

What do you say, FHA?

VOLUME 4, ISSUE 1
APRIL 2018

By Marie Palmer, Resident Service Coordinator

Emergency Preparation Committee

The Falmouth Housing Authority is establishing an Emergency Response Task Force.

We are looking for a representative from FHA properties Rose Morin, Choate, and Salt Sea to serve on this committee.

Included in this team are: Executive Director, Bobbi Richards; Maintenance Director, Bob Arsenaault;

Falmouth Human Services Director, Suzie Hauptman; Resident Service Coordinator, Marie Palmer; Harborview Representative, Paul Grundin; and Tataket Representative, John Jenks.

If you are interested and are able to commit to meeting once every four months to this worthwhile cause, please notify our office.

The first meeting will be held

on Monday, April 30th at 3:00 PM at the Falmouth Housing Authority.



GENEROUS DONATION FROM THE FALMOUTH COMMUNITY



Twelve sewing machines were donated by members of the community so that FHA tenants could start the 70th Anniversary "Good Deed" project initiative for charitable organizations, and people in need.

We were contacted by a gentleman, David Paton, who kindly volunteered his services to repair and tune up our sewing machines to catapult us into this project.



Falmouth Housing Authority Sew-a-long



Our second “FHA Sew-a-long” will be held on Tuesday, April 3rd from 10:30 AM to 12:30 PM, at the Tatakett Community Room.

We will provide sewing materials (thread and fabrics); as well as a few sewing machines. If able, please bring your own sewing machine and basic supplies to the event.

Call the office at, (508-548-1977 ext. 212) to be added to the sign up sheet if you’re planning on joining us.

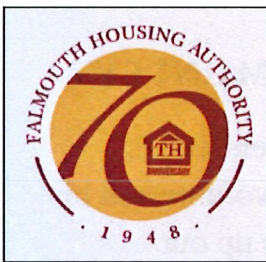
Did you know that sewing naturally enhances motor skills and requires creativity, which improves the brain’s ability to grow new brain cells. Come out and socialize as you improve your dexterity.

Scarf Project

FHA is seeking volunteer knitters for a year-long scarf project. The scarves will be tied to approved areas within the town for anyone that needs additional warmth in the winter.

Contact Bobbi or Marie to learn more about it. Your information will be provided to the Tenant group that has organized the project.

We would like to thank First Citizens Bank for their effort in supporting the Falmouth Housing Authority by scrolling information regarding FHA housing programs on media screens at the Falmouth and Mashpee Branch locations and for providing information regarding their banking programs to our tenants.



FHA - Commissioners Board Meeting

This month’s Commissioners Board Meeting will be held at Tatakett Apartments on Tuesday, April 17th at 1:00 PM. The agenda will be posted at all properties prior to the meeting.

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.

Nutritional Cooking Demonstration



A cooking demonstration, hosted by Cape Cod Community Health Center, will be held at the Harborview Community Room on Tuesday, April 24th at 10:00 AM

After a very successful and informative cooking demonstration by Cape Cod Community Health Center's "Rock Star Nutritionist", we decided

to hold another demo. Bring a willingness to learn something new, as well as your appetite!

* Please call 508-548-1977 ext. 212 if interested.

We need a head count to ensure we have enough food for all participants.

Curried Chick Pea Salad By Dena Irwin

Mix together:

15 oz. can chick peas, drained

½ cup light coconut milk

½ cup frozen peas, thawed

1 red bell pepper, seeded and chopped

1 tablespoon lime juice

1 ½ teaspoons curry powder

If desired add chopped avocado, green onions, fresh cilantro, and serve over greens.

For a complete meal toss in cooked brown rice or quinoa.



According the Center for Nutrition Advocacy, curry has a number of valuable health benefits, including prevention of cancer, protection against heart disease, reduction of symptoms of Alzheimer's disease, and eases pain and inflammation.

Also, Chickpeas help control blood sugar levels, and it's high fiber content helps to improve digestion.

Rose Morin Brunch

The Royal Falmouth would like to treat all Rose Morin tenants to a brunch on Wednesday, April 25th, 2018 from 10:00 AM to 11:30 AM.

Cape Cod beagles and cream cheese, juice, coffee, egg casserole, sausage, bacon... the works!

Stop by during the hours of 10 and 11:30 for a bite to eat and a great opportunity to meet up with some friendly faces.



*“OUR CAPE COD”
By John Mendoza,
Tataket Apartments*

*Our Cape Cod
Our safe harbor,
Our harmonious haven,
Our humble home*

*Lighthouses and Beaches
Long sandy shores
Clear vistas to the furthest reaches
Seagulls by the scores*

*Annual Summer Residents
Occasional visits from Presidents
Historical Homes,
Anthemic poems*

*Our Cape Cod is where freedom
roams*

*Our Cape Cod
A great place to visit
A great place to reside
Our Cape Cod
Our Joy and our Pride*

New Medicare cards are on the way

Beginning April 2018 through April 2019, Medicare cards will be replaced with one that no longer shows you Social Security number. Be on the lookout for scammers. They may try to call you and get your Social Security number or bank information from you or they may be asking you to pay for your new card.

Your card is free and will be mailed out to you automatically. To report a scam the Federal Trade Commission call 1-877-382-4357.

Get together with RSC

As the position of Resident Service Coordinator (RSC) is taking on an exciting and new shape, I would like to take the time to meet with tenants at each of our properties.

I am interested in finding out from you what services you would like me to plan that could benefit each of you.

Please join me, at the following locations, for coffee and doughnuts... and bring along your ideas!

I look forward to seeing you!

RSC get together:

- Rose Morin April 13th at 10:00 AM
- Tataket, April 20th at 9:00 AM
- Choate Lane, April 20th at 10:00 AM
- Harborview, April 27th at 9:00 AM
- Salt Sea, April 27th at 10:00 AM

Five year plan and Federal Handbook

A meeting will be held, Friday, April 13th at 1:00 PM at Harborview, for Tataket, Rose Morin and Harborview tenants to review the Five Year Plan, as well as review a draft of the Federal Handbook.

Copies of the current handbook will be made available in your community rooms for review prior to the meeting.

Local Events

FCTV Falmouth in Focus
Friday April 6th and 20th at 8:00
on Channel 13.

My Life, My Health Workshop
- Health Education
Tuesdays, April 3rd, 10th, 24th,
and May 1st, Falmouth Public
Library.

This group meets weekly for
lively and informative
discussions on how to live with
chronic conditions. Learn
ways to feel better and achieve
your health goals. For more
information and to register
please call Gina Battles at
508-957-7620.

Falmouth Eats Together,
April 5th from 4-6 PM at the
John Wesley United Methodist
Church and April 19th from 4-6
PM at St. Anthony's Church

Community Meal -
Around the Table, every
Monday, Wednesday, and
Friday at St. Barnabas
Episcopal Church's parish
house. Doors open at 11:15
AM, hot meals are served until
12:30.

A book talk with Melinda
Ponder
Falmouth Public Library,
Saturday, April 7th from 3:00 to
4:00 PM
"From Sea to Shining Sea"
featuring the life and travels of
our very own Falmouth

native, Katharine Lee Bates
(author of "America the
Beautiful). Book sales and
signings will follow the event.

Sunday Film Series
Documentary: One Big Home
Falmouth Public Library,
Sunday, April 8th, from 2
PM to 3:30 PM

Trophy homes, mega man-
sions, and development threat-
en the resort island of Mar-
tha's Vineyard. This event is
free to the public.

2018 Winter & Spring Speaker
Series Presented by the 300
Committee Land Trust and Salt
Pond Areas Bird Sanctuaries, Inc.
Thursday, April

2018 Winter & Spring Speaker
Series
Presented by the 300 Committee
Land Trust and Salt Pond Areas
Bird Sanctuaries, Inc. Thursday,
April 12, 2018 7:00 PM at the
Falmouth Museums on the
Green Massachusetts Birds
and Our Changing Climate.
The talks are free and open to
the public!

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WE CAN Legal Consults
& Support Sessions.
Tuesday, April 17th from
9:30 AM to 11:30 AM.
Legal Consults are coor-
dinated by WE CAN and
hosted at the Falmouth
Service Center on a
monthly basis. The con-
sults are scheduled 30
minute appointments for
participants. To schedule
an appointment call
508-430-8111.

Community Anti-Bias
Workshop
Thursday, April 26, 2018
6:00 PM - 8:00 PM, at
the Falmouth Public
Library
This event is hosted by
No Place for Hate –
Falmouth, and facilitated
by the Anti-Defamation
League. Doors will open
at 5:15pm. This event is
Free.

Falmouth Housing Authority
115 Scranton Ave.
Falmouth, MA 02540

Phone: 508-548-1977
Fax: 508-457-7573

Visit us on the Web!

www.falmouthhousing.org

APRIL 2018

Harborview: HV
Rose Morin: RM
Tataketa: TAT
Choate: CH
Salt Sea: SS

Sun Mon Tue Wed Thu Fri Sat

1	2	3 Sew-a-long 10:30 at TAT	4	5	6	7
8	9	10	11	12	13 RSC get together 10:00 RM	14
15	16	17 Comm. Board Mtg. 1:00 TAT	18	19	20 RSC get together 9:00 TAT	21
22	23	24 Cooking Demo. 10:00 HV	25 Brunch 10:00 RM	26	27 RSC get together 9:00 TAT	28
29	30				RSC get together 10:00 SS	