

by Marie Palmer, Resident Service Coordinator

GOOD FINANCIAL PRACTICE

By Consumer Financial Protection



- Use Direct Deposit for your checks. Do not leave money or valuables in plain view.
- Safeguard your Social Security number, date of birth, mother's maiden name and all financial account and credit card numbers. Do not release personal confidential information to callers when you do not initiate the call.
- Shred all expired, unused or unwanted materials that contain personal, confidential information, including preapproved credit card applications.
- Contact the three credit reporting bureaus (TransUnion, Experian and Equifax) for your credit reports. You are entitled to one free report per year for each.
- Prior to conducting electronic financial matters, ensure that your computer contains adequate security.
- Sign your own checks. Do not sign 'blank checks' where another person can fill in the amount. If you need someone to help you write out checks before you sign, ask a third party to review and check and take it to the bank or credit union, or ask for information about services that can assist with bill payment.
- If someone is helping you with managing your finances, get a trusted third person to review your bank statement.
- Do not sign any document without reading it carefully.
- If you do not understand the document or cannot read it, ask that a trusted third party read it to you and/or explain it.
- Do not sign any agreement until it has been reviewed by a trusted friend or other advisor, or an attorney representing you. If possible, have two advisors look at the agreement.
- Do not lend money in return for a general promissory note.
- Do not sign over money or property to anyone in return for care, even a family member or friend, without having the agreement reviewed by an attorney. The agreement must be written, and a copy should be provided to a third party.
- Do not allow anyone, even a relative, to put their name on your account without your consent. Your financial institution can set up a separate account in both names with an automatic transfer of limited funds.

Questions? Contact:

THE ELDER ABUSE HOTLINE

(1-800-922-2275)

FHA Hosted Events:

As posted at each property, please note the following information:

Notice of Review and Comment Period for Falmouth Housing Authority's Agency Plans and Public Hearing Regarding Said Plans

The Falmouth Housing Authority announces the opening of the 45-day review and comment period for its one-year and five-year Agency Plans. The 45-day review and comment period begins June 22, 2018 and ends August 6, 2018. Plans are available for review by the public at the office of the Falmouth Housing Authority, 115 Scranton Avenue, Falmouth, MA during normal business hours. An overview will be presented to the public also on July 2, 2018 at 1:00pm at the Harborview Apartments Community Room, 115 Scranton Avenue, Falmouth, MA 02540.

Comments, other than at the Public Hearing, regarding the Plan(s) must be in writing and received in the office of the Falmouth Housing Authority no later than 4:30 pm on August 6, 2018.

The Falmouth Housing Authority Board of Commissioners will hold a Public Hearing on the Authority's Agency Plans on Tuesday, August 14, 2018 at 1:00pm in the Community Room of Harborview Apartments, 115 Scranton Avenue, Falmouth, MA.

FHA – Commissioners Board Meeting:

This month's Commissioners Board Meeting will be held at Harborview Apartments on Tuesday, July 10th at 1:00 PM. The agenda will be posted at all properties prior to the meeting.

Rose Morin Walking Group

Thursdays: July 5th, 12th, 19th and 26th at 9:00 AM (weather permitting), and healthy refreshments following.

Cooking Demo with Dena

July 10th at 10:00 AM at Rose Morin Lane, Dena (our Rock Star Nutritionist) plans on making Gazpacho (a cold soup made of raw blended vegetables). This is a light, refreshing and cool meal, perfect for a hot summer day.

Last month, at Tataket, Dena made a delicious, fast and easy Tortilla Soup.

1 can black beans (not drained)
1 can pinto beans (not drained)
1 can corn (drained)
1 cup diced cooked chicken
Enchilada sauce (to taste)
1 can chicken broth

Combine all ingredients in one pan, bring to a boil, reduce heat to low and simmer for 10 minutes. Serve with condiments of your choice (sour cream, avocado, cilantro, and tortilla chips).



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 a chair yoga class, alternating between Harborview and Tataketa Apartments. She will be teaching classic yoga moves and incorporate her knowledge of nutrition. She will use this time to have conversation around nutrition, health, and general wellbeing. The first Nourishing Yoga class will be held at Harborview on Tuesday, July 24th at 10:00 AM.



Tuesday at Tataketa Sew-a-long

Tuesdays: July 3rd and July 17th
from 10:30 to 12:00

Our sewing group are like busy little bees and creating some pretty amazing things for those in need in our community. Come and join the fun, and be a part of a really good thing!

A **Knitting and Crochet group** will be getting together every Wednesday afternoon around 1:00 at Tataketa Apartments. This group will be making lap blankets for local Nursing Homes and Rehabilitation Facilities.

Grab your supplies and feel free to join in. As always... the more the merrier!



Federal Handbook Review Meetings:

Handbook Review Mtg.'s will be held on Fridays: July 6th, 13th, 20th and 27th at 1:00 PM at Harborview.

FHA Guest Computer

Our Guest Computer is 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.

FILE OF LIFE

Why everyone should have their own

File of Life

By the File of Life Foundation

Medical emergencies can happen anytime.

When they do, there is confusion, panic and urgency. Paramedics arrive on the scene with no information about the person in need.

Seconds count – they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want us to call? How do we contact their family or friends? File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to the awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.

Please stop by my office and I can help you fill out your own File of Life. I could also be available to bring one to your apartment.

Marie Palmer 508-548-1977 ext. 212

“Celebrating July”

By Sandra Emery
Tatakot Apartments

It's July
Flags will fly
Fireworks in the sky

Patriotic songs
Sung into the night
On this Summer Eve
We gather and unite

For a few hours
We will be one nation
Many colors is the fabric
Of our creation

We took time to evolve
And grow
Problems we have
As we all know

Our celebration
Is the culmination
Of our founding Fathers vision
For our Great nation

To be civil
Tolerant and accepting
Of one and all



Photo by Marie Palmer

Happy 4th of July !

Local Events:

Hyannis Sound A Capella

Monday, July 2nd at 7:00 PM

First Congregational Church of Falmouth
Summer Schedule June 4th to August 25th.

Bike and Carriage Parade

Wednesday, July 4th. Main Street Falmouth.
Children and families dress in creative Uncle Sam costumes. Beginning at the Village Green, join the parade down Main Street to Peg Noonan Park where prizes are awarded.

Woods Hole 4th of July Parade

All are welcome to join or watch the Woods Hole 4th of July Parade, which will begin at noon at the corner of Water and School Streets. Parade route runs from School Street, down Water Street and around Eel Pond.

Falmouth Fireworks

Wednesday, July 4th

Off of Falmouth Heights Beach.

Voted one of the 10 best fireworks displays in the country by Travel and Leisure Magazine, the fireworks are scheduled for dusk at Falmouth Heights Beach.

Falmouth Band Concerts

Thursdays: July 5th through August 30th at 7:30 PM

Music and Arts Pavilion
Scranton Avenue

All concerts are free of charge and open to the public. Bring your chair or blanket for your comfort and enjoyment.

Concerts in the Park

Peg Noonan Park Main Street

Friday's in July, a variety of musicians perform in Peg Noonan Park on Main Street in the Village, at 6 PM. Bring your chairs or blankets and enjoy the show.

Mashpee Wampanoag "People of the First Light" Powwow

At the traditional Powwow grounds, 483 Great Neck Road South in Mashpee

July 6th through July 8th

The 97th Powwow, the longest running on the East Coast, is a traditional celebration of Mashpee Wampanoag culture featuring Native American dancing, drumming, games, food, art, jewelry, wampum, gifts, crafts and clothing.

Lobsters on the Lawn at St. Barnabas

Monday's: July 2nd through August 27th from 5:00 PM - 7:00 PM

Saint Barnabas Memorial Church
Main Street, Falmouth

This popular event is held every Monday night during July and August from 5-7 PM at St. Barnabas Episcopal Church on the Green in Falmouth. Lobster rolls, chips and pie on the big lawn across from the Falmouth Village Green.

Arts and Crafts Street Fair

Wednesday, July 11th

from 10:00 AM - 6:00 PM

Main Street, Falmouth

Over 200 artisans and arts and crafts vendors fill Main Street from the Village Green to Shore Street.

Falmouth Housing Authority
115 Scranton Ave.
Falmouth, MA 02540

Phone: 508-548-1977

Fax: 508-457-7573

www.falmouthhousing.org

JULY 2018

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

Annual and 5 year
Capital Plan
Review 1:00 PM at
Harborview
Sew-a-long
10:30 at Tatakot
Rose Morin
Walking Club 9:00
at RM
Fed. Handbook
Review 1:00 at HV

8 9 10 11 12 13 14

Cooking Demo
10:30 at Rose
Morin
Rose Morin
Walking Club 9:00
at RM
Fed. Handbook
Review 1:00 at HV

15 16 17 18 19 20 21

Sew-a-long
10:30 at Tatakot
Rose Morin
Walking Club 9:00
at RM
Fed. Handbook
Review 1:00 at HV

22 23 24 25 26 27 28

Yoga 10:30
Harborview
Rose Morin
Walking Club 9:00
at RM
Fed. Handbook
Review 1:00 at HV

29 30 31