

According to the Corporation for Supportive Housing (CSH), the current need for physical distancing to prevent the spread of COVID-19 means that people may become more isolated. Below are a few of the suggestions from their article “Enhancing Social Connectedness in times of Physical Distance, March 25, 2020, www.csh.org) to encourage social connectedness while practicing physical distancing and following critically important CDC guidance regarding how to not spread the virus.

Studied Interventions to Address Social Connectedness and Loneliness

Consider using your phone, Zoom or other virtual option to connect as follows:

- ⇒ Schedule contact with someone from one’s social network (e.g. a family member, friend, or a volunteer), weekly—5 minutes to 1 hour or more per interaction
- ⇒ Engage in a ‘skills course’: receive instruction, improve one’s ability to have contact with others, enhance friendships, or to make new friends—Weekly, 2 to 4 hours per session
- ⇒ Reminiscence; Share with a group recollections on a topic or theme—1 to 2 times per week, 1 to 1.5 hours.
- ⇒ Peer support groups; Select areas of discussion related to one’s needs— Weekly, 3/4 to 1.5 hours.
- ⇒ Public Broadcast: Listen to music or radio programs—Daily, 1 hour

Looking to Connect? While this is not an endorsement from FHA, you may wish to explore these resources:



Without Walls Network—Network of programs providing older adults with endless opportunities to participate in activities and classes over the phone. Older adults across the United States are welcome to join. Contact Lifetime Connections without Walls (888) 500-6472 or visit www.familyeldercare.org for more information.

The Friendship Line—National 24-hour support for lonely, isolated, depressed, frail and/or suicidal seniors. (800) 971-0016

Joy for All—No Vet Bills, Just Love. Joy for All Companion Pets are designed to bring comfort, companionship, and fun. These interactive cats and pups are all about ease-of-care and convenience that pairs with technology. (866) 532-8531; www.joyforall.com

*Resources continued on next page
Images credit: joyforall.com*



AUGUST MEETINGS VIA ZOOM

EXECUTIVE SESSION BOARD MEETING : TUESDAY, 8/18/20 AT 4:30 PM

GENERAL SESSION BOARD MEETING: THURSDAY, 8/20/20 AT 4:30 PM

continued . . . **Studied Interventions to Address Social Connectedness and Loneliness**

Consider using your phone, Zoom or other virtual option to connect as follows:

America's VetDogs—Provides service dogs (at no cost) to veterans, active-duty service members or first responders who are living with disability caused by PTSD. www.vetdogs.org; (866) 838-3647

For Like Minds—An online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events. www.forlikeminds.com

U.S. Pain Foundation—Offers network of free, live support group calls weekly; Pain Connection Live are call-in support groups for those individuals living with chronic pain. www.uspainfoundation.org; (800) 910-2462

Black Mental Health Alliance—Provides information and resources, such as educational forums, trainings and referral services. Includes a “Find a Therapist” locator to connect with a culturally competent mental health professional. www.blackmentalhealth.com; (410) 338-2642

SMART Recovery—Substance use self-help program using cognitive behavioral therapy approaches to recover from addictive behaviors. Provides free, peer-led online support groups for individuals and family members/allies of those living with addiction. www.smartrecovery.org; (440) 951-5357

Anxiety and Depression Association of America (ADAA) - Provides information on anxiety and depression. Offers online support groups, including resources specific to coronavirus anxiety. In Spanish also. www.adaa.org; (240) 485-1001

LGBT National Help Center Hotline—Provides a safe space that is anonymous and confidential where callers can speak on many different issues and concerns. www.glbthotline.org; (888-843-4564)

**CONTACT MARIE PALMER AT FHA FOR
INFORMATION ABOUT OTHER RESOURCES
508-548-1977**

GOVERNOR BAKER'S COVID-19 ORDER NO. 45

FHA has included a current copy of the order in the newsletter for your review. Public housing community areas will continue to remain closed, except for laundry rooms; masks remain required for all that enter the housing buildings; social distancing still required; administration office continues to be closed to the public but service delivery continues. Contact staff via telephone, email or by drop box or mail

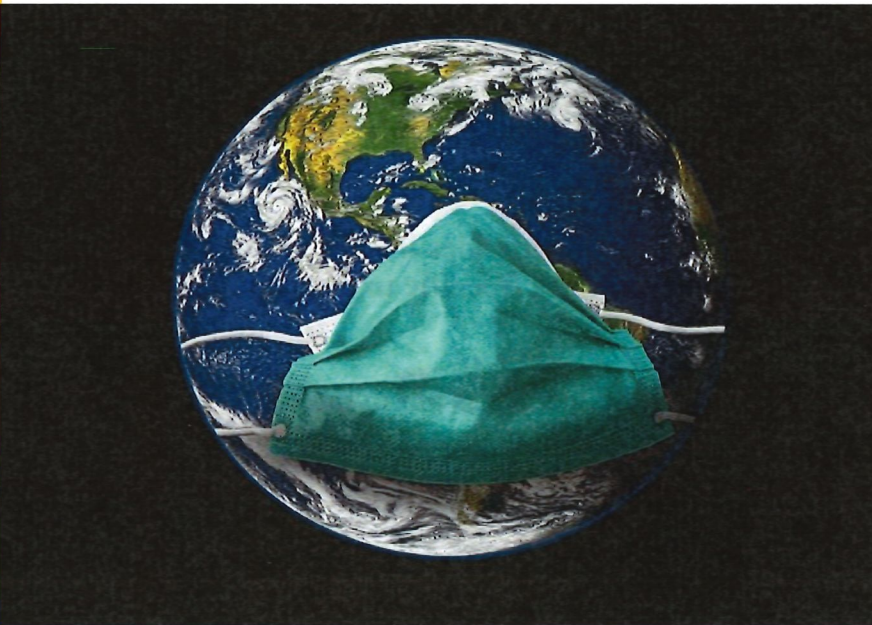
Have you noticed that you or the people around you are irritable, stressed, anxious, eating more, sleeping less, or lack motivation? You, and others could be experiencing *caution or Pandemic fatigue*, a condition TIME magazine described as “**the prolonged cocktail of stress, anxiety, isolation and disrupted routines that has left many people feeling drained.**” According to *Psychology Today*, pandemic fatigue is the cumulative effect of the significant energy output of those original and ongoing “seat of the pants” adjustments that ratcheted up our stress response.

What is pandemic fatigue? And how could it be affecting you?

By Sydney Stallworth WZDX Fox <https://www.msn.com/en-us/health/medical>

Adapting to a “new normal” can be something that proves to be difficult over time. It is called “pandemic fatigue” and it could be affecting you. It’s uncertain when a vaccine for COVID-19 will be developed and when we can get back to what we all consider “normal”. All these changes during the pandemic can start to add up and affect the way we act and feel.

So what is “Pandemic Fatigue, anyway?”



Pandemic fatigue is a feeling of restlessness that people experience after months of changes brought by COVID-19. You might feel the need to revert to old habits and do pre-pandemic activities in order to cope with the changes and could be less likely to adhere to safety guidelines. The effects could be much deeper, according to Monretta Vega, from Huntsville Psychotherapy and Counseling Services, about the impact of this pandemic. “This is outside our norm and we’re still trying to adjust in a lot of ways.”

Vega adds, “Each person may be impacted differently. If you see any extreme changes in your mood—highs or lows, you may have ex-

treame energy or none whatsoever, a little bit more anger or irritability than normal, you may be experiencing some pandemic fatigue.”

According to a study by the Kaiser Family Foundation, nearly half (45 percent) of adults say the pandemic has affected their mental health, and 19 percent say it has had a “major impact”. As numbers rise, and people keep up with daily updates of the virus, it could be overwhelming. For many, the activities we might normally do to cope with stress, are no longer available to us. When you are feeling restless and experiencing “pandemic fatigue”, one tip is to remember to stay connected with family and friends with video calls. But even that should be done in moderation. Try to set aside 30 minutes to an hour doing something that makes you happy.

Jacqueline Gollan, a professor at the Northwestern University Feinberg School of Medicine, stated caution fatigue can also occur when people show low motivation or energy and stop complying with safety guidelines. “It’s reflected when we become impatient with warnings, or we don’t believe the warnings to be real or relevant, or we deemphasize the actual risk,” Gollan said. “And in doing that, we then bend rules or stop safety behaviors like washing hands, wearing masks and social distancing.”

Image credit: Alexandra Koch/Pixabay



Caution fatigue has been observed in everyday life situations, such as when you ignore an alarm of some sort and don't take it seriously because you've heard it before. This mental state happens for a few reasons, including chronic stress, decreased sensitivity to warnings, and the inability to process new information. The University of Texas published an article (June 29, 2020) by Catherine Powers-James, Ph.D., a licensed clinical psychologist, titled "How to Cope with COVID-19 Quarantine Fatigue." In the article, Dr. Powers-James highlights several tips to help gain perspective in the "new normal."

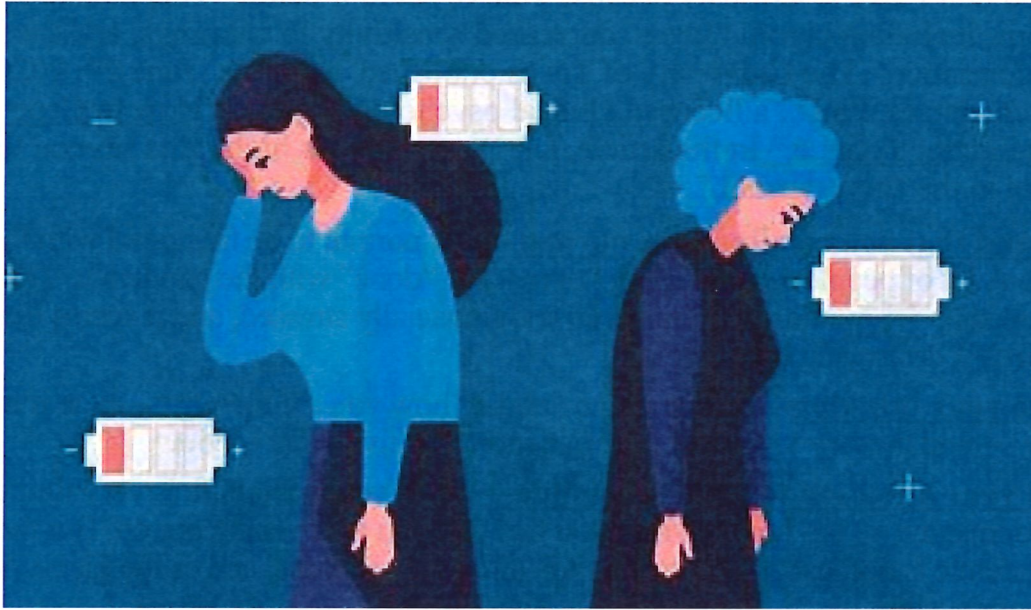
- 1. Understand that your feelings are normal**—It is normal to be frustrated with the current situation. A lot of people report feeling "over it" or "done" with the pandemic. They've been cooped up for months, they're bored and financially stressed, and it seems like the coronavirus is destroying their lives.
- 2. Re-frame your thinking**—It can help to validate how you are feeling — even if only privately — and then try to look at it from a more positive point of view.
- 3. Redirect your attention to what's possible**—When your social life is very limited, it is natural to imagine all the fun activities you feel like you are missing out on. But the coronavirus pandemic is not just affecting you, it is affecting *everyone*, across the globe. No one's life has been untouched.
- 4. Don't underestimate the value of a simple routine**—Routines have gone out the window for many of us, but a little routine is still good. It helps you feel more stable and routine helps life feel a little less unpredictable.
- 5. Step up your self-care efforts** -Humans are hard-wired to connect with each other, so we do not hibernate well. That's why taking good care of ourselves is more important than ever. It starts with getting enough sleep, staying physically active and eating healthy foods. But it can also mean indulging yourself in small, meaningful ways.
- 6. Know your red flags** -Everyone has limits. So, recognize when you are about to hit yours, and take whatever healthy steps are necessary to feel better. For some people, that might mean phoning a friend to vent. For others, it might mean taking a walk around the block to calm down. For those in recovery, it might mean calling a sponsor.
- 7. Remember that everything is temporary** -As hard as things might be right now, it is important to remember that nothing lasts forever. *Everything* is temporary. So, know that there is an end in sight. And someday, we *will* get past this crisis — even if "normal" never looks quite the same way again.
- 8. Don't underestimate the value of a simple routine** -Routines have gone out the window for many of us, but a little routine is still good. It helps you feel more stable and life feel a little less unpredictable.
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10. Know your red flags

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As hard as things might be right now, it's important to remember that nothing lasts forever. *Everything* is temporary. So, know that there's an end in sight. And someday, we *will* get past this crisis — even if “normal” never looks quite the same way again.



In the July 21, 2020 American Association of Service Coordinators eBulletin

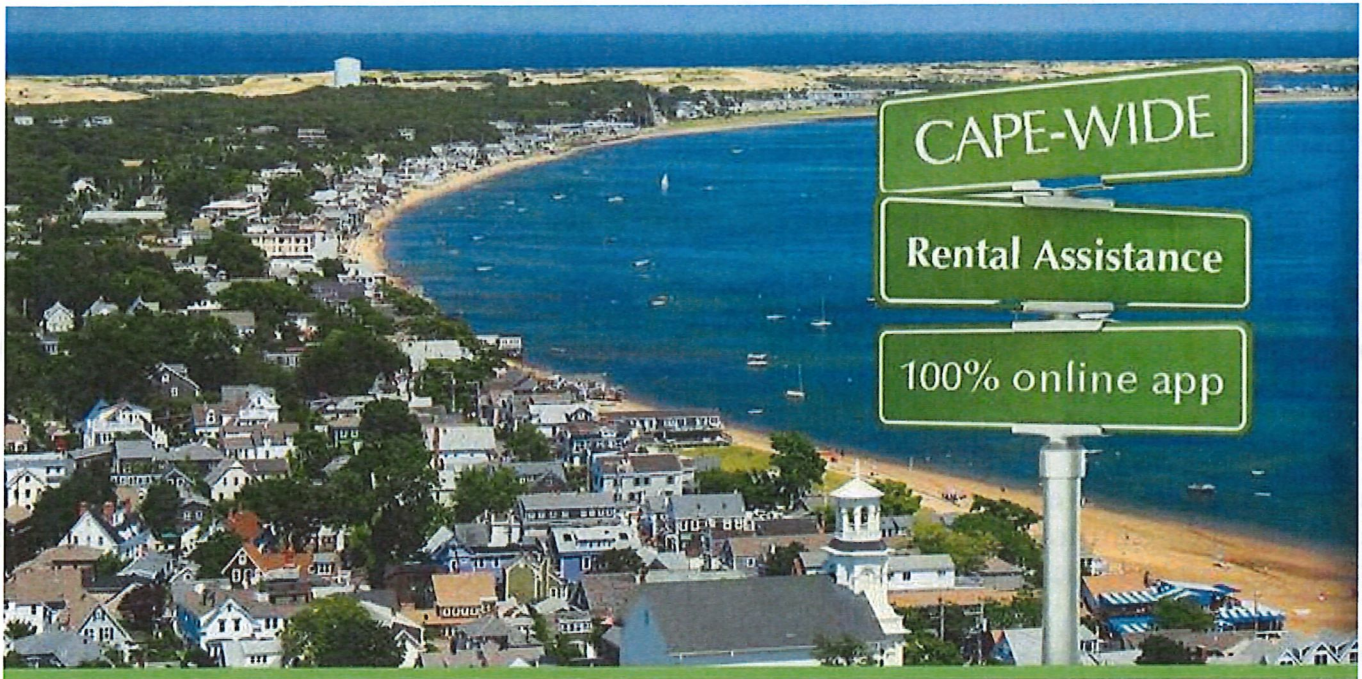
One of the most effective methods of attempting to reduce the spread of COVID-19 is physical distancing. Actions such as avoiding large gatherings and close contact with others is not getting any easier.

In times of stress and illness, being deprived of social connections for a prolonged period can create more stress and even sickness. Staying connected to our values and to each other is imperative.

The Institute of Aging's (IOA) has established a much needed 24-hour toll-free Friendship Line that is meant to help seniors and adults living with disabilities. Staffed with trained volunteers, the hotline offers a caring ear to adults facing loneliness, depression, isolation, and/or suicidal thoughts.

To get help call the hotline number at [1-800-971-0016](tel:1-800-971-0016) or make a referral for someone you may know who needs this service by calling [1-\(415\)-750-4111](tel:1-(415)-750-4111) or [1-\(650\)-424-1411](tel:1-(650)-424-1411) to connect with IOA representative. In the time of physical distancing, remember the impactful words of Rabbi David Ingber:

**Every hand that we do not shake must become a phone call that we place.
Every embrace that we avoid must become a verbal expression of warmth and concern. Each and every foot that we physically place between ourselves and another must be a thought as to how we might be of help to the other person should the need arise.**



There are 15 towns on the Cape, but just one local housing assistance agency that serves them all.

Apply online: One form, many assistance programs

Housing Assistance is ready to help. Our standard rental assistance application is 100% online and serves the entire Cape. All of our rental and mortgage assistance programs are accessed with just one secure, online application. This includes state, federal and privately funded programs such as:

- RAFT (Residential Assistance for Families in Transition)
- ERMA (Emergency Rental and Mortgage Assistance)
- Our private homeless prevention programs and funding
- Our new Workforce Housing Relief Fund

We are committed to keeping our community safely housed. Part of this means rapid access to rental and mortgage assistance. Our staff is trained to work remotely with clients to determine the programs that are the best fit for their particular situation, or to help clients navigate systems that are already in place. If you or someone you know needs help with their rent or mortgage, please tell them to contact Housing Assistance today.

Call 508-771-5400

Email hac@haconcapecod.org

To apply, please visit

haconcapecod.org/programs/homeless-prevention



***RENTS HAVE NOT BEEN WAIVED! PLEASE CONTACT HAC IF YOU NEED**

HELP PAYING YOUR RENTAL OBLIGATION—YOU MAY QUALIFY FOR ASSISTANCE.

Handy hacks to stop your glasses steaming up when you wear a face mask

By Marie Claire Dorking Yahoo!life - July 17, 2020

Glasses wearers have been finding their face mask is steaming up their lenses. The rules around wearing face coverings in shops in England are about to change, and people in Scotland and other European cities are already being asked to wear them in enclosed public spaces.

While the measures are an important step in helping to prevent the spread of coronavirus, if you happen to be a glasses wearer you'll realize that the donning of a face mask can cause your breath to steam up your lenses.

Thankfully, there are some simple hacks you can adopt to help you stop the steam.

Ensure the mask is well-fitted

You could secure the top edge with micro-pore tape, if necessary. Alternatively, fold a tissue until it forms a strip and place it along the top edge of the mask before you put it on.

Adjust the loops

If you have a small head, you may find you need to twist the loops before putting them around your ears to get a snugger fit. If the mask has straps to tie it, tie the top one high on the back of your head after putting on your glasses.

Buy good quality anti-fog sprays

Not all anti-fog sprays are created equal. Good quality anti-fog sprays can work well and can be purchased from most opticians.

Though it is tempting to swish some washing-up liquid on your lenses, according to optometrists this is a big no, no, and can break down the anti-reflection lens coating gradually over the years, resulting in a crazy-paving effect for which there is only one cure – replacement lenses.

Keep your glasses warm

Your lenses will fog up more if they are cold, so Smith-Jaynes suggests wearing your glasses or putting them in your pocket to warm them a little before you need to put them on with your mask.

Have your glasses professionally fitted

Still steaming up under your mask? Might be worth seeking professional help from your optician. Remember to take your mask with you. They can adjust the nose-pads or sides to fit properly with your PPE. Varifocals will need to sit exactly right to ensure optimum performance.

REMINDER:

Contact FHA if you need a cloth mask. We have plenty available and want to share them with our housing





OFFICE OF THE GOVERNOR
COMMONWEALTH OF MASSACHUSETTS
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(617) 725-4000

CHARLES D. BAKER
GOVERNOR

KARYN E. POLITO
LIEUTENANT GOVERNOR

**ORDER INSTITUTING A MANDATORY 14-DAY QUARANTINE
REQUIREMENT FOR TRAVELERS ARRIVING IN MASSACHUSETTS**

COVID-19 Order No. 45

WHEREAS, on March 10, 2020, I, Charles D. Baker, Governor of the Commonwealth of Massachusetts, acting pursuant to the powers provided by Chapter 639 of the Acts of 1950 and Section 2A of Chapter 17 of the General Laws, declared that there now exists in the Commonwealth of Massachusetts a state of emergency due to the outbreak of the 2019 novel Coronavirus (“COVID-19”);

WHEREAS, on March 11, 2020, the COVID-19 outbreak was characterized as a pandemic by the World Health Organization;

WHEREAS, on March 23, 2020, in order to restrict all non-essential person-to-person contact and non-essential movement outside the home as a means of combatting the spread of COVID-19 within the Commonwealth, I issued COVID-19 Order No. 13, which temporarily closed the brick-and-mortar premises of businesses and organizations that do not provide COVID-19 Essential Services as defined in the Order;

WHEREAS, as a result of the extraordinary efforts of health care providers in the Commonwealth and the public’s unselfish compliance with the restrictions imposed in COVID-19 Order No. 13 and other limitations imposed in response to the COVID-19 health crisis, public health data trends over the past 95 days indicate substantial improvement in key areas of measurement;

WHEREAS, the Commonwealth has maintained this continuing trend of improvement in the public health data even while pursuing a re-opening of the Massachusetts economy by implementing a carefully phased relaxation of many of the restrictions that COVID-19 Order No. 13 placed on businesses and other organizations;

WHEREAS, according to the Centers for Disease Control and Prevention, more than 3.9 million people in the United States have been infected with the coronavirus and the number of

presumptive positive and confirmed cases of COVID-19 continues to rise dramatically in parts of the United States and around the world as reported by the World Health Organization;

WHEREAS, case counts, positive test rates, hospitalizations, and deaths from COVID-19 are significantly higher in many other States and continue to increase, and in addition, nationwide, nearly 60,000 patients were hospitalized due to COVID-19 as of July 22, a figure that approaches the previously-recorded peak level of COVID-19 patients hospitalized in April of 2020;

WHEREAS, there is currently no known cure, effective treatment, or vaccine for COVID-19 and, because people may be infected but asymptomatic, there is a substantial risk that travelers arriving in Massachusetts from States and countries where infection rates for COVID-19 are high may present a new source of transmission within the Commonwealth;

WHEREAS, it is therefore necessary to implement a policy to require travelers entering the Commonwealth to take responsible measures to protect against new sources of transmission of the COVID-19 virus and the risk that these present to the progress achieved in reducing the prevalence of the virus within the Commonwealth;

WHEREAS, sections 7, 8, and 8A of Chapter 639 of the Acts of 1950 authorize the Governor, during the effective period of a declared emergency, to exercise any and all authority over persons and property necessary or expedient for meeting the state of emergency, including authority over transportation and travel by any means or mode;

NOW, THEREFORE, I hereby Order the following:

1. Mandatory 14-Day Quarantine for Travelers Entering Massachusetts

Effective at 12:01 am on August 1, 2020, all persons arriving in Massachusetts by any means or mode must quarantine for 14 days in accordance with standards issued by the Commissioner of the Department of Public Health (“DPH”) unless

- (a) the person is coming from a State designated by the Commissioner as a COVID-19 lower-risk State and, aside from merely transitory travel as described in Section 4(a), has not been present in any State or jurisdiction not designated as a COVID-19 lower-risk State during the last 14 days; or
- (b) the person has received a negative test result for COVID-19 from a test performed on a sample taken not longer than 72 hours before the person’s arrival in Massachusetts and can produce proof of the negative test result on request; or
- (c) the person falls within one of the limited, circumstance-specific exceptions specified in Section 4.

A person who has arrived in Massachusetts and who is not exempt from the quarantine requirement under sub-paragraph (a), (b), or (c) must immediately commence the required quarantine on arrival but shall be released from the quarantine requirement if that person obtains a negative test result for COVID-19 from a test administered after the person’s arrival in

Massachusetts. A person released from the quarantine requirement under the preceding sentence must be able to produce proof of the negative test result on request.

This Order applies to all persons—both residents and non-residents of Massachusetts—who have been outside of Massachusetts for any period of time immediately before their arrival, including all students traveling into Massachusetts to attend any academic program or for any other purpose (except for commuter students as addressed in Section 4(b) below).

The Commissioner shall publish on the Massachusetts COVID-19 response website an official list of COVID-19 lower-risk States. The Commissioner may from time to time add or remove States from the lower-risk list to reflect changes in the COVID-19 risk profiles of individual States based on available health data metrics.

Massachusetts residents are urged to limit out-of-State travel only to those States included on the DPH list of COVID-19 lower-risk States and are strongly discouraged from traveling to other States or to international destinations. Employers are strongly discouraged from requiring or allowing business-related travel to destinations other than those appearing on the DPH list of COVID-19 lower-risk States. Employers that permit employer-paid or employer-reimbursed travel to States not on the lower-risk list should take measures to ensure employees comply with this Order. Employers should also strongly discourage their employees from taking personal travel to destinations not included on the list of COVID-19 lower-risk States.

2. Self-Certification and Acknowledgement of Quarantine Requirement

A person required to quarantine pursuant to Section 1 of this Order or a person who is not subject to the quarantine requirement because the person can produce proof of a negative test result as provided in Section 1(b) shall complete and submit a Massachusetts Travel Form acknowledging his or her obligations under this Order and certifying the means by which he or she will comply with those obligations. DPH shall post the Massachusetts Travel Form and instructions for submitting the form on the Massachusetts COVID-19 response website.

Any person who is obligated to comply with the 14-day quarantine requirement in Section 1 shall state on the Massachusetts Travel Form his or her intended place of quarantine and provide other information necessary to permit DPH or its agents to make contact and confirm compliance with the quarantine requirement. Completed forms shall not be public records. DPH may share completed forms with persons authorized to assist in the administration of this Order but shall otherwise maintain the confidentiality of all information on completed forms. DPH or its agents shall destroy or delete completed Massachusetts Travel Forms and individual-specific information 60 days after the date of submission if no longer required for enforcement proceedings.

3. Release from Quarantine Requirement

A person required to quarantine pursuant to this Order shall be permitted to leave Massachusetts prior to the expiration of the mandatory 14-day period, provided the person complies with DPH-issued rules for departure.

4. Circumstance-Specific Exceptions

The requirements established in this Order shall not apply to persons arriving in Massachusetts in the following limited circumstances:

(a) *Persons in Transit*: any person who passes through Massachusetts only in the course of transit to another place, provided that this exception shall extend only so long as is reasonably required for the person to complete his or her transit, make any necessary airplane, bus, train, or other travel connection, or make use of travel services such as at a highway rest stop

(b) *Persons Commuting for Work or School*: any person who resides within Massachusetts and who must regularly commute to a fixed place of work or school outside of Massachusetts or any person who resides outside of Massachusetts and who must regularly commute to a fixed place of work or school within Massachusetts, provided that in either case, this exception shall extend only to travel between the person's residence and place of work or school

(c) *Patients Receiving Medical Treatment*: any patient who must travel to Massachusetts in order to seek or receive specialized medical care from a physician located in the Commonwealth and persons accompanying and providing needed support to the patient

(d) *Military Personnel*: any person who is required to travel to Massachusetts at the order or directive of a Federal or State military authority

(e) *Persons Performing Critical Infrastructure Services*: any person who enters Massachusetts to perform a critical infrastructure function, provided that this exception shall apply only when such person is actively engaged in performing that function and at all other times a person entering under this exception shall be required to comply with the quarantine requirement unless some other exemption applies. For purposes of this Order, the term "critical infrastructure function" shall mean work performed by Critical Infrastructure Workers as specified in Version 3.1 of the listing published by the Federal Cybersecurity and Infrastructure Security Agency and dated May 19, 2020.

The Commissioner of DPH may issue protocols to address other extraordinary circumstances where quarantine is not advisable, subject to my approval and provided such protocols provide adequate alternative measures to safeguard the public health.

5. Implementing Guidance and Enforcement

The Commissioner of DPH is directed to issue binding guidance, subject to my approval, to implement the terms of this Order. The DPH guidance shall include, without limitation (a) specifications for testing methods and protocols that will satisfy proof of a negative COVID-19 test as required under Section 1 of this Order; and (b) detailed rules for required quarantining

DPH shall enforce this Order and if necessary may do so with the assistance of State or municipal police or any other agency that I may formally designate at the request of the Commissioner of DPH. A local board of health or its authorized agent pursuant to G. L. c. 111, § 20 shall be authorized to enforce the Order when requested by DPH to provide assistance.

Violation of the terms of this Order or the DPH guidance may result in a civil fine of up to \$500 per violation, in the manner provided for in G. L. c. 277, § 70C. Each day of failure to quarantine when required and each other instance of non-compliance may be treated as a separate violation and may result in a separate \$500 civil fine. This Order may also be enforced by injunction. A motion for an injunction to enforce this Order or any directives, regulations, or guidance issued on its authority may be filed in the district court or any other court of competent jurisdiction for the municipality in which the violation has been charged.

The generally applicable COVID-19 Workplace Safety Rules adopted in Section 2 of COVID-19 Order No. 33 are hereby amended to include the following additional provision:

- Employers should take measures to ensure employees comply with all State-issued rules concerning out of state Travel for any employer-paid or employer-reimbursed travel.

In addition, I hereby direct the Commissioner of DPH to act under the authority of G. L. c. 17, § 2A and G. L. c. 111, § 6 or any other appropriate authority to supplement the terms of this Order in the event she determines additional measures are required to ensure that the terms of this Order are observed.

This Order shall be effective at 12:01 am on August 1, 2020. This Order shall remain in effect until rescinded or until the state of emergency is ended, whichever occurs first.

Given in Boston at 10:25 AM this 24th day
of July, two thousand and twenty



CHARLES D. BAKER
GOVERNOR
Commonwealth of Massachusetts

FHA Activities Packet

By Marie Palmer, Resident Service Coordinator

8/2020

www.falmouthhousing.org

T. (508)548-1977

E. info@falmouthhousing.org

Let the Brain Games Begin!

Studies suggest that the brain may benefit from trying new activities, learning new skills, and generally going outside of your routine.

Did you know that discovering new things is one of the ways you can help keep your brain healthy? A 2014 study from the University of Edinburgh and the University of Texas tells us that trying new things, like quilting, learning a new piece of software, a new game or a new language can strengthen our brains.

Congratulations to everyone who submitted the correct answer to the riddle in the last Activities Packet and got to choose from a variety of prizes.

Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?



The answer is 9

- Mr. and Mrs. Mustard = 2
- Daughters = 6
- Each daughter has one brother = 1

Answer 9

Try your hand at this riddle



You walk into a room and on the bed there are 2 dogs, 4 cats, one giraffe, 5 cows and a duck, and 3 chickens flying above a chair:
How many legs are on the floor?

Call into the housing authority at 508-548-1977 with your answer.

If you leave a message make sure you give your name and phone number, also leave the time and date that you call.

The first five people with the correct answer to this riddle will get a prize!

60's Music Quiz Questions and answers:

Test Your 60's Knowledge – Can You Beat the Quiz?

By Jenny Desborough, June 18, 2020

In the 1960's "Flower Power" emerged, and things began to change thanks to the birth of the Civil Rights Movement. In that time, music by country and folk was growing in popularity, and old-school rock n' roll artists were forced to make changes as American folk revival took its place. Funk and soul became more mainstream, along with surf music, Motown and girl groups. The Swinging Sixties were in full throttle as many of the biggest bands ever began performing.

Here is our ultimate 60's music quiz and answers.

1. In what year did Pete Seeger's political folk band the Weavers disband?
2. What was the name of the Beatles' drummer, who was sacked by manager Brian Epstein in 1962 and replaced by Sir Ringo Starr?
3. What was the name of the late guitarist who was in the original line-up of the rolling Stones, but died at age 27 in 1969?
4. What was the name of Bob Dylan's second album, released in 1963, which saw him breakthrough as a songwriter after releasing mainly traditional songs?
5. Which 1969 song was Elvis Presley's last single to hit Number One in the US charts before his death?
6. Which Brazilian musical genre, a fusion of jazz and samba (meaning "new trend" or "new wave"), began to gain popularity in the 1960s among musicians globally?
7. What was the name of The Who's debut single, released in 1964, which didn't chart in the UK or USA?
8. Which country won the most Eurovision Song Contests in the 1960s? (Bonus: How many did they win?)
9. In what year did Sonny Bono and Cher tell fans "I've Got Your Babe" in a song which became an anthem for couples everywhere?
10. What is the name of the surfing band formed in 1961, which included three brothers and two others in its original line-up?
11. What is the best-selling single of the 1960s in the UK?
12. The Animals formed in which UK city?
13. Which UK comedian had the best-selling UK single of 1965?
14. Which American rocker was the final performer at Woodstock festival in 1969?
15. In 1969 there were four winners of the Eurovision Song Contest, which countries were tied? (Bonus: Can you name one of the singers?)

(Answer Key on next page)

Answers:

1. 1964
2. Pete Best
3. Brian Jones
4. The Freewheelin' Bob Dylan
5. Suspicious Minds
6. Bossa nova
7. Zoot Suit
8. France (Bonus: 3)
9. 1965
10. The Beach Boys
11. She Loves You by the Beatles
12. Newcastle
13. Ken Dodd (Tears)
14. Jimi Hendrix
15. France, Spain, UK and the Netherlands (Bonus: Lenny Kuhr, Solome Lulu)



Knock! Knock! Who's there? Needle. Needle who?
Needle little help getting in the door!

Knock! Knock! Who's there?
Dejav. Dejav Who?
Knock! Knock!

What do you call a pony with a cough?
A little horse.

Why did the yogurt go the art exhibition?
Because it was cultured.

What did the pirate say
when he turned 80?
Aye matey.

What's the difference between a cat and a comma?
A cat has claws at the end of paws; A comma is a
pause at the end of a clause.

What did the shark say when he ate the clownfish?
This tastes a little funny.

How do poets say hello?
Hey, haven't we metaphor?

What do you get from a pampered cow?
Spoiled milk.

Why did the frog take the bus to work today?
His car got toad away.

Knock! Knock! Who's there? Mikey. Mikey who?
Mikey isn't working, can you let me in?

What's Forest Gump's password?
1Forest1

Make your own funny story by prompting a friend or family member and fill in the blank spaces. Read aloud and have a few laughs together!



MAD LIBS[®]

Generic Comic Superhero Movie

Meet our hero _____, a super-intelligent _____. A
Silly name Unrealistic profession

run-in with the _____ military leads him to create his alter-ego
Country

_____, a _____ giant capable of great
Another silly name Color Adjective

destruction. He _____ battles the military with his girlfriend
Adverb

_____. Eventually it is discovered that our hero's long-time
Third silly name

colleague _____, distinguished by his _____ is trying
Fourth silly name Facial feature

turn _____ into a weapon, leading to a climactic (if pointless)
Second silly name

battle in downtown _____ with an evil version of the
US City

same giant alter-ego called _____. Eventually the enemy is
One more silly name

subdued by _____ ing him with a _____. In the final reel,
Verb Noun

_____ appears to propose joining him in a
Formerly badass actor now selling out

_____.
Noun