 Best Virtual Vacations You Can Take Without Traveling**

Written by Wendy Altschuler, 3/23/20

[www.tripsavvy.com/best-virtual-vacations-around-the-world-4799910](http://www.tripsavvy.com/best-virtual-vacations-around-the-world-4799910)

While recent events may have kept us off planes and, well, on our couch, travel still remains one of the best ways to demonstrate our global interconnectedness and humanity. So for now, because we are all in this together (and separately from our individual couches), we'll have to be armchair voyagers as we explore museums, libraries, and historical, religious, and cultural sites. Learning and discovery don't have to stop. Keep reading to find out about the best virtual vacations from the comfort—and safety—of your own home.

- Have a Virtual Adventure at the Grand Canyon
- Wander Through the Sistine Chapel in Italy
  - See Llamas at Machu Picchu
  - Visit the Land of Creation
  - Tour the White House
- Smile Back at Mona Lisa in Paris
- Float Along the Great Wall of China
- Visit the Guggenheim Museum in New York City
- Understand the Natural World in Washington, D.C.
- Witness the Treasures of England's British Museum
- Visit the Statue of Liberty and Ellis Island in New York City
- Learn About Amsterdam's History and Culture at The Rijksmuseum

View virtual tours, maps, and photographs, visit fantastic sites online through 360-degree virtual tours, click on arrows to move up, down, left and right throughout each tour, zoom in to get a better look at your destination of choice, and immerse yourself in beautiful virtual realities.

Watch videos via YouTube – Rick Steve's, Wanderlust Travel Videos, and Virtualvacation.us.

You can, virtually, travel the world – for free- and from the comfort of your home.





### **AARP Foundation Tax-Aide**

Get your taxes done for free!

MA Tax-Aide provides this service for low to moderate income taxpayers of all ages, who cannot afford a tax preparation service, by appointment only.

IRS certified volunteers can prepare your tax returns from their home. For drop off service call the Falmouth Senior Center for more information and to put your name on the list.

**508-540-0196**

### **We Can**

#### **April 23 – Family Law Overview**

Friday, April 23, 2021 at 9:30am, via Zoom

This workshop, offered by FHA's community partners, will be facilitated by WE CAN Volunteer Attorney Kristen Rufo; graduate from New York Law School with honors and distinction as the sole recipient of the Dr. Max Reich Award for Excellence in Civil Trial Advocacy.

We hope you take advantage of this free workshop which will cover "everything women want to know about Family Law but are afraid to ask."

#### **Topics will include:**

- Custody
- Support
- Divorce
- An overview of key legal terms
- Time for Q & A



You must register to attend this workshop by calling 508-430-8111 or email [marina@wecancenter.org](mailto:marina@wecancenter.org)

### **Zoom meeting with Falmouth Public Library**

- Monday, April 26, 2021, at 10:30 AM  
Overview of Homebound Services

Please join Laura Wool, Falmouth Public Library's Homebound Librarian, to learn about how Falmouth Public Library can help you get books, movies, or magazines without the need for a computer or internet access. Tammy Amon, Head of Circulation, will also be on hand to answer your questions about in-person services at the library.

#### **You can attend on Zoom or by Telephone**

Registration is required, so we can send you log in/phone in instructions before the event.

**To register:** telephone Marie Palmer: 508-548-1977 ext. 212 or the Adult Services Department, at the FPL: 508-457-2555 x 7

You can also sign up online at [info@falmouthpubliclibrary.org](http://info@falmouthpubliclibrary.org)



We would like to invite you to join us for a civic discussion with our Town Clerk, Michael Palmer, on Tuesday, April 27<sup>th</sup> at 10:00 AM.

Learn about elections; the process of running for an elected position, and the in's and out's of filling nomination papers.  
There will be time available for Q and A.



**To join the meeting by phone:** call 1-646-558-8656 and enter Meeting ID: 853 8312 9488

**To join by computer or smart phone:** log into Zoom, enter Meeting ID: 361 307 0110 and passcode r01UVW.

### **Community Health Center Zoom Yoga Class**

We would like to invite you to participate in Zoom Yoga classes taught by Community Health Center's Dina Irwin, Certified Yoga Instructor. The classes will take place on Fridays, April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> at 11 AM., in the convenience of your own home.



Join the meeting by logging onto Zoom and enter **Meeting ID# 268 755 316.**



Stay fit and fight stress at the same time... Do Yoga!

### **Board of Commissioners Meeting**

The Falmouth Housing Authority Board of Commissioners Meeting will be held via Zoom on April 20, 2020 at 4:30 p.m. You may join in the meeting by going to: <https://us02web.zoom.us/j/89941075848> ; Meeting ID: 899 4107 5848; or by phone at +1 646 558 8656, Meeting ID: 899 4107 5848.

# FHA Activities Packet 4/2021

**By Marie Palmer, Resident Service Coordinator**

*What do the letter t and an island have in common?*

Answer: You'll find them both in the middle of water.

*What goes all the way around the world but stays in a corner?*

Answer: A stamp.

*What gets bigger the more you take away?*

Answer: A hole

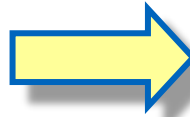
*What two words, added together, contain the most letters?*

Answer: Post office.



## Last months riddles:

- What five-letter word becomes shorter when you add two letters to it?
- What occurs once in a minute, twice in a moment, and never in one thousand years?



## Answers:

- Short
- The letter m

## Riddle of the month



You have me today,  
Tomorrow you'll have more;  
As your time passes,  
I'm not easy to store;  
I don't take up space,  
But I'm only in one place;  
I am what you saw,  
But not what you see.  
What am I?



Call into the housing authority at  
508-548-1977 with your answer.

If you leave a message make sure you  
give your name and phone number,  
also leave the time and date that you  
call.

The first five people with the correct  
answer will get a prize!



**“Mom, can I sleep at Grandma’s tonight?”**

“Mom, can I sleep at Grandma’s tonight?”

I heard in the car, this morning. When I managed to turn around to see my child it made me go back to the past, with just one sentence. She was no longer within my reach.

I travelled far. When did time go by and make us adults full of boring priorities. We fight every day, for something we’re not even sure we really want. When in fact grandma’s house is what everyone needs to be happy.

Grandma’s house is where the hands of the clock take a vacation with us, and the minutes unhurriedly go by.

Grandma’s house is where an innocent afternoon can last for an eternity of games and fantasies.

Grandma’s house is where the cupboards hide old clothes and mysterious tools.

Grandma’s house is where the closed boxes become chests of secret treasures ready to be unveiled.

Grandma’s house is where toys rarely come ready, they are invented on the spot.

Grandma’s house is where everything is mysteriously possible, magic happens and without worries.

Grandma’s house is where we find the remains of our parents’ childhood and the beginning of our lives.

Grandma’s house, on the inside, is the address of our deepest affection, where everything is allowed.

That luxury no longer belongs to me – unfortunately – it will live with me, only in memories. Even so, if I could place an order now, any order of all orders in the world, I would order the same thing.

“Can I sleep at Grandma’s tonight?”

~Author unknown

Good times are within our sights, and we are closer and closer to “normal.”

The many hugs and special times spent with grandchild, a loved one or friend is within our grasps and will certainly be the perfect prescription for a long year of the solitude blues.



## *These Trying Times*

*Wally Durant  
Falmouth, MA*

*We are all in it. No one is spared  
Our days have become boring.  
Like the movie "Ground Hog Day"  
Every day is the same*

*To some the days are long and tedious.  
To some - unbearable - frightening.  
Some - with suicidal thoughts.*

*Many things in life have passed,  
And in time - so will this.  
We who have survived -  
Should work together to lift  
The spirits of all the survivors,  
And work together to start anew.*

*Cleanse our recent thoughts -  
And brighten up a new future.*

*Like the song says - "Put on a Happy Face"*



## **Test your stress level with this quick brain teaser**

July 4, 2014 by [Caroline Latham](#)

Here's a quick test to determine your stress level.

**Read the following description completely before looking at the picture on the following page.**

The picture was used in a case study on stress levels at St. Mary's Hospital. **Look at both dolphins jumping out of the water. The dolphins are essentially identical.** A closely monitored, scientific study revealed that, in spite of the fact that the dolphins are so similar, a person under stress would find many differences between the two dolphins. **The more differences a person finds between the dolphins, the more stress that person is experiencing.** Look at the image and, if you find more than one or two differences, you may want to enjoy a long, relaxing holiday...

~See test image on the following page~

Look carefully, you may see some slight differences...



### **The Stroop Test: Great brain teaser to challenge your mental vitality and flexibility**

October 5, 2006 by SharpBrains

Ready to test your mental vitality and flexibility?

Quickly say aloud what color you see in every word, NOT the word you read. Go from left to right, from top to down. Ready. Set. Go!

Not easy, right? This task is called the Stroop Test, and is used in neuropsychological evaluations to measure mental vitality and flexibility.

Performing well on this test requires strong attention, and executive functions (inhibition and self-regulation capability.)

red	white	green	brown
green	red	brown	white
white	brown	green	red
red	white	green	brown
brown	green	white	red
white	brown	red	green
green	white	brown	red
red	brown	green	white