

What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

Red Flags of Abuse

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Our communities are like structures that support people's safety and wellbeing. One of the most important ways we can all contribute to this ongoing construction project is by looking out for warning signs of maltreatment. Does someone you know display any of these signs of abuse? If so, take action immediately. Everyone, at every age, deserves justice. Report suspected abuse as soon as possible.

Emotional & Behavioral Signs

- Unusual changes in behavior or sleep
- Fear or anxiety
- Isolated or not responsive
- Depression

Physical Signs

- Broken bones, bruises, and welts
- Cuts, sores or burns
- Untreated bed sores
- Torn, stained or bloody underclothing
- Unexplained sexually transmitted diseases
- Dirty, poor nutrition or dehydration
- Poor living conditions
- Lack of medical aids (glasses, walker, teeth, hearing aid, and medications)

Financial Signs

- Unusual changes in bank account or money management
- Unusual or sudden changes in a will or other financial documents
- Fraudulent signatures on financial documents
- Unpaid bills

What is Elder Abuse?

Elder abuse is the mistreatment or harming of an older person. It can include physical, emotional, or sexual abuse, along with neglect and financial exploitation. Many social factors – for example, a lack of support services and community resources – can make conditions ripe for elder abuse. Ageism (biases against or stereotypes about older people that keep them from being fully a part of their community) also play a role in enabling elder abuse. By changing these contributing factors, we can prevent elder abuse and make sure everyone has the opportunity to thrive as we age.

Types of Elder Abuse

- **Physical abuse:** Use of force to threaten or physically injure an older person
- **Emotional abuse:** Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to an older person
- **Sexual abuse:** Sexual contact that is forced, tricked, threatened, or otherwise coerced upon an older person, including anyone who is unable to grant consent
- **Exploitation:** Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property.
- **Neglect:** Failure or refusal to provide for an older person's safety, physical, or emotional needs

How can we prevent and address elder abuse?

We can lessen the risk of elder abuse by putting supports and foundations in place that make abuse difficult. If we think of society as a building that supports our wellbeing, then it makes sense to design the sturdiest building we can – one with the beams and load-bearing walls necessary to keep everyone safe and healthy as we age. For example, constructing community supports and human services for caregivers and older adults can alleviate risk factors tied to elder abuse. Increased funding can support efforts to train practitioners in aging-related care. Identifying ways to empower older adults will reduce the harmful effects of ageism. And leveraging expert knowledge can provide the tools needed to identify, address, and ultimately prevent abuse.

How can we report suspected abuse?

No matter how old we are, justice requires that we be treated as full members of our communities. If we notice some of these signs of abuse, it is our duty to report it to the proper authorities. Please call Elder Services at 508-394-4630 or the **Adult Protective Services** hot-line at 1-800-922-2275. **If you or someone you know is in a life threatening situation or immediate danger, call 911 or the Falmouth Police Department (774-255-4527).**

FHA Hosted Events:

FHA – Commissioners Board Meeting: This month's Commissioners Board Meeting will be held at Tatakot Apartments on Tuesday, July 16th at 1:00 PM.

FHA Sew-a-long Schedule

Tatakot on Tuesdays: July 2nd and 16th at 10:00

Harborview on Wednesday: July 17th at 10:00

We look forward to having you join us. We will have a few sewing machines at both properties ready for those willing to sew. We also need people to pin pre-cut fabric together and iron.



Sewing enhances your motor skills as well as hand-eye-coordination. The attention to detail that sewing requires encourages coordination and relieves physical issues such as back pain. Sewing requires creativity, which improves the brain's ability to grow new brain cells.

Cooking Demo with Dena

This month's cooking demonstration will be held at Rose Morin on July 9th at 10:00 AM. Dena plans on making a Fruit Chia Jam. Last month at Harborview, Dena made a delicious, fast and easy Lime and cilantro infused cole slaw.

Fruit Chia Jam

2 cups chopped fresh or frozen fruit
2 tbs. chia seeds
1 to 2 tbs. lemon, lime or orange juice
Zest of a lemon, lime or orange
1 to 2 tbs. maple syrup (or substitute stevia)
1/4 cup finely chopped fresh herbs and/or a pinch of cinnamon, ginger, cardamom, nutmeg, cayenne pepper or allspice.

Heat the fruit in a small saucepan over high heat to start, then to low and simmer for about 5 minutes or until it starts to break down. Mash with a fork or a potato masher. Remove from heat then stir in remaining ingredients. Place in a covered container and refrigerate.



Enjoy!

The tiny chia seed is big on fiber, protein, and omega 3's. This jam is super easy to make and delicious on oatmeal, yogurt, cottage cheese, toast, or anything else you might think of.

Police Department Safety Presentation:

We will be hosting a Police safety presentation from Officer Porter at Rose Morin on July 10th at 10:00 AM. Officer Porter will be talking about protecting yourself and your property from Breaking and Entries, as well as current frauds and scams, followed by questions and answers.

Cooking and Coffee with CapeAbilities

Every Thursday at 10:00 AM a group from CapeAbilities have been baking up a storm in the Tatakot community kitchen. If you want coffee and a fresh baked treat - hot out of the oven and some great company with lots of laughs then please join us. You won't be disappointed!

Nourishing Yoga

Learn classic chair yoga moves at your own pace. Join Dena Irwin, certified Yoga instructor from Cape Cod Community Health Center, on Tuesday, July 23rd at 10AM, at Harborview

This is a great activity to keep your brain young by being physically and socially active at the same time.

Yoga increases flexibility, it can relieve menopausal discomfort, promotes good bone health and keeps the mind sharp.

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 Wednesday, July 17th at 12 noon.

Refreshments will be served.

See you there!



Grand Opening of the Harborview Clinic

Be on the lookout for flyers about the new one-room clinic at the Harborview Apartments. A grand opening will be held on Wednesday, July 3rd from 11:30 AM to 1:00 PM. This clinic is being offered through a partnership between the Falmouth Housing Authority and Cape Cod Community Health Care and use of the clinic is not open to the general public.

Falmouth Public Library Book Bike

Staff from the Falmouth Public Library will be riding their book bike around Salt Sea Lane property on Thursday, July 25th from 12:00 PM to 1:00 PM. The bike will be stocked with some really great books that the Library is giving away for free!

Closing of Waiting List

As approved by the Board of Commissioners and published in the Falmouth Enterprise, FHA will CLOSE its federal public housing waiting list on July 31, 2019. This closure affects all persons wishing to apply to the waiting list for housing at the Harborview, Rose Morin and Tataketa apartments. The reason for the closure is that the waiting list has grown to over 600 persons waiting and there are only 222 units of federal public housing.

Admissions and Continued Occupancy Plan (ACOP)

The revised ACOP has been delivered to the community rooms of each federal public housing site. Please take a moment to review the ACOP. Should you have questions, please submit them to the housing authority so that CLARIFICATION CAN BE PROVIDED TO YOU. Copies of the ACOP are available for \$.25 per page. The book contains over 400 pages. It is also available on the FHA website.

No Smoking/No Use of Marijuana or other illegal drugs

This is a reminder that it is illegal for any tenant and/or their guests to smoke tobacco and/or consume marijuana or any other illegal drug in any form on FHA's federal properties. If you are a tenant in good standing and wish to request a transfer out of the federal housing program through the issuance of a Section 8 voucher, please schedule a time to meet with Marie Palmer and Bobbi Richards, ED. Transfers are not guaranteed and vouchers are limited. This may be a reasonable solution that can assist public housing tenants that wish to move out of public housing and maintain housing subsidy assistance. There is no smoking allowed on the state properties as well.

Recertification Update for the Federal Housing program

After careful consideration and deliberation, a decision has been made to discontinue the practice of mass recerts for the federal public housing units at Rose Morin, Tataketa and Harborview properties. This means that for some people, they will have two recertifications in one 12-month cycle.

The public housing portfolio has also been split as follows (based on the tenant's last name):

Nick Devonis: A-K

Michael Solitro: L-Z

Based upon the month that you moved into your apartment, you will receive a notice at least 120-days prior stating that you must come in for your annual interview. We are starting with recertifications for people who moved into their apartments in the month of November. In order for them to receive a full 120-days for the recert process, they will be required to meet with their housing specialist in the month of July. We appreciate your cooperation in advance as we work diligently on this matter.

In the Summer

By John Mendoza,
Tataketa Apartments

In the Summer
The Season of Sunshine

Independent Declarations
4th of July Celebrations

The County Fair, The Road Race
Parties and Picnics all over the place!

In the Summer
The Season Sublime

We're here for the duration
We'll sip the last Wine

In the Summer
We'll have a good time!

Here are a few highlights from Kalifornia
Karl's performance last month at Tataketa.

We had a ball!



Community Events:

Hyannis Sound A-Capella

Summer schedule Every Monday, starting July 1st
through August 19th at 7:00 PM at the First
Congregational Church of Falmouth.

Bike and Carriage Parade

Thursday, July 4th at 10:00 AM
Main Street Falmouth.

Children and families dress in creative Uncle Sam
costumes. Beginning at the Village Green, join the
parade down Main Street to Peg Noonan Park
where prizes are awarded.

Woods Hole 4th of July Parade

All are welcome to join or watch the Woods Hole
4th of July Parade on Thursday July 4th from 12:00
PM to 1:00 PM, which will begin at noon at the
corner of Water and School Streets. Parade route
runs from School Street, down Water Street and
around Eel Pond.

Falmouth Fireworks

Thursday, July 4th from 8:30PM to 9:30PM
Off of Falmouth Heights Beach.

Voted one of the 10 best fireworks displays in the
country by Travel and Leisure Magazine, the
fireworks are scheduled for dusk (8:30 PM) at
Falmouth Heights Beach. Tune into Pixi 102.9 for
great patriotic music programmed especially for the
fireworks show!

Falmouth Band Concerts

Thursday's: July 5th through August 30th at 7:30 PM .
Music and Arts Pavilion on Scranton Ave. All
concerts are free of charge and open to the public.
Bring your chair or blanket.

Concerts in the Park

Peg Noonan Park Main Street. Friday's in July, a va-
riety of musicians performs in Peg Noonan Park on
Main Street in the Village, at 6 PM. bring your chairs
or blankets and enjoy the show.

Mashpee Wampanoag "People of the First Light" Powwow

At the traditional Powwow grounds,
483 Great Neck Road South in Mashpee
Friday, July 5th through Saturday July 6th
The 98th Powwow, the longest running on the East
Coast, is a traditional celebration of Mashpee Wam-
panoag culture featuring Native American dancing,
drumming, games, food, art, jewelry, wampum, gifts,
crafts and clothing.

Lobsters on the Lawn at St. Barnabas

Monday's, July 8th through August 5th
from 4:30 PM - 6:30 PM

Saint Barnabas Memorial Church

This popular event is held every Monday night during
July and August from 5-7PM at St. Barnabas Episco-
pal Church on the Green in Falmouth. Lobster rolls,
chips and pie on the big lawn across from the Fal-
mouth Village Green.

Arts and Crafts Street Fair

Wednesday, July 10th from 10:00 AM - 6:00 PM
Falmouth Village Association

Over 200 artisans and arts and crafts vendors fill
Main Street from the Village Green to Shore Street.


Falmouth Housing Authority

Phone: 508-548-1977

Fax: 508-457-7573

www.falmouthhousing.org

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Sew-a-long *TAT at 10:00	3 CCCHC Clinic Grand Opening *HV 11:30	4 	5	6
7	8	9 Cooking Demo *RM at 10:00	10 Police Safety Presentation *RM at 10:00	11 Cooking and Coffee with CapeAbilities *TAT at 10:00	12	13
14	15	16 Sew-a-long *TAT at 10:00 Comm. Board Mtg. *TAT at 1:00	17 Sew-a-long *HV at 10:00 Coffee Social with Nick and Mike *HV at 12:00	18 Cooking and Coffee with CapeAbilities *TAT at 10:00	19	20
21	22	23 Yoga *HV at 10:00	24	25 Cooking and Coffee with CapeAbilities *TAT at 10:00 Library Book Bike *SS 12:00 - 1:00	26	27
28	29	30	31			