

# What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

[www.falmouthhousing.org](http://www.falmouthhousing.org)

In an article published in Cape Cod Health News, [www.capecodhealthnews.com](http://www.capecodhealthnews.com), *Don't Ignore these Pneumonia Signs*, by Rob Duca, dated September 24, 2019

Although people of all ages should seek medical attention when signs of pneumonia appear, it is especially important that those over age 65, children under 2, and others with chronic conditions such as emphysema, heart disease, lung disease, COPD, diabetes and asthma be particularly vigilant to its symptoms. Those who smoke or have issues with alcohol or drugs are also vulnerable to pneumonia.

Among the most common warning signs of pneumonia are a persistent cough that lingers, chest pains, a high-grade fever, chills and a feeling of constant fatigue. With the elderly population, the only sign of pneumonia can often be that the person is experiencing confusion.

Shortness of breath is another sign, and that is always a reason to go to your doctor or the hospital. Seek medical advice if you have any of the following symptoms that persist longer than 10 days:

Hoarseness, Sore throat, Cough, Fever over 101, or Feeling faint

## Old and Young are Most Vulnerable

It is recommended that children under 2 and all people over 65 get the flu shot and the pneumococcal pneumonia vaccination, as well as those who have underlying risk factors. Pneumococcal pneumonia has decreased due to an increase in the vaccination rate in the U.S. What other things can you do to prevent contracting pneumonia? Here are a few tips from Dr. Costa and the American Lung Association:

- *Monitor your health.* Watch for symptoms, particularly if you have risk factors. Look for any new or worsening symptoms if you have recently been sick.
- *Wash your hands frequently* in warm, soapy water, especially after using the bathroom and before eating. Use an alcohol-based hand sanitizer when you can't wash your hands.
- *Eat a healthy diet* that includes lots of fruits, vegetables, fiber and lean protein.
- *Avoid smoking*
- *Get plenty of rest*
- *Get regular exercise*

Although pneumonia is a year-round disease, viruses tend to happen more in the winter months, so it's more commonly associated with those periods. It's important to remember that even though pneumonia is very common, it is also deadly, so these symptoms should not be ignored.

## FHA Hosted Events:

### FHA – Commissioners Board Meeting

This month's Commissioners Board Meeting will be held at Harborview Apartments on Tuesday October 29<sup>th</sup> at 7:00 PM. Selection of new Falmouth Housing Authority Commissioner will be discussed.

### FHA Sew-a-long Schedule

Tataket - Baby bib project for Falmouth Hospital Tuesdays: October 1<sup>st</sup> 10:00 AM (2nd gathering to be determined)

Harborview - Superhero cape project for kids at the Carriage House- Wednesdays: October 2<sup>nd</sup> and 16<sup>th</sup> at 10:00 AM

## Remembering and Showing Respect!

We enjoyed a touching 9-11 ceremony last month at the Falmouth Fire Department. It was very nice to see the many Falmouth Housing Authority representation!

Thank you to all of our tenants who were in attendance!



### Joe Q. Coffee Break

Harborview Apartments  
October 10<sup>th</sup> at 7:00 PM

The Veteran's Joe Q. Coffee Break is off to a great start. Our first get-together, September 20<sup>th</sup>, was a success. The Joe Q committee was able to offer an understanding ear and solid guidance to those who needed it. They were even successful in recruiting a few of our tenants to be a part of the team.

We are looking forward to greater participation from our tenants and community members in our upcoming Joe Q. Coffee Break. It's our hope that a night time Break will allow more people to join in. We look forward to seeing you on October 10<sup>th</sup> at 7:00 PM!

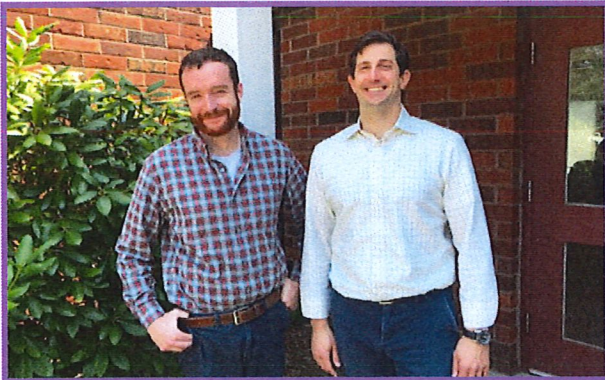


### Coffee Social with Guest FHA Staff

This month we will have a coffee social with Nick Devonis and Mike Solitro, FHA's Federal Housing Specialists.

Come join us at Harborview on Friday, October 18<sup>th</sup>, at 10:00 AM

Refreshments will be served.  
See you there!



### **Cooking Demo with Dena**

This month's cooking demonstration will be held at Rose Morin on October 8<sup>th</sup> at 10:00AM. Dena plans on showing us how to make *Pumpkin Turkey Chili*, just in time for football season! Eat healthy while cheering on your favorite team!!!

Last month at Tatakot, Dena made three different kinds of smoothies. Here are some Smoothie Basics!

Make a selection from each category and toss into the blender for a complete meal in a glass:

**Liquid** - 1 cup. Choose one:

Plain yogurt and 1/4 cup water, milk, unsweetened coconut milk, unsweetened almond milk or water

**Protein** Choose 1:

1 scoop protein powder or 2 tbs nut butter

**Fruit** (fresh or frozen) - 1/2 to 1 cup:

Banana, berries, pineapple, melon, apples, oranges, mango

**Green Veggies** - at least 1 cup fresh or 1/2 cup frozen:

Any combination of kale, spinach, chard, watercress, parsley, cilantro, mint

**Extras:**

1 tbsp. seeds: flax, chia, hemp, pumpkin, sunflower

1 or 2 pinches spices: cinnamon, ginger, turmeric, cloves, cardamom, nutmeg, 1 tbs. cocoa powder, 1/4 teaspoon vanilla extract

\*For a little sweetness add Stevia or honey

\*To keep your plumbing running smoothly add 1 - 2 cooked beets, or 3 - 4 figs, or 5 - 6 pitted prunes.

### **Liquid Food Benefits**

Health and nutrition experts worldwide suggest consuming liquid food for better digestion. Smoothies contain blended fruits and vegetables in liquid form that make it easier for the body to break them down.

### **Cooking and Coffee with CapeAbilities**

Thursdays, October 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> at 10:00 AM at Tatakot Apartments.

### **Falmouth Public Library Book Bike**

Falmouth Public Library will be at Salt Sea and Choate Lane in October. It was so nice to see people taking advantage of such a great service. Be on the look for the book bike!

Choate Lane on Monday, October 21<sup>st</sup> from 12:00 noon to 1:00 PM

Salt Sea Lane on Thursday, October 24<sup>th</sup> from 12:00 noon to 1:00 PM

### **State 911/Mass Equipment Distribution Program (MassEDP)**

Thursday October 10<sup>th</sup>:

Tatakot at 11:00 AM

Harborview at 12:30 PM

MassEDP is a state program that offers specialized landline telephones to Massachusetts Residents that have a permanent disability (i.e. low vision, hard of hearing, etc.). These telephones are offered free of charge through the State 911 program. Learn more about it, maybe you can qualify for this adaptive and helpful equipment.

### **Flu clinic** offered by Cape Cod Health Center:

Rose Morin Tuesday October 8<sup>th</sup> at 11:00 AM

Harborview, Tuesday October 8<sup>th</sup> at 1:00 PM

Tatakot, Tuesday October 15<sup>th</sup> at 1:00 PM

Please find a location and time that is convenient for you, and make sure to bring your insurance card.

### **South Coastal Counties Legal Services, Inc.**

We are pleased to announce that South Coastal Legal Services will be available at Harborview Apartments, on October 21<sup>st</sup> at 1:00 PM, to discuss the following topics:

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

## Let's talk about Bullying

Tuesday, October 15<sup>th</sup>

Harborview Apartments at 10:00 AM

We will have an open discussion on bullying and how to prevent it in our housing communities.

Tenants from all properties are invited.

*"Where there's a will there's a way"*

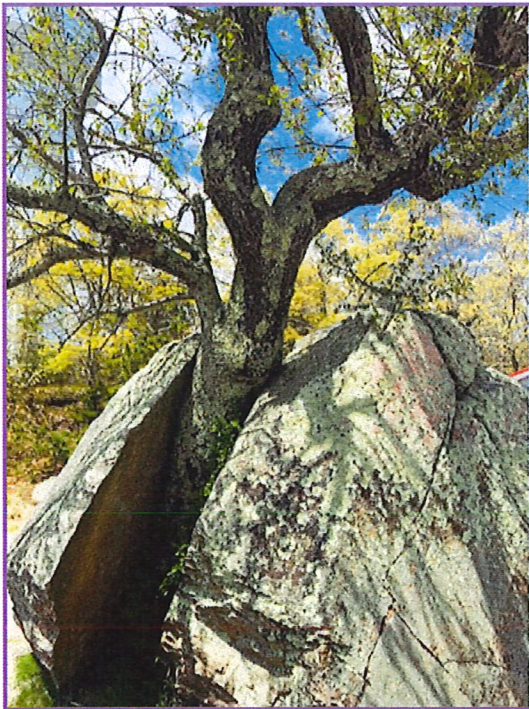
*By Sandra L. Emery  
Tatakot Apartments*

*Thinking things through  
Deciding what to do*

*Hidden in the haze  
Is the solution to our malaise*

*Wisdom to know what is possible  
Leaving the impossible to be*

*If trees can grow out of rocks  
Think of what's possible  
For you and me!*



This resilient tree can be found in the parking lot  
of *Red Top Sporting Goods*  
Main Street Buzzards Bay, MA

## Local Events:

### The Face of Affordable Housing in Falmouth: Myth vs Reality

Wednesday, October 2<sup>nd</sup>

6:30 PM - 8:30 PM

Falmouth Public Library

Panel Discussion about work force housing issues in Falmouth with: Bill Zammer, The Flying Bridge; Edward Dunne, Falmouth Chief of Police; Paul Niedzwiecki - Cape Cod Healthcare.

Testimonial from residents of Falmouth Affordable Housing - Featured Speakers; Erik Turkington, Treasurer of Falmouth Housing Corporation and Christian Valle, President of The Valle Group  
Moderated by: Carla Feroni - Town of Falmouth Housing Coordinator

### Bingo Night at the Holiday Inn

Wednesday, October 2<sup>nd</sup>

5:00 PM - 9:00 PM

Holiday Inn and KC Bar & Grill

291 Jones Road, Falmouth

Doors open at 5:00 & Bingo begins at 6:30 Sharp!

Portion of the 50/50 raffle to benefit the Falmouth Education Foundation

### Pumpkin Day

Saturday, October 12<sup>th</sup>

9:00 AM - 3:00 PM

Salt Pond Area Bird Sanctuaries, Inc.

Bourne Farm

West Falmouth

Free admission and parking

Spend a beautiful fall day at historic Bourne Farm and pick your own pumpkins.

Lunch will be available as well as a bake sale.

**Jazz-tober Fest Weekend**

Saturday, October 19<sup>th</sup> - Sunday, October 20<sup>th</sup>  
Falmouth Main Street  
& Queens Buyway.

Falmouth Village Association and ArtsFalmouth bring downtown to life. Saturday October 19<sup>th</sup> kicks off with the unveiling of the Village of Scarecrows and an afternoon sidewalk sale. You'll hear soloists, combos, and wall-to-wall brass bands playing every genre of jazz: from hot to cool, oldies to cutting edge, sultry to stomping.

**Trick or Treat Stroll on Main Street**

Saturday, October 26<sup>th</sup>,  
1:00 PM – 3:00 PM  
Falmouth Village Association  
Main Street, Falmouth

Halloween Parade begins at 1 pm on the Village Green. Village Merchants open their doors to hand out candy to the children as they pass by.

**Mullen-Hall Halloween Parade**

Thursday, October 31<sup>st</sup> starting at 9:30 AM

Upwards to 500 Mullen Hall Students, Kindergarten through 4<sup>th</sup> grades, teachers and staff take to the streets in Halloween costumes for their annual Halloween Parade. They walk down Main Street from Mullen Hall Elementary School where the parade rout takes them right through Town Hall before heading back to Mullen Hall.

This is an event sure to put a smile on your face. Find a spot on Main Street and enjoy!

Falmouth Housing Authority  
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**Staff Directory:**

Bobbi Richards, Executive Director	Extension 211
Marie Palmer, Resident Service Coordinator	Extension 212
Trisha Herlihy, Tenant Selection Coordinator	Extension 213
Leslie Pearce, Assistant Director	Extension 214
Annalisa Fox, Executive Assistant	Extension 215
Sheila Barrows-Gibbs, Section 8 Administrator	Extension 216
Michael Solitro, Federal Housing Programs Specialist	Extension 217
Debbie King, State Certification Clerk	Extension 220
Nicholas Devonis, Federal Housing Programs Specialist	Extension 222
Kimberly Conn, Finance Director & Public Housing Manager	Extension 225

# October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Sew-a-long *TAT at 10:00 AM	2 Sew-a-long *HV at 10:00 AM	3 Cooking with CapeAbilities *TAT at 10:00 AM	4	5
6	7	8 Cooking Demo with Cape Cod Health Center *RM at 10:00 AM Flu Clinic *RM at 11:00 AM *HV at 1:00 PM	9	10 Mass Equipment *TAT at 11:00 AM *HV at 12:30 PM Joe Q Coffee Break *HV at 7:00 PM	11	12
13	14	15 Bullying discussion *HV at 10 AM Flu Clinic *TAT at 1:00 PM	16 Sew-a-long *HV at 10:00 AM	17 Cooking with CapeAbilities *TAT at 10:00 AM	18 Coffee Social with Nick and Mike *HV at 10:00 AM	19
20	21 Library Book Bike *CH 12:00 - 1:00 PM South Coastal Legal Services *HV at 1:00 PM	22	23	24 Cooking CapeAbilities *TAT at 10:00 AM Library Book Bike *SS 12:00 - 1:00 PM	25	26
27	28	29 Comm. Board Mtg. *HV at 7:00 PM	30	31 Cooking with CapeAbilities *TAT at 10:00 AM		