

What do ya' say, FHA?

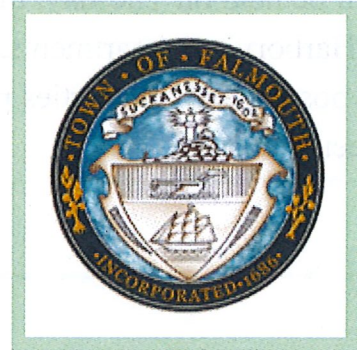
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by Marie Palmer, Resident Service Coordinator

Town Alerts & Notifications

The Town of Falmouth website has a “NotifyMe Center” where citizens can sign up for various email or text notifications from departments. Whether you are looking for community alerts, public safety and public health alerts, or news flashes from a list of 31 different town departments, visit the NotifyMe Center to add your information. You can safely add your mobile phone number and email address to the notification system and choose the alerts you wish to receive.

This is a great way to stay informed on important Town of Falmouth information and events. Visit the “NotifyMe” page to sign up!



Disaster Preparedness / Winter Preparedness Items

The following is information that was provided to us from the American Red Cross during their presentations at Harborview, Tatakot and Rose Morin in August, 2018.

A disaster supply kit is a collection of basic items a person / family would need to stay safe during and after a disaster. The items should be stored in a portable, preferably light weight and water resistant container, placed in a known location in the house. The contents should be reviewed at least once a year or as personal needs change. Below is a list of the basics to include in a disaster supply kit as well as winter preparedness items prior and during the winter months.

- 3-day supply of non-perishable food and manual can opener
- 3-day supply of water (one gallon per person, per day)
- Blankets
- Dust mask to filter contaminated air
- Extra set of clothes for each person
- First aid kit
- Flashlight and extra batteries
- Maps of the local area
- Matches or lighter in waterproof container
- Money / cash
- Pet supplies if you own a pet including food, extra water, and shot records
- Photocopies of identification (birth certificate, social security card)
- Portable, battery powered radio or TV and extra batteries
- Sanitation and hygiene items (hand sanitizer, garbage bags, toilet paper, etc.)
- Special needs items such as an extra pair of prescription glasses, contacts and cleaning solution, or hearing aid batteries
- Whistle to signal for help

FHA Hosted Events:

FHA – Commissioners Board Meeting

September's Commissioners Board Meeting will be held on Tuesday, the 11th at 1:00 PM at Harborview Apartments. The agenda will be posted at all properties prior to the meeting.

Rose Morin Walking Group

Thursdays: September 6th, 13th, 20th and 27th at 9:00 AM (weather permitting).

Through the Summer months we walked approximately 8 miles (we didn't walk when the temperature and humidity were too high.) I expect that we'll accumulate more miles in the cooler months of September and October. Think about joining us for this fun and healthy activity.

Healthy snacks and drinks will be provided.

Tuesday at Tataketa Sew-a-long

Tuesdays: September 4th, and 18th from 10:00 AM to 12:00 PM

Our sewing group is going strong! Come on and join us. We're making a lot of great things for the community, and having a lot of fun while we're at it!

Cooking Demo with Dena Irwin

Our next cooking demo will be held at Tataketa on Tuesday, September 11th at 10:00 AM. Dena plans teaching us how to make a Peanut Thai Chicken Salad.

Last month, at Harborview, Dena made a delicious, Crispy Tofu Salad. We learned that Tofu doesn't have a flavor of it's own but picks up the flavor of the seasoning you add to it. Tofu has many health benefits (a good source of protein that contains all eight essential amino acids, excellent source of iron and calcium and the minerals manganese, selenium copper, zinc and vitamin B1).

Crispy Tofu

1 block extra firm tofu
3 tbs. cornstarch
A few shakes 5 spice powder
2 tablespoons sesame oil
Sesame seeds
Broccoli salad
Soy Sauce

Press tofu :

Remove the tofu from package and drain any liquid. Line two plates with paper towels or clean dish cloths. Press tofu between the plates and weight down with something heavy. Press for 30 minutes.

Cook the tofu:

Cut tofu into pieces. Mix the cornstarch and 5 spice powder together in a shallow dish. Toss the tofu in the cornstarch until evenly coated. Heat the oil over medium high heat. Shake off any extra cornstarch. Add the tofu to the oil and pan fry until golden. Flip the tofu and brown the other side.

Add tofu to the top of broccoli salad, top with soy sauce and sprinkle sesame seeds.

Enjoy!

Staying Active as we age and the Challenges of Retirement - Presentation from the Royal Health Group

Royal Health Group will be holding a presentation on Thursday, September 13th at Harborview from 4:00 to 5:00 and on Monday, September 24th at Tataketa from 4:00 to 5:00 on Staying Active as we age and the Challenges of Retirement.

Light refreshments will be served.

We hope you can join us!

Nourishing Yoga

A journey to better health and overall wellness

Dena Irwin from Cape Cod Community Health Center, also a certified Yoga teacher, will be teaching chair yoga this month on Tuesday, September 25th at 10 AM at Harborview Apartments. Learn classic yoga moves at your own pace.

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
- 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.

Coffee Social with a Guest FHA Staff

We are pleased to add another dimension to our activities and introduce a coffee social with a different staff member from the Falmouth Housing Authority. We hope this will be a positive, informal and lighthearted get together, and a good opportunity for you to get to know the staff.

This month's coffee socials are as follows:

- Rose Morin with Bob Arsenault
September 7th at 10 AM
- Harborview with Trisha Herlihy
September 14th at 10 AM
- Salt Sea with Debbie King
September 26th at 10 AM

We look forward to seeing you there.
Coffee and donuts will be provided.

September 11th Ceremony

We hope you can join us at the Falmouth Fire Department, Tuesday, September 11th at 8:30 AM for a 9/11 ceremony.

It will take place at the Memorial garden, 399 Main Street.

Falmouth Housing Authority
115 Scranton Ave.
Falmouth, MA 02540

Phone: 508-548-1977

Fax: 508-457-7573

www.falmouthhousing.org

Summertime Fun
By John Mendoza
Tatakot Apartments

Summertime Fun
Is never done
We will always have
Our days in the sun

We will never be too old
We will survive and thrive
Hot or cold
We will have our years
In our ages of Gold

Life is good
Life is sweet
Life is where
Good friends meet

So, before summer's end
Make a new friend
And social functions -
Do attend!

Submitted by Betty Copestick
Rose Morin Apartments

I have become a lot more social with the passing of the years. One might even call me a frivolous old gal since now I see 5 gentlemen every day. As soon as I wake up Will Power gets me out of my bed. Then I must go and see John. Then Charley Horse comes along and when he's here he takes up a lot of my time. Once he leaves then Arthur Ritis shows up and stays with me all day, (he doesn't like to stay in one place too long so he just takes me from joint to joint). After such a busy day I'm so tired and glad to go to bed with Ben Gay. What a life!
P.S. Just the other day the preacher came to call and he said at my age I should be thinking of the hereafter, and I assured him, "I do all the time. No matter where I am, in my kitchen, my living room, or down in the basement, I often ask myself "now what am I here after?"

Local Events

Seaside LeMans Race

September 8, 2018

Mashpee Commons, Mashpee
Admission: Free for spectators
Drivers ... start your engines!"

Race fans won't want to miss this special event where teams of fearless drivers hop into European-style Formula One karts and vie for the checkered flag. From the drop of the green flag, to pit stops, spin-outs and crashes, to the much-anticipated final lap, it's non-stop excitement for participants and spectators alike!

Seaside LeMans is a fun outing for people of all ages.

Falmouth Garden Club presents,
Ruth Loiseau,

White House Floral Designer

Monday, September 10, 2018 9:00 AM
First Congregational Church of
Falmouth, 68 Main Street Falmouth
"From the White House to Your
House"

Refreshments at 9:00AM - Program
starts at 10:00AM
\$15 entrance fee

Island Queen Sunset Cruise to
benefit the Society of St. Vincent de
Paul, East Falmouth

Wednesday, September 12,
5:30 PM to 7:30 PM

Island Queen, 75 Falmouth Heights
Falmouth, MA 02540

Rain date Wednesday, September 19
Tickets \$25.00

Light Supper included and a 50/50
Raffle

Free parking, Island Queen Parking Lot
5:00 PM

Tickets and Information 508-548-8886

Program on Falmouth History

Wednesday, September 12, 2018 6:00 PM

Cape Cod Winery

4 Oxbow Road

East Falmouth, MA 02536

Join the Falmouth Museums on the Green at the Cape Cod Winery for a special program on Falmouth History with Lewis White.

\$25 per person

To make reservations call 508-548-4857 or go to www.museumsonthegreen.org

Cranberry Cluster Dog Show

Thursday, September 13, 2018 through

Sunday, September 16, 2018

Cape Cod Fairgrounds

1220 Nathan Ellis Highway

East Falmouth, MA 02536

Four days of AKC recognized dog shows held annually at the Barnstable County Fairgrounds. Features dogs from the Cape Cod Kennel Club and the South Shore Kennel Club.

Falmouth Car Show and Dream Cruise by the Sea

September 15 and 16, 2018

At various locations in Falmouth

Free Admission

Here's your chance to see vintage, exotic, hot-rod and muscle cars at the car show on Saturday, then watch them cruising around the town of Falmouth on Sunday. Specially designed, one-of-a-kind glass trophies are awarded to the rides that are voted best in category.

Cape and Islands Job Fair 2018

September 25th, 2018

11:00 AM to 4:00 PM

Career Opportunities will be hosting the event at the Resort & Conference Center at Hyannis.

For more information, contact 508-775-6201 or visit classified@capecodonline.com

Sober Social Coffee House and Open Mic at Cotuit Center for the Arts

Friday, September 21, 2018

7:00 PM - 10:00 PM

Cotuit Center for the Arts

4404 Falmouth Road

Cotuit, MA 02635

All are welcome to attend the event, which features refreshments, socializing, entertainment and more. Admission and refreshments are free.

The event is party of the Cultural Center of Cape Cod's Sober Social Program, which provides an alternative to the bar scene for those in recovery from addiction and anyone interested in alcohol-free socializing and entertainment. All are encouraged to come, bring their friends, enjoy the entertainment, perform at the open mic, and have some fun. Sober Socials are held monthly throughout the year at various locations on the Cape and are generously funded by the Cape Cod Foundation, Cape Air, the Cape Cod Five Foundation, and the Yarmouth Substance Awareness Committee.

For more information call 508-428-0669 or visit www.artsonthecape.org

Mentalist and Mindbender Rory Raven Visits Falmouth

Wednesday, September 26, 2018 7:00 PM

Falmouth Public Library, Main Street

Join the Falmouth Public Library for an evening with Mentalist and Mindbender Rory Raven. Rory will read your mind, bend spoons, and leave you talking about it for the rest of your life. This master mentalist has mystified and entertained audiences throughout the Northeast and as far away as Istanbul. With humor, wit, and amazement, this show is unlike anything you've ever seen.

Admission is free.

September 2018

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1
2		3	4 Sew-a-long 10:00 at TAT	5	6 RM Walking Club 9:00	7 Coffee Social with Bob Arsenault 10:00 at RM	8
9		10	11 Cooking Demo 10:00 at TAT Commissioners Board Mtg. 1:00 at HV	12	13 RM Walking Club 9:00 Royal Health Group Presentation 4:00 at TAT	14 Coffee Social with Trisha Herlihy 10:00 at HV	15
16		17	18 Sew-a-long 10:00 at TAT	19	20 RM Walking Club 9:00	21	22
23		24 Royal Health Group Presentation 4:00 at TAT	25 Yoga 10:00 at HV	26 Coffee Social with Debby King 10:00 at SS	27 RM Walking Club 9:00	28	29
30							