

# What do you say, FHA?

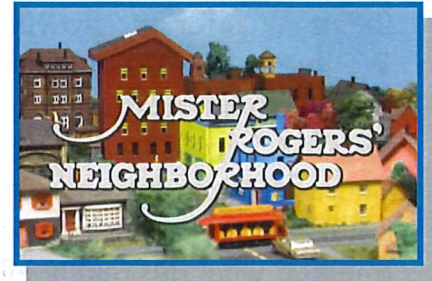
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by Marie Palmer, Resident Service Coordinator

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

## America's favorite neighbor

Over the years, Fred Rogers changed the lives of millions of children with his timeless advice about empathy, compassion and how to be a good neighbor. It's not just kids who stand to benefit from the wisdom of Mr. Rogers and his life lessons are just as relevant as ever.



Many of you may remember this song...

It's a beautiful day in the neighborhood  
A beautiful day for a neighbor  
Could you be mine?  
Would you be mine?

It's a neighborly day in this beauty wood  
A neighborly day for a beauty  
Could you be mine?  
Would you be mine?

I have always wanted to have a neighbor  
Just like you  
I've always wanted to live in a neighborhood with you

Let's make the most of this beautiful day  
Since we're together, might as well say  
Would you be my, could you be my  
Won't you be my neighbor?

... and most of you probably just sang or hummed along as you read the iconic lyrics.

**No matter what's happening in the world, it's always a beautiful day in the neighborhood.**

Here is a selection of quotes from -22 *Insightful Mr. Rogers Quotes to Share with Your Neighbors*

By Beverly L Jenkins, November 20, 2019, [www.inspiremore.com](http://www.inspiremore.com)

- When I was a boy and would see scary things in the news, my mother would say to me, 'look for the helpers. You will always find people who are helping.'
- If you could sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.

- How sad it is that we give up on people who are just like us.
- The only thing evil can't stand is forgiveness.
- People have said, 'Don't cry' to other people for years and years, and all it has ever meant is, 'I'm too uncomfortable when you show your feelings. Don't cry.' I'd rather have them say, 'Go ahead and cry. I'm here to be with you.'
- There is no normal life that is free of pain. It's the very wrestling with our problems that can be the impetus for our growth.
- We live in a world in which we need to share responsibility. It's easy to say 'It's not my child, not my community, not my world, not my problem.' Then there are those who see the need and respond. I consider those people my heroes.
- There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind.
- Imagine what our real neighborhoods would be like if each of us offered, as a matter of course, just one kind word to another person.
- You can't really love someone else unless you really love yourself first.
- Discovering the truth about ourselves is a lifetime's work, but it's worth the effort.
- Anyone who does anything to help a child in his life is a hero.

In an article *Harvard Scientists Now Say Mr. Rogers was Right: People are Fundamentally Kind and Decent*. Geoffrey James, contributing editor of *Scientific American*, ([www.inc.com](http://www.inc.com)) writes that a group of researchers at Harvard and Yale did a series of tests that attempted to determine whether human response to an ethical dilemma was to act cooperatively or selfishly. Results suggest that our first impulse is to cooperate... that we are fundamentally 'good' creatures after all. Ultimately, people try to do their best because, at their core, they want to be good people and, indeed, have the innate capability to be so.

Roger's philosophy runs counter to two strong cultural currents: theological teaching which considers human beings to be sinners from birth, and evolutionary biology which emphasizes that we live in a cutthroat and competitive society. Scientific research, however, is now throwing both those perspectives into serious doubt.

Mr. Rogers would be pleased, not surprised, that science has since proven a truth he always held as self-evident: that people are basically good, when they're allowed to be so.

*\*Scientific American, November 21, 2019*

Mr. Rogers broke a lot of ground during his show's 33 year run, tackling big issues like racism, inclusion, and learning to accept (and even love) our differences. We're so lucky to have had Mr. Rogers as our neighbor for all those years. Thankfully, his wisdom lives on in all who read his words and to all who take them to heart.

If he were with us today he would have had hope for our communities and "our neighborhood." He likely would have pointed out the goodness in all of us because, after all, "we were children, once."

## FHA Hosted Events:

### FHA – Commissioners Board Meeting

This month's Commissioners Board meeting will be held at Harborview Apartments on Tuesday, December 19<sup>th</sup> at 1:00 PM.

### FHA Sew-a-long and Knitting Schedule

Tataketa - Baby bib project for Falmouth Hospital Tuesdays: December 3<sup>rd</sup> and 17<sup>th</sup> at 10:00 AM

Harborview - Scarf and hat project for those in need. Wednesdays: December 4<sup>th</sup> and 18<sup>th</sup> at 12:00 PM

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

Wednesday, December 11<sup>th</sup>

Rose Morin at 10:00 AM

Monday, December 16<sup>th</sup>

Salt Sea at 10:00 AM

Choate Lane at 11:00 AM

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.

### South Coastal Counties Legal Services, Inc.

We are pleased to announce that a representative from South Coastal Legal Services will be at Tataketa Apartments on Monday, December 16<sup>th</sup> at 1:00 PM.

Discussion will include the following topics:

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

### Cooking and Coffee with CapeAbilities

Thursdays, December 5<sup>th</sup>, 12<sup>th</sup>, and 19<sup>th</sup> at 10:00 AM at Tataketa Apartments.

### Joe Q. Coffee Break

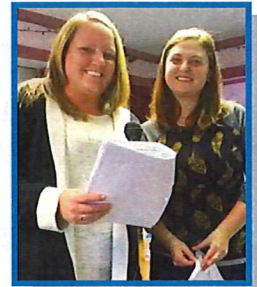
Harborview Apartments  
December 13<sup>th</sup> at 9:30 AM



Please join us for our 5<sup>th</sup> Joe Q. Veterans Coffee Break on Friday, December 13<sup>th</sup> at 9:30 AM. Learn more about Article 23 and our local veterans groups effort to secure the use of the old Senior Center building for veterans, their family and friends.

### Holiday Sing-a-long

If you're looking for something fun to do, look no further; our friends at CapeAbilities will be hosting a Party and Holiday Sing along. Join us at Tataketa on Friday, December 20<sup>th</sup> at 1:00 PM.



### Community Unity

By John Mendoza  
Tataketa Apartments

Together we can  
All of us here  
We are family  
Near and Dear

Let's have some community pride  
Let's strive to keep each other afloat  
Together we can raise the tide  
Because we're all in the same boat

Lend a hand  
Lend an ear  
Make that call  
Never Fear

Community unity  
Social solidarity  
Community spirit  
That's it!

## **Community Health Center December Schedule**

Dr. Stephanie Prior will be at Harborview on December 12<sup>th</sup> from 2:00 PM to 5:00 PM

Pharmacist, Lynne Bridges will be at Harborview on December 17<sup>th</sup> from 1:00 PM to 3:00 PM

## **Local Events:**

### **Peace Circle**

Representatives from Falmouth Human Rights Advisory Commission will be holding a "Circle" at Harborview on Wednesday, December 4<sup>th</sup> at 9:30 AM. The Circle can provide a safe and respectful environment for people to express their thoughts and feelings. We thank you for coming to our last circle, and we hope you can join us again. Also, feel free to bring a friend or two!

### **Emergency Preparedness: How Can We Help You Wade Through a Storm?**

We would like your input and feedback regarding supplies we could provide your unique communities to use in the event of an emergency.

Please join me on December 6<sup>th</sup> at the following times and locations.

Salt Sea at 9:00 AM

Choate Lane at 10:00 AM

Tataket at 11:00 AM

Rose Morin at 12:00 PM

Harborview at 3:00 PM

### **Resident Services**

If you find yourself in need of services please do not hesitate to contact your Resident Service Coordinator, Marie Palmer. Such services include, but are not limited to: advocacy, benefits/entitlement/insurance, case management, conflict resolution, crisis intervention/support counseling, and linkage to community resources such as: employment agencies, legal services, and health care services.

Our aim is to help residents age in place and remain living as independently in their own homes as safely and comfortably as possible.

### **Holiday Market & Gift Gallery**

Sunday, December 1<sup>st</sup> through

Tuesday, December 24<sup>th</sup>

at the Falmouth Art Center

Hours: Monday - Friday from 9AM to 4PM

Saturdays from 10 AM - 4 PM,

and Sundays from 1PM - 4 PM

This is a wonderful opportunity to purchase unusual, creative, and locally made gifts for the loved ones on your list. The market features works of fine art and gifts created by artists from across the Cape. In addition to original paintings and photographs, a wide range of hand-crafted holiday gifts will be available including such things as hand-knit and woven bags and scarves, pottery, wooden bowls and plates, various kinds of jewelry, gift cards, ornaments, handmade soaps and candles.

### **Holiday Toy Drive**

Toys are needed for the Falmouth Service Center's holiday toy drive for Children across our community. The Service Center will be collecting toys from December 1<sup>st</sup> through 13<sup>th</sup> with gift distribution held on Thursday, December 19<sup>th</sup> and Friday, December 20<sup>th</sup>. The following items are needed: Gift Certificates for teens (Gas cards, CVS, coffee shops, clothing stores, Target, Wal-Mart, etc.), sports items, arts and crafts kits, books, movie passes, costume jewelry, video games, educational toys for infants and toddlers, bikes, games and puzzles the whole family can enjoy, wrapping paper, tape, ribbons, and bows. Questions, please call FSC at 508-548-2794.

**Friends of the Falmouth Public Library**  
**Holiday Book Sale**

December 7<sup>th</sup> 10:00 AM - 5:00 PM

December 8<sup>th</sup> 1:00 PM - 5:00 PM

December 9<sup>th</sup> from 10:00 AM – 5:00 PM

December 11<sup>th</sup> from 10:00 AM – 8:00 PM

Falmouth Public Library books in great shape and suitable for gifting!

**Holiday Carol at Peg Noonan Park**

Friday, December 6<sup>th</sup> at 5:30 PM

Warm your heart and get ready for a fun evening by caroling with neighbors and the Falmouth Chamber of Commerce staff at Peg Noonan Park, Main Street Falmouth. Join the carolers and the Solstice Singers as they lead us in a festive seasonal sing-along of familiar holiday classics. Enjoy our beautiful little town (a vision straight out of a Norman Rockwell painting) along with hot chocolate and treats! Remember to dress warmly!

**8<sup>th</sup> Annual Jingle Jog 5K & Kids Elf Run**

Saturday, December 7<sup>th</sup> 7:30 AM -10:30 AM

Marine Park, Scranton Ave, Falmouth  
Awards for top runners and "Most Festive" attire.

Kids Elf Run starts at 9:00AM

Jingle Jog starts at 9:30AM

**Saint Barnabas Episcopal Church Annual Christmas Fair**

Saturday, December 7<sup>th</sup> from 9:00AM to 2:00PM

A 90 year old tradition (1929 - 2019)  
Baked goods, jewelry, Christmas decorations, handmade crafts, attic treasures, gift baskets, wreaths and centerpieces. A special donation of mittens and gloves will be collected for the Falmouth Service Center.

**Lighting of the Falmouth Village Green**

Saturday, December 7<sup>th</sup> at 7:00 PM

The Falmouth Brass Choir will lead the caroling before a special visit from Santa as we light up the green. People are encouraged to bring flashlights and to dress warmly. Be sure to enjoy the Main Street to Queens Buyway Stroll before and after the Lighting of the Green.

**Falmouth Village Holiday Stroll**

Saturday, December 7<sup>th</sup> from 5:00 - 8:00 PM

See Falmouth Main Street transformed into a winter wonderland. The street and storefronts are at their very best when decorated for the holidays. Shop and dine while enjoying the strolling entertainment throughout the village. Kids of all ages will enjoy everything from the live petting zoo to meeting Santa in Peg Noonan Park. As in years past, be on the lookout for all of your favorite holiday activities, including crafts, face-painting, refreshments, riding the trolley and music everywhere!

Main Street will be closed to through traffic during the stroll. Parking is available at both Mullen-Hall and Lawrence Schools as well as the Falmouth Bus Depot. The trolley will run between the three locations. Come one, come all, the Holiday Stroll is a tradition with something for everyone!

**56<sup>th</sup> Annual Christmas Parade**

Sunday, December 8<sup>th</sup> at 12:00 Noon

Theme: "Peace and Goodwill."

Parade steps off at noontime from Dillingham Ave and proceeds down Main Street to the Village Green. Known as Southeastern Massachusetts' largest holiday parade, featuring theme-decorated floats, marching bands, live animals, costumed characters and Santa Claus!

FCTV will film the entire parade for local viewing.

Falmouth Housing Authority  
Falmouth, MA 02540  
Phone: 508-548-1977  
Fax: 508-457-7573  
[www.falmouthhousing.org](http://www.falmouthhousing.org)

# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		Sew-a-long *TAT at 10:00 AM	Peace Circle *HV at 9:30 AM Knitting *HV at 12:00 PM	Cooking with CapeAbilities *TAT at 10:00 AM	Emergency Prep. mtg. *SS at 9:00 *CH at 10:00 *TAT at 11:00 *RM at 12:00 *HV at 3:00	
8	9	10	11	12	13	14
		Cooking Demo *TAT at 10:00 AM	Mass Equipment *RM at 10:00 AM	Cooking with CapeAbilities *TAT at 10:00 AM	Joe Q. Coffee Break *HV 9:30 AM	
15	16	17	18	19	20	21
	Mass Equipment *SS at 10:00 AM *CH at 11:00 AM South Coastal Legal Services *TAT at 11:00 AM	Sew-a-long *TAT at 10:00 AM Comm. Board Mtg. *HV at 1:00 PM	Knitting *HV at 12:00 PM	Cooking with CapeAbilities *TAT at 10:00 AM	Holiday Sing along *TAT at 1:00 PM	
22	23	24	25	26	27	28
<i>Hanukkah begins at sunset</i>			Christmas Office Closed	<i>Kwanzaa begins</i>		
29	30	31				
	<i>Hanukkah ends at sunset</i>	<i>New years Eve</i>	Jan. 1st New Years Office Closed <i>Kwanzaa ends</i>			