

What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

Now that we're getting ready for our beautiful and well deserved sunny Cape Cod afternoons, there are dangers that we need to keep in mind.

An excerpt from the article, The Sun Keeps Rising: Why Seniors Can't Skip UV Protection, (Robert Norman, 2015). Many older people seem to feel that after navigating past decades of life's pitfalls, they can cast caution to the winds – especially when it comes to sun exposure.

The first flaw in that thinking is that none of us know how long we will live; Mickey Mantle, who died of cancer at age 63, famously said, 'If I knew I was going to live this long, I'd have taken better care of myself.' We need to keep taking care of ourselves to extend our lives and stay strong and healthy as long as possible.

Between 40% and 50% of Americans who live to age 65 will have skin cancer at least once. Caucasian men over age 65 have had a 5.1% annual increase in melanoma incidence since 1975—the highest annual increase of any gender or age group. It has also been reported that more than half of skin cancer-related deaths occur in persons more than 65 years old. The longer people live, the more likely they are to develop skin cancer and the greater their chances of dying from it.

There are many reasons for this statistic. First, most skin cancers result from sun damage over the course of our lives, and seniors have lived longer; they have had the most sun exposure and sustained the most damage from UV light. Suffering just five sunburns over your lifetime more than doubles your chances of developing melanoma, and each successive tan or sunburn raises the risks further. We never know exactly how much damage will trigger a skin cancer, but studies show that one bad burn in older age may be the straw that brakes the camel's back.

As we age, our skin undergoes changes that weaken our defenses against skin disease: reduced immune systems, poorer healing capacity, thinner skin, and damage from bodily assaults from smoking to pollution. These changes all contribute to accelerated skin aging and increase our risk for skin cancer.

Scientists once thought that most sun damage occurred before age 18, and that this early damage triggered most of the genetic changes that later led to skin pre-cancers and cancers. That left some older people thinking, 'The damage is done, and there's nothing I can do about it.' However, subsequent research showed that we continue to have substantial UV exposure as long as we live; the majority of exposure occurs after age 40. This later exposure is often what kicks on skin cancers, so sun protection remains vital throughout our lives.

Since we know that UV exposure is its primary cause, skin cancer is almost entirely preventable. Fortunately for older people, prevention is not that big a burden. It just takes some consistent precaution. It's pretty much a three-pronged program:

1) stay out of tanning beds, 2) use effective sun protection, and 3) check your skin.

The effects of bad habits add up, increasing your chance of any and all diseases, including skin cancers. So take care of yourself.

FHA Hosted Events:

FHA – Commissioners Board Meeting:

This month's Commissioners Board Meeting will be held at Tataketa Apartments on Tuesday, May 21st at 1:00 PM. The agenda will be posted at all properties.

FHA Sew-along Schedule

Tataketa on Tuesdays:

May 7th and 21st at 10:00 AM

Harborview on Wednesdays:

May 8th and 22nd at 10:00 AM

We look forward to having you come 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.

Coffee Social with Guest FHA Staff



This month we will be having a coffee social with Linda Connors. Linda and I look forward to a visit at Choate on Wednesday, May 29th at 12 noon.

We'll see you there!

Cooking Demo with Dena

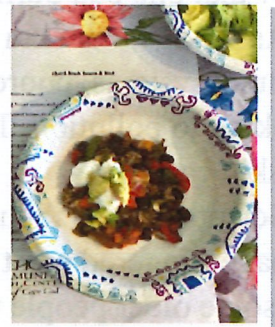
This month's cooking demonstration will be held at Harborview on May 14th at 10:00 AM. Dena plans on making a Mediterranean salad. Last month, at Tataketa, Dena made a delicious Rice and Beans dish that is a great plant-based source of protein.

Quick Black Beans & Rice

2 tbs. olive oil
10 oz. bag frozen onions and peppers
- defrosted
2 cups cooked brown rice
15 oz. can black beans, drained
1 tsp. cumin
½ tsp. garlic powder
½ tsp. oregano
Few dashes Worcestershire sauce
Salt & pepper to taste

In a large skillet heat oil over medium high heat. Add remaining ingredients and cook, stirring for a few minutes until heated through. Enjoy! Makes 4 servings.

Optional toppings include plain yogurt, cheese, avocado, cilantro, black olives, chopped tomatoes.



Falmouth Public Library Presentation

- Rose Morin, Monday, May 20th at 11:00
- Harborview, Wednesday May 22nd at 2:00
- Tataketa, Friday May 24th at 11:00

We will be meeting with Jill Erickson, Head of Reference & Adult Services, to learn about some of the awesome programs the Falmouth Public Library has to offer.

Residents at Choate and Salt Sea Lane, please join us at a time and location convenient for you.

Community Sing-along

Come join us at Tatakot on Thursday, May 23rd at 1:00 PM for a Motown sing along. We'll be turning up the volume for some classic songs from Diana Ross, Stevie Wonder, Smokey Robinson, Marvin Gaye, Gladys Knight and the Pips, The Temptations, The Commodores, and The Supremes; just to name a few.

As always, thank you to the crew at CapeAbilities who always bring along their smiles and positive attitudes. We appreciate their kindness and look forward to many laughs together!

Nourishing Yoga

Learn classic chair yoga moves at your own pace. Join Dena Irwin, certified Yoga instructor from Cape Cod Community Health Center, this month on Tuesday, May 28th at 10AM, at Harborview.

This is also a great activity to keep your brain young by being physically and socially active all at once.

A journey to better health and wellness!

Skin Cancer awareness

In observance of Skin Cancer Awareness Month, Dr. Maria Azizian, MD FACS, from Mindful Medical Care on Teaticket Highway, East Falmouth, will be holding presentations on skin cancer prevention and treatment.

- Tatakot, Tuesday, May 7th at 1:00 PM
- Harborview, Tuesday May 21st at 1:00 PM

Cooking and Coffee with CapeAbilities

On Thursdays at 10:00 AM a group from CapeAbilities bakes 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!

Measles vaccine clinic

Community Health Center will host an onsite Measles vaccine clinic in May. Ask questions about the recent outbreak, treatment options, or just stop by to say hello to the clinician.

FHA Guest Computer

Our Guest Computers are available during our regularly scheduled office hours:

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

Many FHA tenants are taking advantage of our guest computer. We enjoy being able to provide this service to you.

May means Mother's Day

By John Mendoza,
Tatakot Apartments

May means to me
My Mother and I
Saying Hello, Saying Goodbye

Every Mother's Day
We got together,
Enjoyed the weather
And sat and chat on the deck

At the end of the day
Sentiment held sway
Because this was Mother's Day...

Friendly Reminders to prepare you for the Spring and Summer months

(In accordance to the updated *Federal Tenant Handbook*)

Bike Registration

Please come into the office to register your current bicycle with the Resident Service Coordinator. In order to store your bike on the provided bike racks the bike must be registered with the Authority. Tags will be issued as a part of this years registration. Untagged bicycles will be removed from the racks. You will be responsible to provide your own locking mechanism. Bikes that are inoperable (i.e. broken chains, flat tires, etc.) may not be stored on the bike rack.

Birdfeeders and Birdbaths

Housekeeping/other practices which attract rodents, vermin and insects cause mold growth, emit offensive odors and feed other wild animals. Birdfeeders and/or birdbaths are not permitted on Falmouth Housing Authority properties.

Air Conditioners

The Authority does not provide air conditioners. If you choose to purchase one, the Authority will install and remove it. A work order is required for this service. There is no charge for this service.

Community Grills

The Authority has/will establish community grill areas on each Federal property at a distance established through the fire code. This is the only area where grills will be permitted. No personal grills are allowed to be used or stored in the units or on the porches/balconies/decks.

Community Hosted Events

Falmouth Commission on Disabilities - Wellness Fair

Saturday, May 4th 10:00 AM - 2:00 PM
Gus Canty Recreational Center
Please mark your calendars & plan to participate in the Falmouth Wellness Fair, sponsored by The Commission on Disabilities. There will be representatives from many community organizations, who provide valuable services, equipment & products to benefit our disabled residents, their families and other caregivers. There will be a fun wheelchair obstacle course, along with healthy snacks & refreshments!

Annual Rummage Sale

Saturday, May 4, 2019 9:00 AM - 2:00 PM
First Congregational Church of Falmouth will be selling Ladies & Men's Clothing, Jewelry, Books, Plants, Linens, White Elephant and Tools. Lunch will also be available.

Falmouth Police Law Enforcement Memorial

Friday, May 17th at 9:00 AM the community is invited to attend a memorial services dedicated to those who have died in the line of duty. On this National Police Memorial Day, Falmouth honors the memory of Officer Samuel Pierce, End of Watch 1932. The ceremony will take place at the Memorial Garden in front of the Falmouth Police Department. Please join us in paying our respect.

Candidates Night

Wednesday, May 08, 2019 7:00 PM

Falmouth Public Library, Hermann Room

Mindy Todd, host of WCAI's *The Point*, (Local NPR for the Cape, Coast & Islands) will serve as moderator.

Candidates for contested offices on the Falmouth Board of Selectmen and Falmouth Planning Board in the May 21, 2019 Annual Town Election will make brief presentations. They will also answer questions framed by the League of Women Voters and others posed by the public. Rather than addressing questions to candidates from the floor, attendees will have the opportunity to write questions for the candidates on cards handed out by League members at the door. Candidates will address those questions as time permits. Questions must be addressed to each candidate for a contested office, and equal time will be allotted to each candidate. Candidates for non-contested offices on town boards and those for Town Meeting will introduce themselves.

FCTV will broadcast the event live on Channel 13, with several rebroadcasts scheduled before the election.

Spring at Spohr Gardens

Saturday, May 18, 2019 10:00 AM - 4:00 PM

45 Fells Road
Falmouth, MA.

Experience the sheer beauty of thousands of daffodils!

Activities for children, Wishing Tree, guided tours, and plant sales.



The Falmouth Farmers' Market

Thursdays' from May 24th through October 11th
from 12 noon to 6:00 PM

Marien Park on Scranton Ave.

The Farmers' Market features vegetables and fruits from farms in Falmouth, on Cape Cod, around Buzzards Bay and Southeastern Massachusetts. Local smoked fish, eggs, artisan cheeses, breads, pies, pastas, meat, herbs, flowers, vegetables and handmade items are featured.

Women's Advocacy Day

The Massachusetts Commission on the Status of Women invites you to Women's Advocacy Day on Tuesday, May 21, 2019
From 9:00am - 1:00pm

Massachusetts State House, Great Hall

Speak with legislators about issues that effect you, your family, and your community. Learn about the legislative process and priorities. Hear from elected officials about the status of women's access to equality and opportunities in Massachusetts. We encourage you to bring your colleagues, friends, and families!

Breakfast/Registration: 9:00am - 10:00am

Speaking Program: 10:00am - 11:00am

Legislative Visits and Lunch: 11:00am - 1:00pm

For more information please email mcsw@state.ma.us or call 617-626-6520

MAY 2019

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4

Cooking and Coffee
with CapeAbilities
*TAT at 10:00

5 6 7 8 9 10 11

Sew-along
*TAT at 10:00

Skin Cancer
Awareness
*TAT 1:00

Sew-along
*HV at 10:00


Cooking and Coffee
with CapeAbilities
*TAT at 10:00

12 Mother's Day 13 14 15 16 17 18

Cooking Demo
*HV at 10:00

Cooking with
CapeAbilities
*TAT at 10:00

ACCOP Public
Hearing *HV 10:00



19 20 21 22 23 24 25

Library Services
Presentation
*RM 11:00

Skin Cancer
Awareness
*HV 1:00

Comm. Board Mtg.
*TAT at 1:00

Library Services
Presentation
*HV 2:00

Sing along
*TAT 1:00

Cooking and Coffee
with CapeAbilities
*TAT at 10:00

Library Services
Presentation
*TAT 11:00

26 27 28 29 30 31

Memorial Day
*Office Closed

Yoga
*HV 10:00

Coffee Social with
Linda Connors
*CH 12:00

Cooking and Coffee
with CapeAbilities
*TAT at 10:00