

What do you say, FHA?

VOLUME 4
ISSUE 2
MAY 2018

By Marie Palmer, Resident Service Coordinator

A Family Treasure

During one of our sew-a-longs last month, Sandy Emery, a tenant from Tataketa Apartments proudly shared a photograph of her great, great grandfather, H.C. (Henry Charles) Dempster. As seen in the photo, H.C. was in a parlor or office with industrial age cast iron Singer sewing machines. This photo most likely dates back to the mid to late nineteenth century.

H.C. Dempster emigrated to America from England with his wife and children. He settled in Vincennes, Indiana and had a job representing the Singer Sewing Machine Company. He sold, repaired and demonstrated the machines to farmers all over Vincennes, Ind.

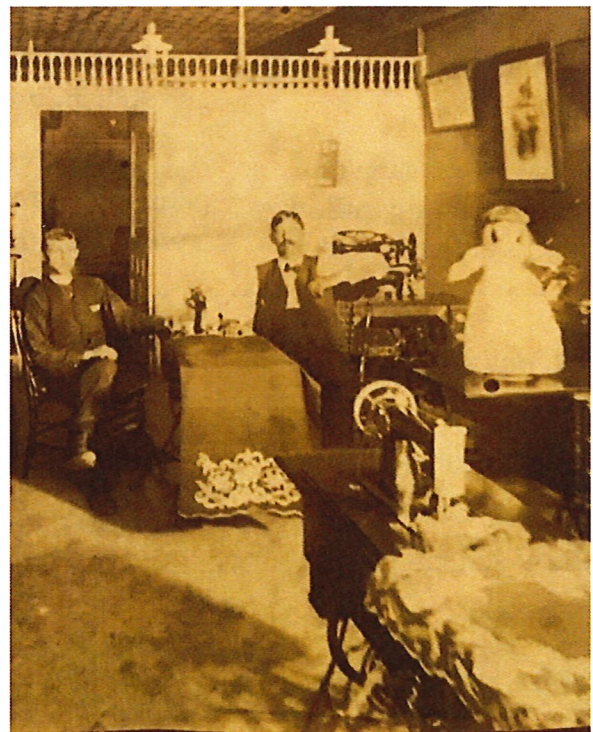
H.C. owned a Singer Treadle cast iron sewing machine table with gold leaf floral decorations, which Sandy remembers well. The machine was once used by H.C., then passed down to Sandy's great grandmother, Mary Dempster Emery, then to her grandparents, and then to her parents and was eventually used by Sandy.

Sandy recalls vivid memories of the Singer as it aided her in her Home Economics course, mending clothing and creating new handmade treasures, cherishing the touch and the sound of the beautiful machine. Sadly the machine was lost in one of many family moves, but

Sandy treasures her memories as well as the photograph.

She loved the aesthetics and nostalgia of the Singer. It made her feel connected with her distant family—so many hands that lovingly cared for the machine. “it felt like I was touching history... it was a nice feeling, it was part of my heritage.”

Sandy also shared that H.C. was a proud man. Proud of his work, proud of his parents and proud of his own family. Anyone who knows Sandy may recognize this same trait.



H.C. Dempster in the center of photograph

Sew-a-long Tuesday at Tatakot
May 8th and 22nd at 10:30 AM



Stanley at Tatakot



Gigi at Tatakot

Whether you are a Tatakot resident or not, we want you to join us for a sew-a-long. We have plenty of sewing machines and fabric, and if sewing's not your thing, we need people to iron fabric and cut patterns for our projects.

Currently we are making baby bibs for Falmouth Hospital's Maternity Department and Carriage House in North Falmouth.

We are also venturing into making mastectomy pillows for patients at the Hospital.

Our efforts in this project give a message of good will as well as provide comfort for people after surgery.

Lap Blanket Project

A Tatakot tenant would like to start a group that is willing to take on the project of making knitted and crocheted lap blankets. These blankets will be donated to local Nursing and Rehabilitation facilities.

If you are interested in participating, please contact me. Your information will be

provided to the Tenant group that has organized the project.

*We are looking for donations of yarn for this project.

Sewing is a proven stress relief, it improves hand-eye coordination, improves the brain's ability to grow new brain cells, and increases dopamine in the brain, which makes us feel more positive. It also works the brain and keeps the mind clear, focused and active.

FHA Guest Computer

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

Monday, Tuesday, Thursday and Friday
9:00 AM to 4:30 PM

Review of the Federal Handbook

A meeting will be held, each Friday in May at 1:00 PM at the Harborview Community Room, for Tatakot, Rose Morin and Harborview tenants to review, and have input to the draft of the Federal Handbook.

All tenants at our Federal properties are welcomed and encouraged to attend.

FHA -Commissioners Board Meeting

This month's Commissioners Board Meeting will be held at Harborview Apartments on Tuesday, May 29th at 1:00 PM. The agenda will be posted at all properties prior to the meeting.



Nutritional Cooking Demonstration

A cooking demonstration, hosted by Cape Cod Community Health Center, will be held at Rose Morin on Tuesday, May 29th at 10:00 AM

After a very successful and informative cooking demonstration by Cape Cod Community Health Center's "Rock Star Nutritionist", we decided to hold another demo. Bring your

willingness to learn something new, as well as your appetite!

* Please call 508-548-1977 ext. 212 if interested.

We need a head count to ensure we have enough food for all participants.

Southwest Nourish Bowl By Dena Irwin

To make Avocado-lime-cilantro dressing, mix together the following ingredients in a blender or food processor until smooth. (Thin with water if needed.)

- 1 avocado
- 6 tbs. olive oil
- Juice and zest from 2 limes
- Big handful cilantro leaves
- 1 jalapeno seeded (optional)
- Mild chili powder

Then, pour on top of salad mix:

- Dark leafy Greens
- Diced raw red bell pepper
- Diced Raw Zucchini
- Frozen corn (defrosted)
- Cooked Quinoa
- Canned black Beans

Enjoy!



According to Dena, you should try to have the color of the rainbow in the dishes you make. The nutrients in fruits and veggies are what give them their unique color. With each color come different vitamins, minerals and nutrients. So, if your eating something very colorful then you are assured to be getting a large variety of nutrients that your body desperately needs.

Mature Workers Program

Senior Community Service Employment Program (SCSEP)

A representative from Elder Services will be at Tatakot Apartments on Thursday, May 3rd at 1:00 to discuss employment opportunities for Falmouth Housing Authority residents.

- Earn income that *cannot* be counted toward your rent
- Paid community service assignments
- Paid internship at community Host Agencies
- On-the-job training
- Assistance with transition to part time or full time employment in the regular job market
- 20 hours/week paid work experience and skills training as needed

If you would like to know more about the program and eligibility guidelines, please join us on May 3rd!

Trivia Challenge at Choate Lane

Thursday, May 24th at 11:00

The Royal Falmouth would like to treat all Choate tenants to a fun game of trivia. Winners of each question will get a free scratch ticket.

Come join us, and have fun with your neighbors.

Alarm Testing

Attention: Our alarm testing project will begin on Tuesday 5/8/18, and will continue until all buildings are complete. Notices will be posted by main entrance and community areas of each building.

Mocktails Social Hour at Harborview

Tuesday May 15th from 3:00 to 4:00 PM

Hosted by Tufts

If you are 65 or older and have MassHealth Standard, join Jennifer Nocella from Tufts Health Plan to learn more. Or just stop by for some *Mocktails*, cheese and crackers and enjoy a get together.

- More covered benefits than MassHealth Standard and original Medicare alone - at no cost to you.
- FREE rides to and from your doctor's appointments
- FREE prescriptions with home delivery and over-the-counter (OTC) medications
- FREE medical equipment for the home, like grab bars and shower chairs
- FREE dental exams, dentures, filling, root canals, crowns and more
- FREE routine hearing exams and hearing aids

And MUCH more!

**The 4th Annual Falmouth Walk
Comedy Night**

Saturday, May 12th 2018 at 7:30 PM

At the Sea Crest Beach Hotel

Join us for a funny fundraiser and 50/50 raffle to benefit Falmouth Walk. Comedy Night will feature comedians Paul Nardizzi (winner of the Boston Comedy Festival, guest on the Conan O'Brien Show and Comedy Central), Mike Murray and Jack Walsh. All proceeds will go to 10 local charities. Support a great cause and catch a night full of laughs while your at it.

Tickets cost \$25 and can be purchased at the Falmouth Housing Authority, online at flapjackcomedy.com, or can be purchased at the door.

Local Events

Falmouth Eats Together,
May 3rd from 4-6 PM at the
John Wesley United Methodist
Church and May 24th at the
Falmouth Jewish Congregation

FCTV Falmouth in Focus
Friday May 4th and 18th at 8:00
on Channel 13.

Community Meal -
Around the Table, every
Monday, Wednesday, and
Friday at St. Barnabas
Episcopal Church's parish
house. Doors open at 11:15
AM, hot meals are served until
12:30.

Electronics Disposal
Saturday, May 5th 9 am to 1 pm
At the Lawrence School
An easy and convenient way to
dispose of your old TV's,
Computers, Air conditioners,
phones and more,
\$5 for small electronics, \$15
per computer (with guaranteed
data destruction), \$25 for TV's
and large appliances.
All proceeds go to support the
Lawrence school band & choir.

Cinco De Mayo Celebration
Saturday, May 5th
Anejo Mexican Bistro
Main Street Falmouth
Celebrate this event in Mexi-
can history and the Mexican
culture with the staff of Añejo
at their outdoor street festival
on Academy Lane! Fun for the
whole family. 1 part friends...2
parts fun!

Falmouth Police
Law Enforcement Memorial
On Tuesday, May 15, 2018, in
honor of Police Officers
Memorial Day, the Falmouth
Police Department will con-
duct a memorial service to
honor all Police Officers and
remember the officers who
have died in the line of duty.
The Ceremony will begin at 10
a.m. in front of the Falmouth
Police Department.

Wounded Warrior Project-
Soldier Ride
Thursday, May 17, 2018 9:30
Shining Sea Bikeway
Falmouth, MA
Join your community in
support of the Soldier Ride
Cape Cod.
Bring your family, friends,
flags, signs, and spirit to cheer
on Wounded Warrior Project
Alumni all along the routes!
9:30AM start Shining Sea
Bikeway, County Road North
Falmouth, MA
10:30AM Turn around and
back to start Woods Hole
Steamship Authority Parking
Lot.

WE CAN Legal Consults &
Support Sessions. Tuesday,
May 15th from 9:30 AM to
3:00 PM. Legal Consults are
coordinated by WE CAN and
hosted at the Falmouth Service
Center on a monthly basis.
The consults are scheduled 30
minute appointments for

participants. To schedule an
appointment call 508-430-
8111.

Operation: Flags for Vets
May 26th, 2018 at 10:00
a.m.
Flags will be placed on the
graves at the Massachusetts
National Veterans Cemetery
in Bourne, MA for
Memorial Day. Operation
Flags for Vets is looking for
volunteers to help with this
worthy and solemn
endeavor. People of all ages
are welcomed to help in the
placement of the 77,000
flags. To start off the event,
a short ceremony will be
held at the flagpole at the
end of the Avenue of Flags
at 10 a.m. on May 26th.

Falmouth Housing Authority

115 Scranton Ave.
Falmouth, MA 02540

Phone: 508-548-1977

Fax: 508-457-7573

Visit us on the Web!

www.falmouthhousing.org

MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
				Mature Workers Presentation 1:00 Tatakot	Review of Fed. Handbook 1:00 Harborview	
6	7	8	9	10	11	12
		Sew-a-long 10:00 Tatakot			Review of Fed. Handbook 1:00 Harborview	
13	14	15	16	17	18	19
					Review of Fed. Handbook 1:00 Harborview	
20	21	22	23	24	25	26
		Sew-a-long 10:00 Tatakot		Trivia at Choate 11:00	Review of Fed. Handbook 1:00 Harborview	
27	28	29	30	31		
		Cooking Demo 10:00 Rose Morin				
		Board of Commissioners 1:00 Harborview				