

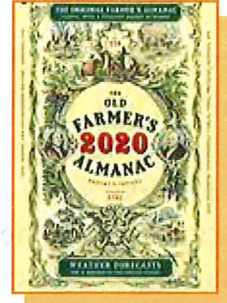
What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

www.falmouthhousing.org

Annual Weather Summary 2019 - 2020 Winter Forecast by the Old Farmer's Almanac Long Range Weather Forecast for New England at www.oldfarmersalmanac.org



“Winter temperatures will be much above normal, on average, with the coldest periods in mid- and late January and early and late February. Precipitation will be above normal, with below-normal snowfall. The snowiest periods will occur in mid- and late January and early February. April and May will be warmer than normal, with precipitation near normal in the north and above normal in the south. Summer will be hotter and rainier than normal, with the hottest periods in mid-July and early to mid-August. September and October will be warmer and rainier than normal, with a tropical storm threat in early to mid-October.”

NOAA just released its Winter Outlook. Here's what it says about New England by Dialynn Dwyer, October 17, 2019 at www.noaa.gov/weather



Winter, with its snow and cold temps, is just around the corner. New England can expect a milder season than normal, according to the National Oceanic and Atmospheric Administration. Warmer than average temperatures are predicted for much of the U.S, the federal agency reports in its 2019—2020 Winter Outlook released Thursday (10/10/19) by the Climate Prediction Center.

Overall, no part of the country is forecast to have a high likelihood of below-average temperatures between December and February. Although below average temperatures are not favored, cold weather is anticipated and some areas could still experience a colder than average winter, the agency wrote in the outlook. Wetter than average weather is most likely across the Northern Tier of the U.S. during winter, which extends from December through February.

New England faces equal chances of seeing below, near, or above average precipitation this winter. The outlook does not include a projection of snowfall accumulations since snow forecasts are generally not predictable more than a week in advance, according to NOAA.

Just because New England is predicted to see warmer than average temperatures does not mean we will not see the white stuff or potentially frigid temperatures.

In an article published by Centers for Disease Control and Prevention, May 7, 2018 on www.cdc.gov *Emergency Preparedness for Older Adults*

Natural disasters, such as hurricanes, tornadoes, and blizzards, may force you to evacuate your home or shelter-in place at short notice. It is important to know what to do in case of an emergency well before disaster strikes.

If you are an older adult living in the community, you may face some challenges during an emergency. Particularly if you have mobility problems, or chronic health conditions, or you may not have any family or friends nearby to support you. **Support services that are usually available, such as help from caregivers or in-home health care and meal delivery services, may be unavailable for a period of time.** In addition, older adults may experience challenges that come with advanced age, such as hearing or vision problems or cognitive impairment, which may make it difficult to access, understand, and respond to emergency instructions.

You or the person you care for can be prepared for emergency situations by creating a plan, reviewing or practicing it regularly, and **keeping an emergency supply kit.**

Creating a Plan

The first step in preparing for an emergency is creating a plan. Work with your friends, family, neighbors and Service Coordinator to develop a plan that will fit your needs.

- *Choose a contact person who will check on you during a disaster, and decide how you will communicate with each other (for instance, by telephone, knocking on doors). Consider speaking with your neighbors about developing a check-in system together.
- *Create a list of contact information for family members and friends. Leave a copy by your phone and include one in the Emergency Supply kit.
- *Plan how you will leave and where you will go during an evacuation. Keep a copy of exit routes and meeting places in an easy-to-reach place.
- *Create a care plan and keep a copy in your Emergency Supply kit. Try out CDC's easy to use care plan template.
- *If you have medical, transportation, or other access needs during an emergency, consider signing up for SMART 911, Code Red, or your local county registry, depending upon which service your area uses to help first responders identify people who may need assistance right away.

Looks like we will still have to pull out our winter gear this season. Be sure to stay vigilant by tuning into local weather forecast stations like 99.9 WQRC and FCTV Channels 13 and 15.

Make sure you are registered to receive our emergency notifications. If you need plan assistance please schedule an appointment with Marie Palmer, Resident Service Coordinator, at **(508)548-1977 ext. 212**, to develop an individualized care plan.

FHA Hosted Events:

FHA – Commissioners Board Meeting

This month's Commissioners Board Meeting will be held at Tataketa Apartments on Tuesday, November 19th at 1:00 PM.

FHA Sew-a-long Schedule

Tataketa - Baby bib project for Falmouth Hospital Tuesdays: November 5th and 19th at 10:00 AM

Harborview - Superhero cape project for kids at the Carriage House- Wednesdays: November 6th and 20th at 10:00 AM

Falmouth Elks Lodge #2380

Thanksgiving Dinner

The Elks Lodge on Palmer Ave in Falmouth has graciously donated 100 tickets for their annual Thanksgiving Dinner, held Sunday, November 24th at 1:00 PM, residents of The Falmouth Housing Authority. Please contact Marie Palmer, 508-548-1977 ext. 212, if you are interested in a ticket.

Cooking and Coffee with CapeAbilities

Thursdays, November 7th, 14th, and 21st at 10:00 AM at Tataketa Apartments.

South Coastal Counties Legal Services, Inc.

We are pleased to announce that a representative from South Coastal Legal Services will be at Tataketa Apartments in November (Date and Time to be determined). Discussion will include the following topics:

- *Tenant/Landlord Law*
- *Understanding your lease*

Joe Q. Coffee Break

Harborview Apartments

November: Date and time to be determined

Please join us for our 4th Joe Q. Veterans Coffee Break and see what is all about. Kathleen Jespersen, President of Together We Can, Allan Wilson and Ahmad Mustafa presented at our last Veterans get - together.



On Monday, November 11th we honor all military veterans that served in the United States Armed Forces. We look forward to the Town of Falmouth's Annual Veterans Day Memorial Celebration.

Be sure to check out these town - sponsored Veterans Day Events:

- **Veteran's Day Ceremony**

Monday, November 11th at 10:45 AM Memorial Walkway, Falmouth Public Library
Procession starts at 10:45 AM at the Village Green and proceeds to Memorial Lane for ceremony at 11:00 a.m.

- **Veterans Complimentary Tribute Breakfast**

Monday, November 11th from 8:30 to 10:00 AM at the Flying Bridge Restaurant
To establish a guest head-count, attending veterans are respectfully required to RSVP their seating. Please contact the Falmouth Chamber of Commerce at 508-548-8500.

Cooking Demo with Dena

This month's cooking demonstration will be held at Tatakot on November 11th at 10:00AM.

Chair Yoga Class

Join us at Tatakot on November 26th at 10:00 AM for a fun hour with Dena Irwin, certified Yoga instructor from CCCHC.

This is a super activity to keep your brain young by being physically and socially active at the same time. You'll get your heart pumping and your joints lubricated and ready for the day!

Thank you to all of you who make the Falmouth Housing Authority a better place

This includes so many people, too many to put into one little newsletter. To those who care for their neighbor, have pride in their community, who share a pleasant smile to those passing by, and for those who we can count on for a good hearty laugh. I hope you know we are talking about you and we thank you. Also, thank you to the professionals in the community that we share partnerships with, who bring a depth of services to our tenants.



Peace Circle

Friday, November 15th at 10:00 AM at Harborview.

Representatives from Falmouth Human Rights Advisory Commission will be holding a "Circle"; a forum to discuss difficult and important issues in a safe environment. We thank you for coming to our anti-bullying meeting last month, your stories were heard. We hope you can join us and be part of this important circle.



Local Events:

North Falmouth Congregational Fair

Saturday, November 9th

From 9:00 AM - 1:30 PM

Jewelry, Hand Crafts, Attic Treasures, Raffles, Baked Good, Silent Auction, Snacks and Coffee served all morning.

Lobster Roll Lunch 11:00-1:00PM, Take Out Available.

Alternative Gift Market

Saturday, November 9th

From 11:00 AM - 3:00 PM

Saint Barnabas Memorial Church

Give the world a gift of hope! An alternative gift is a donation to a worthy cause in honor of a friend or family member.

Choose from 20 charitable local and global organizations.

Complimentary free coffee provided by Equal Exchange.

Vendors: The Sharing Foundation,

Afri-Roots Collective, and Equal Exchange.

Falmouth Chamber Players Orchestra Fall Concert

Saturday, November 9th at 4:00 PM

John Wesley United Methodist Church

Featuring cellist, Emmanuel Feldman.

Suggested donation: \$20 adults, \$5 students

Christmas Fair at John Wesley

Friday, November 15th

From 2:00 PM - 7:00 PM

John Wesley United Methodist Church

Stop by this much-anticipated Annual Christmas Fair. There will be much to choose from, including attic treasures, baked goods (apple pies, breads, etc.), books, boutique, homemade candy, children's room, greens and wreaths, and silent auction. Dinner will be served from 2:00 PM.

Small Business Saturday

Saturday, November 30, 2019

Small Business Saturday was founded to help businesses with their most pressing need - getting more customers. The day happens every year on the Saturday after Thanksgiving and encourages people to shop at the small businesses that help write the story of America. By shopping or dining at small businesses throughout the year, you're showing your support for the small businesses in your neighborhood and reinvesting in the Falmouth community.

Falmouth Clippers vs. old time rivals Barnstable Red Raiders

Thursday, November 28th at 10AM at the new Falmouth High School All-Purpose field.

For 124 years, dating back to 1895, the Falmouth Clippers have been facing off with rival Barnstable Red Raiders (one of Massachusetts's longest football rivalries) with only two years missed; 1932, and 1943 (due to WWII). With an overall record of 61 Falmouth, 62 Barnstable, and 7 tying games, this year is bound to be a memorable one for Falmouth to tie the record.

Many of our FHA tenants have played a part in this century old time honored tradition, so come on out, work up an appetite while you cheer on your favorite team!

There is plenty of free parking.

Staff Directory:

- | | |
|--|-----------------------------|
| 1. Bobbi Richards, Executive Director | Extension 211 |
| 2. Marie Palmer, Resident Service Coordinator | Extension 212 |
| 3. Trisha Herlihy, Tenant Selection Coordinator | Extension 213 |
| 4. Leslie Pearce, Assistant Director | Extension 214 |
| 5. Annalisa Fox, Executive Assistant | Extension 215 |
| 6. Sheila Barrows-Gibbs, Section 8 Administrator | Extension 216 |
| 7. Michael Solitro, Federal Housing Programs Specialist | Extension 217 |
| 8. Debbie King, State Certification Clerk | Extension 220 |
| 9. Nicholas Devonis, Federal Housing Programs Specialist | Extension 222 |
| 10. Kimberly Conn, Finance Director & Public Housing Manager | Extension 225 |
| 11. Maintenance Emergencies After Hours | 508-548-1977 Follow prompts |

November 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Sew-a-long *TAT at 10:00 AM	6 Sew-a-long *HV at 10:00 AM	7 Cooking with CapeAbilities *TAT at 10:00 AM	8	9
10	11 Veterans Day  (Office Closed)	12 Cooking Demo *TAT at 10 AM	13	14 Cooking with CapeAbilities *TAT at 10:00 AM	15 Anti-Bullying Open Discussion *HV at 10:00 AM	16
17	18	19 Sew-a-long *TAT at 10:00 AM Comm. Board Mtg. *TAT at 1:00 PM	20 Sew-a-long *HV at 10:00 AM	21 Cooking with CapeAbilities *TAT at 10:00 AM	22	23
24	25	26 Yoga *TAT at 10:00 AM	27	28 	29	30