

What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

www.falmouthhousing.org

Cape Cod Health News

Mastering the art of falling safely

December 31, 2019 By: Roberta Cannon

While sleet can make for slippery walking, caution and paying attention can prevent falls in all conditions. Many of us have experienced a time in our lives when a fall sends us flying through the air or just stumbling a bit. If we're lucky, we survive with only some bumps or bruises. Some falls can mean time out of work, inability to get around, possible hospitalization and physical therapy.

The Centers for Disease Control and Prevention (CDC) issued a 2015 report citing falls as the leading cause of non-fatal injury in all age groups, except one. In the 15-19 age group, falls were the second leading cause. The report also showed that a little more than 9 million reported non-fatal falls per year in the population 55 and older.

"The age group that has falls most often is between 50 and 60," said Jinx O'Loughlin, PT, MBA, CEEAA, a physical therapist with Cape Cod Healthcare. "They are still active and haven't yet lost mobility, but may be starting to lose stability."

So what do we do if the inevitable happens and we're on our way to the floor or the ground?

She suggests the following:

- Most importantly, protect your head; tuck your chin and bring your arms up around your head.
- Do not put your hands out in front of you to break the fall, because you will have the full weight of your body on your wrists and shoulders.
- Go with the fall; just be smooth and stay loose and try not to fight it.
- If you are walking in slippery conditions, walk slowly, keep scanning your environment and slide your feet along, if you have to.
- Try to land on your butt or your shoulder, where there is more muscle.
- Roll when you hit the ground; don't try to stop.
- Bend your knees and elbows; collapse and go with the fall.

This can be a lot to remember and O'Loughlin recommends practicing falling, so you'll know what to do. "Go to a senior center or a gym and practice falling on an exercise mat," she said. "There is usually someone that can train you how to fall. You begin by starting to go down slowly, then you go a little faster followed by learning how to roll. If you practice how to fall, then you won't panic when it happens."

Another tip to practice at the gym is getting up after a fall. "Whether you use a piece of equipment or furniture, put your hands out in front of you to grab it, raise yourself to a half-kneeling position with one leg and then try to push up to a standing position," she said.

There may be a time when we fall at home or in a location where we can't get up. If that happens, make some noise.

- Try to call for help and, if someone is within earshot, yell to them.
- Get to your phone or lifeline, if able.
- Slide to a window or door to yell for help.
- Try to attract attention by banging pots and pans, rattling the furniture and or hitting something.
- If you can't get up, try to grab a pillow or blanket to get as comfortable as possible to prevent shock, especially in the cold. Also, move around a little bit to keep from getting stiff.

Scan your surroundings, make sure lighting is good, be present in the moment so you'll be aware of your environment and pay attention.

While these tips are all helpful, prevention is really the key. Stay strong and fit.

FHA Hosted Events:

FHA – Commissioners Board Meeting

This month's Commissioners Board Meeting will be held at Harborview Apartments on Tuesday, February 18th at 1:00 PM.

Cooking and Coffee with CapeAbilities

Thursdays, February 6th, 13th, 20th and 27th at 10:00 AM at Tataketa Apartments.

Every Thursday a group from CapeAbilities bakes up a storm in the Tataketa community kitchen. If you want some great company with lots of laughs, coffee and a fresh baked treat-hot out of the oven, then please join us. You won't be disappointed!

Or if you prefer, this thoughtful group would be more than happy to pay you a visit and deliver a baked treat to you. Let Marie Palmer know if you are interested (508)-548-1977 ext. 212

Classic Love Songs, Sing-a-long

Friday, February 14th (Valentines' Day) at 1PM at Tataketa Apartments; we'll be singing classic love ballads from Dean Martin, Frank Sinatra, Elvis, and the Beatles... to name a few.

We believe in the motto "the more the merrier" and hope you can join us for refreshments and lots of laughs!



Joe Q. Coffee Break

Harborview Apartments
February 21st at 9:30 AM

Joe Q. Veterans Coffee Break will be held at Harborview Apartments on the third Friday of each month. This month's Coffee Break will be held on February 21st at 9:30 AM. Alan Driscoll will hold a presentation on "War Dogs".

Whether you are a Veteran, a spouse of a veteran, a child of a veteran, or a friend, you are all welcome to join this supportive community!



Harborview - Scarf/hat project

We will be getting together Wednesdays: February 5th, 12th, 19th, and 26th 12:00 PM to knit, crochet, or loom scarfs and hats for those in need of something warm and made with love.

Experienced or novice we would like you to be a part of this great project; or come and join us for a cup coffee and snacks!

Tatakot Bib Project:

Our first batch of 100 baby bibs were delivered to the Falmouth Hospital Maternity department on New Years Eve! The nurses were tickled pink when they received our donation.

This project began because of the 70th anniversary of the Falmouth Housing Authority. We decided to give back to the community.

We put an advertisement in the Falmouth Enterprise asking for donations of sewing machines. Eighteen sewing machines were donated along with several bags of fabric. One man saw the ad and offered to donate his time to tune up and repair any machines that need it.

Bobbi Richards and I met with the manager of the Maternity department at the Falmouth Hospital to tell them our idea. She told us the hospital averages 350 baby's born a year. A daunting task, we decided to make 400 bibs for the babies of Falmouth Hospital. A crafty and charitable group took interest in the project and before we knew it, were at the helm and leading the way through completion of the project.

We arrived at the Hospital on New Years Eve with a box full of bib's, a photo album featuring everyone involved in this "labor of love", and a story of a two year project that would pull at your heart strings. The gratitude and astonishment on the manager and nurses faces made it all worth the effort.

Back to the drawing board... we need ideas for our next project! Join us at Tatakot on Tuesday, February 4th at 10 AM for an idea session. We hope to begin sewing on February 18th at 10AM.

Join us for the crafting, the coffee and light refreshments or the socialization!

Cooking Demo with Dena This month's cooking demonstration will be held at Harborview on Tuesday, February 11th at 10:00AM.

Last month Dena made a delicious and easy "Savory Oatmeal" that we recommend trying.

Savory Oatmeal:

Who needs sweet oatmeal? Savory oats make a perfect breakfast, lunch or dinner. To your bowl of cooked steel cut or rolled oats stir in mix-ins then top with toppings Choose from the ideas below or use your imagination.

Mix-ins:

Extra virgin olive oil
Sesame oil
Butter
Nutritional yeast
Grated parmesan cheese
Pesto
Hot sauce
Marinara sauce
Natural peanut butter
Herbs & spices
Lemon/lime juice

Toppings:

Nuts & seeds
Chopped scallions
Sautéed greens
Sautéed mushrooms
Peas/snow peas
Sun dried tomatoes
Poached egg
Chick peas/ beans
Avocado
Onions & garlic
olives

Need inspiration? Try one of these bowls:

- Olive oil, marinara sauce, basil & oregano, sautéed kale, caramelized onions, white beans and parmesan cheese
- Olive oil, cumin & chili powder, black beans, avocado, chopped tomatoes, black olives and lime juice
- Butter, chopped tomato, poached egg, and avocado
- Peanut butter, jam, cacao nibs, walnuts and cinnamon



*You can cook your oats in a crock pot over night! One cup of steel cut or rolled oats to 4 cups of water.

Peace Circle

Representatives from Falmouth Human Rights Advisory Commission will be holding a "Circle"; a forum to discuss difficult and important issues in a safe environment.

The Peace Circle will now be part of our monthly schedule and take place on the 1st Monday of each month at 9:30 AM.

This month's Circle will be held on February 3rd at 9:30 AM at Harborview Apartments.



Falmouth Cultural Counsel

Next Art Class will be held at Tatakot on Monday, April 20th at 1:00 PM
Linda Dias will be instructing the class and the feature project will be a "tangerine sunset".

Last month the class painted a blue moon shadow landscape.



"In the Winter"

By John Mendoza,,Tatakot Apartments

In the winter
The season of snow
Waking in a wonderland of white
A landscape beautiful and bright

In the winter
The season of storms
We catch up on reading
We fill out our forms

In the winter
The season of cold
We bundle up
We hunker down
And dream of spring
Coming around



Community Health Center February Schedule

Primary Care Visit: Dr. Stephanie Prior will be at Harborview on February 13th from 2:00 PM to 5:00 PM . *(If you are a patient of Dr. Prior and would like to meet with her at the Harborview Clinic just call her office and make an appointment for the Harborview location.)*

Pharmacist, Lynne Bridges will be at Harborview on February 18th from 1:00 PM to 3:00 PM

Local Events:

BINGO Night

Wednesday, February 05, 5:00 PM - 9:00 PM
The Coonamessett
311 Gifford Street
Bingo Night hosted by your favorite vendors & artisans!

Active Bystander Training

Saturday, January 11, 2020 2:00 PM - 4:30 PM
Falmouth Public Library
300 Main Street Falmouth
Active Bystander Training
Hosted by No Place for Hate – Falmouth
All are invited to this free program on how to positively support others.
Hermann Foundation Room, Falmouth Public Library
RSVP to npfhfalmouth@gmail.com

Coyotes on the Cape

Thursday, February 13, 7:00 PM
Falmouth Museums on the Green

2020 Winter and Spring Speaker Series
presented by The 300 Committee Land
Trust & Salt Pond Areas Bird Sanctuaries,
Inc.

The talks are free and open to the public.
Please join us!

Coyotes are one of the most adaptive mammals in North America, Their resilience has helped them establish their territory and increase their range across Cape Cod. This top predator is feared, misunderstood, and sometimes abused. Presenter Ian Inves is the Director at Mass Audubon's Long Pasture, Ashumet, Barnstable Great Marsh and Skuknett River Wildlife Sanctuaries on Cape Cod. He has a strong background in wetland restoration and endangered species management, and has led environmental advocacy and conservation projects across Cape Cod to help protect wildlife and the threatened natural resources they depend on. In this talk, Ian will present insights into coyote ecology, dispel myths, and offer ways we can better co-exist with the coyote.

Mahoney's Indoor Winter Market

Saturday, February 08, 10 AM - 2PM
Mahoney's Garden Center

Every Saturday, January 18th - March 7th, you'll find fresh farm produce and local artisans at Mahoney's annual Winter Market in Falmouth. Stop by and shop local inside our warm greenhouses. Vendors will feature root vegetables, fruits, breads, pastries, meats, fish, pasta, hot sauce, handmade jewelry and more! Be sure to see our full selection of plants, pottery and garden accessories.

FCTV Hosts Open Mic Night, "Poetic License"

Thursday, February 27 and Sunday, March 1, 7PM
Falmouth Community Media Center
310 Dillingham Avenue

Falmouth Community Television is hosting its first open mic night of 2020 at the Falmouth Community Media Center on Thursday, February 27th, at 7:00 pm. Please note, this is 30 minutes earlier than previously scheduled open mic nights. Titled "Poetic License", the evening will be hosted by Falmouth poet Alice Kociemba, Founding Director of Calliope: Poetry for Community. Members of the community are welcome to come and share their original poetry, story, comedy, spoken word or solo acoustic musical performance in a four-minute time slot. Participant sign up begins at 6:30 pm. There is a \$5 minimum donation of participants and attendees. The event will be recorded and shown on FCTV Public Channel 13 and YouTube Channel at a later date. Snacks will be available. For more information and to register for either of these programs, call FCTV at 508-457-0800 or email allen@fctv.org. Falmouth Community Television (FCTV) is a nonprofit community media center that fosters the production and distribution of local information. FCTV provides access to training, technology and content to encourage community dialogue, awareness and expression. For more information about FCTV's services, classes, programming and events, visit www.fctv.org or their Facebook page at <https://www.facebook.com/FalmouthCommunityTelevision/>

AARP Tax -Aide Program

Get your taxes done for free:

Where: Gus Cauty Community Center

When: February 4—April 15 on Tuesday, Wednesday and Thursday mornings

Hours: 9 AM to 12 PM

Appointment: Call the Falmouth Senior Center (508) 540-0196

February 2020

Sun Mon Tue Wed Thu Fri Sat

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| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | Peace Circle *HV at 9:30 | Sew-a-long *TAT at 10:00 AM | Knitting *HV at 12:00 PM | Cooking with CapeAbilities *TAT at 10:00 AM | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | Cooking Demo *HV at 10 AM | Knitting *HV at 12:00 PM | Cooking with CapeAbilities *TAT at 10:00 AM | Valentine's Day Sing-a-long *TAT at 1:00 | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | Sew-a-long *TAT at 10:00 AM Comm. Board Mtg. *HV at 1:00 PM Pharmacist Consults *HV 1:00 to 3:00 PM | Knitting *HV at 12:00 PM | Cooking with CapeAbilities *TAT at 10:00 AM | Joe Q. Coffee Break *HV at 9:30 | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | Knitting *HV at 12:00 PM | Cooking with CapeAbilities *TAT at 10:00 AM | | |