

What do you say, FHA?

By Marie Palmer, Resident Service Coordinator

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Hurricane season began on June 1, 2020, and will end on November 30, 2020.

HURRICANE PREPAREDNESS
Be Ready Before the Storm

Hurricanes and tropical storms can impact the entire Commonwealth, not just coastal regions

<p>Use MEMA's interactive map to find out if you live or work in a hurricane evacuation zone</p>	Know Your Zone	Make a Plan	Have a predetermined emergency plan tailored to your family's needs
<p>Build an emergency kit that can sustain you and your family for 3-5 days</p>	Build a Kit	Stay Informed	As a storm approaches, closely monitor media reports and promptly follow instructions from public safety officials

Visit mass.gov/mema for more hurricane preparedness resources
Source: Massachusetts Emergency Management Agency (MEMA)

Mass.gov

Mass.gov/mema.com

Educational Resources from American Association of Service Coordinators

info@servicecoordinator.org

The Federal Emergency Management Agency (FEMA) Emergency Response Plan is a great resource for making a plan for before, during and after a disaster. Visit Ready.gov or download the FEMA app to begin disaster planning. There, you will find information on what to do in cases of floods, power outages, evacuations, hurricanes, wildfires, active shooters or nuclear explosions. You can also sign up for preparedness text messages by texting PREPARE to 4FEMA (43362). Watch, read and share FEMA's resources on disaster preparedness.

A New Model Is Predicting "One of the Most Active Atlantic Hurricane Seasons on Record"

Scientists at Penn State are calling for 20 named storms in the Atlantic.

by Alyssa Vaughn www.bostonmagazine.com

Here's a reminder that weather is still in fact a thing that exists outside the walls of your quarantine zone: Several major forecasting centers are now predicting that this year's hurricane season, which stretches from June 1 to November 30, will be more active than usual.

The latest predictions come from Pennsylvania State University's Earth System Science Center. Scientists there are calling for 20 named storms in the Atlantic this year (the 30-year average is 12). A tropical storm typically earns a name from the National Hurricane Center when its wind speeds reach 39 miles per hour. If 20 named storms do occur this year, 2020 would become the second most active season on record in terms of the number of storms.

Make an Emergency Plan

Develop a plan with the members of your household to prepare for what to do, how to find each other, and how to communicate in a tropical storm or hurricane. An emergency plan should include:

* Meeting Locations, Emergency Contact Information, Evacuation Plans & Shelter-in-Place Plans
For more information, see:

<https://www.mass.gov/info-details/make-a-family-emergency-plan>.

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Build an Emergency Kit

Build an emergency kit containing items that will sustain you in the event you are isolated for three to five days without power or unable to go to a store. Emergency kits are particularly important during hurricane season, due to potential extended power outages, flooding, and impassable debris-covered roads. For a complete emergency kit checklist, visit:

<https://www.mass.gov/info-details/build-an-emergency-kit>.

Stay Informed

Receiving advance warnings and timely emergency alerts and information from public officials is critical to staying safe during a tropical storm or hurricane. Every family should have multiple methods for receiving emergency alerts. Learn more about different types of alerting and information tools including the Emergency Alert System, Wireless Emergency Alerts, NOAA Weather Radio, Social Media & Traditional Media, 2-1-1 Hotline, Local Notification Systems:

<https://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts>.

What are the benefits of flu vaccination?

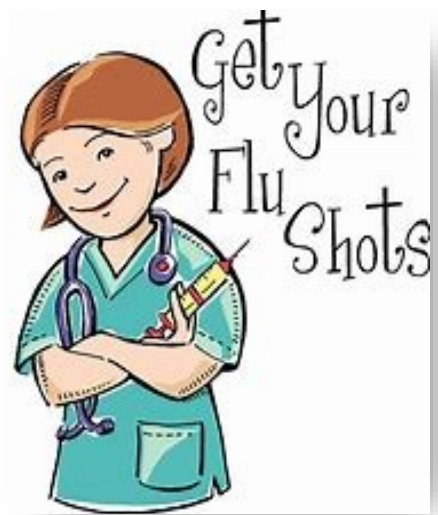
www.cdc.com

Prevent Flu This Fall and Winter

It is likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19.

This means getting a flu vaccine during 2020-2021 is more important than ever!

While getting a flu vaccine will not protect against COVID-19, there are many reasons to get an influenza (flu) vaccine each year. Below is a summary of the benefits of flu vaccination and scientific studies that support these benefits.



Clipart-library.com

Flu vaccination can keep you from getting sick with flu.

- ◇ Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year. For example, during 2018-2019, flu vaccination prevented an estimated 4.4 million influenza illnesses, 2.3 million influenza-associated medical visits, 58,000 influenza-associated hospitalizations, and 3,500 influenza-associated deaths.
- ◇ During seasons when the flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 percent to 60 percent.

Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.

- ◇ Flu vaccine prevents tens of thousands of hospitalizations each year. For example, during 2018-2019 flu vaccination prevented an estimated 58,000 flu-related hospitalizations.
- ◇ A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012.
- ◇ In recent years, flu vaccines have reduced the risk of flu-associated hospitalizations among older adults on average by about 40%.
- ◇ A 2018 study showed that from 2012 to 2015, flu vaccination among adults reduced the risk of being admitted to an intensive care unit (ICU) with flu by 82 percent.

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Continued from page 2—What are the benefits of the flu vaccination?

Flu vaccination is an important preventive tool for people with chronic health conditions.

- ◇ Flu vaccination has been associated with lower rates of some cardiac events among people with heart disease, especially among those who had a cardiac event in the past year.
- ◇ Flu vaccination can reduce worsening and hospitalization for flu-related chronic lung disease, such as in persons with chronic obstructive pulmonary disease.
- ◇ Flu vaccination also has been shown in separate studies to be associated with reduced hospitalizations among people with diabetes and chronic lung disease.

Flu vaccination helps protect women during and after pregnancy.

- ◇ Vaccination reduces the risk of flu-associated acute respiratory infection in pregnant women by about one-half.
- ◇ A 2018 study that included influenza seasons from 2010-2016 showed that getting a flu shot reduced a pregnant woman's risk of being hospitalized with flu by an average of 40 percent.
- ◇ A number of studies have shown that in addition to helping to protect pregnant women, a flu vaccine given during pregnancy helps protect the baby from flu for several months after birth, when he or she is not old enough to be vaccinated.

Flu vaccine can be lifesaving in children.

- ◇ A 2017 study was the first of its kind to show that flu vaccination can significantly reduce a child's risk of dying from flu.

Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

- ◇ A 2017 study showed that flu vaccination reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among hospitalized flu patients.
- ◇ A 2018 study showed that among adults hospitalized with flu, vaccinated patients were 59 percent less likely to be admitted to the ICU than those who had not been vaccinated. Among adults in the ICU with flu, vaccinated patients on average spent 4 fewer days in the hospital than those who were not vaccinated.

Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness - like babies and young children, older people, and people with certain chronic health conditions. Despite the many benefits offered by flu vaccination, only about half of Americans get an annual flu vaccine and flu continues to cause millions of illnesses, hundreds of thousands of hospitalizations and tens of thousands of deaths. Many more people could be protected from flu if more people got vaccinated.

The Falmouth Housing Authority will be hosting Flu Clinics

at our properties on October 8th. Pharmacists from the Community Health Center will be visiting Mayflower (238 Lakeview Ave) from 9:00 am to 9:30 am, Tatakot (138 Teaticket Hwy) from 10:00 am to 11:00 am, Rose Morin from 11:30 to 12:00, Salt Sea (211 Scranton Ave) from 1:30 pm to 2:00 pm, and Harborview (115 Scranton Ave) from 2:30 pm to 3:30 pm.



Dreamstime.com

If you are interested in taking advantage of one of these Flu Clinics please contact Marie Palmer, at 508-548-1977, to get the required paperwork that should be fill out in advance and returned to the Pharmacist at the time of your flu shot. Note: please bring your prescription or pharmacy insurance card with you. Clinics will be held outside with social distancing. **Face masks are required during this FHA sponsored event.**

The Best and Worst Face Masks for Coronavirus Protection and which situations they're suited for

By Aria Bendix, Business Insider, September 6, 2020 insider@insider.com

- The ideal face mask for coronavirus protection blocks large droplets along with smaller airborne particles.
- In general, masks should have more than one layer and be made of tightly woven fabrics.
- Based on several studies evaluating masks' protection levels, we've ranked the most common types from best (an N95 mask) to worst (masks with a built-in valve or vent).



pikpng.com

To help slow the spread of COVID-19, the Centers for Disease Control and Prevention is recommending for everyone in the US to wear cloth face coverings in public. Face masks shouldn't replace protective measures like social distancing but instead be used as an additional precaution.

Ever since the Centers for Disease Control and Prevention began recommending cloth masks for the general public in April, researchers have been evaluating the best materials for filtering the coronavirus. An ideal mask blocks both large respiratory droplets from coughs or sneezes — the primary method by which people pass the virus to others — along with smaller airborne particles called aerosols, which are produced when people talk or exhale.

It should be sealed around the nose and mouth, since any gaps, holes, or vents could allow droplets to leak out and potentially infect another person.

Assuming masks are worn properly, certain materials consistently perform better than others. As a general rule, safest homemade options call for mask fabrics to be woven as tightly as possible. That's why fabrics with higher thread counts are better at filtering particles.

It's also preferable to have more than one layer. The World Health Organizations recommends that fabric masks have three layers: an inner layer that absorbs, a middle layer that filters, and an outer layer made from a nonabsorbent material like polyester.

N95 masks are the most protective because they seal tightly around the nose and mouth so that very few viral particles seep in or out. They also contain tangled fibers to filter airborne pathogens — the name refers to their minimum 95% efficiency at filtering aerosols. A recent Duke study showed that less than 0.1% of droplets were transmitted through an N95 mask while the wearer was speaking. That's why they're generally reserved for healthcare workers. Still, there are homemade options that come close to the level of protection of an N95 or surgical mask.

Still, there are homemade options that come close to the level of protection of an N95 or surgical mask. An April study from the University of Chicago determined that "hybrid" masks -combining two layers of 600-thread-count cotton paired with another material like silk, chiffon, or flannel

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Continued from page 4—The Best and Worst Face Masks for Coronavirus Protection

—filter at least 94% of small particles (less than 300 nanometers) and at least 96% of larger particles (bigger than 300 nanometers). Two layers of 600-thread-count cotton offer a similar level of protection against larger particles, but they weren't as effective at filtering aerosols. That study, however, conducted measurements at low air-flow rates, so the masks might offer less protection against a cough or sneeze. Still, multiple layers of high-thread-count cotton are preferable to face coverings made from a dishcloth or cotton T-shirt.

A June study published in the *Journal of Hospital Infection* found that masks made from vacuum-cleaner bags were among the most effective alternatives to surgical masks, followed by masks made from tea towels, pillowcases, silk, and 100% cotton T-shirts, respectively.

Research from the University of Illinois, meanwhile, found that a brand-new dishcloth was slightly more effective than a used 100% cotton T-shirt at filtering droplets when a person coughs, sneezes, or talks. That study (which is still awaiting peer review) also found that a used shirt made of 100% silk was more effective at filtering high-momentum droplets, likely because silk has electrostatic properties that can help trap smaller viral particles.

The University of Chicago study came to a different conclusion, however: Those researchers found that a single layer of natural silk filtered just 54% of small particles and 56% of larger particles. By contrast, four layers of natural silk filtered 86% of small particles and 88% of large particles at low air-flow rates.

Bandanas and scarves don't offer great protection and have performed poorly in multiple studies.



The *Journal of Hospital Infection* study found that a scarf only reduced a person's infection risk by 44% after they shared a room with an infected person for 30 seconds. After 20 minutes of exposure, the scarf only reduced infection risk by 24%. Similarly, the Duke researchers found that bandanas reduced the rate of droplet transmission by a factor of two, which makes them less protective than most other materials.

For the most part, though, any mask is better than no mask, with one notable exception: The CDC cautions people not to wear masks with built-in valves or vents. Masks with one-way valves can expel infectious particles into the atmosphere, helping to fuel transmission.

REMINDER: MASKS ARE REQUIRED WHEN IN ALL COMMON AREAS OF FHA PROPERTIES UNTIL FURTHER NOTICE.

**If you need a face mask or two please contact Marie Palmer at 508-548-1977.
We are happy to make arrangements to get some to you.**

Managing Diabetes During COVID-19

American Association of Service Coordinators info@servicecoordinator.org

The COVID-19 pandemic may affect older adults' ability to manage their diabetes. Since aging diabetics are an at-risk population for encountering numerous challenges during the COVID-19 pandemic, it is important to be mindful of your needs during this time.

According to a report by the Joslin Diabetes Center in Boston, many older adults are struggling to receive care through telemedicine, maintain daily routine, and sustain financial stability.

The authors proposed that especially for high-risk seniors, such as those with type 1 diabetes, it is critically important to have a sufficient supply of prescription refills and additional tools to manage your diabetes. Being prepared may help reduce face-to-face interactions with caregivers, and preventing increased potential exposure to COVID-19.

The pandemic has the potential to affect older adults' access to diabetes-friendly food; some of you may struggle to access grocery stores or afford certain foods due to financial constraints associated with the pandemic.

In addition to prescriptions and proper nutrition, the authors recommend that aging diabetics perform light exercise at home, including indoor walking for 10 minutes three times per day or strength training with resistance bands or household items.



diabeteswellbeing.com

Crockpot Chicken & Stuffing

Submitted by Nancy Rozum,
Rose Morin Apartments

4 boneless chicken breasts
1 cup chicken broth
1 can cream of chicken soup

1 box stuffing mix
½ cup water

- * Put chicken in the crock pot
- * pour broth in bowl mix soup, stuffing and water.
- * Spoon on top of chicken, cover and cook on low for 6 hours
- * Chicken will be so tender it will fall apart.
- * Serve with gravy



istock.com



Wordpress.com

In collaboration with the Town Clerk's office, all registered voters at Salt Sea, Mayflower and Rose Morin have had their new address updated in the Clerk's database.

Letters from the Town Clerk's office were sent out to these tenants notifying them of the address revision.

Mail in Ballots will be sent out to the new addresses and the Voter List database for In-person voting at the polls has been updated.

Did you know the Massachusetts has a law regarding winter heating?

Regulation requires temperatures of at least 64 degrees at night and 68 degrees during the day from September 15 to June 15. Temperatures should not exceed 78 degree. There can be exceptions, so be sure to read the regulation for details. Minimum heat requirements are part of what is called the state Sanitary Code. Review the MA Minimum heat requirements at: <https://www.mass.gov/info-details/massachusetts-law-about-winter-heating#minimum-heat-requirements->

Tenancy Preservation Program:

If you are behind in rent and need financial assistance The Tenancy Preservation Program reports that there is money available to help tenants who are in arrears on their rent. The RAFT hotline number is (781)-422-4204. An initial intake can be filled out online or if you do not have access to a computer they can take an eligibility intake over the phone. They are there to help!

Reminders

Tenant Requested Inspections—If you believe that your home has been subjected to mold, ceiling/other area staining or another issue that has created an unsafe living environment in your opinion, we are encouraging you to either contact the Maintenance Department and file an emergency work order at (508) 548-1977 so that we may schedule for your unit to be reviewed; or you may wish to ask the Town of Falmouth's Board of Health Department to review your unit directly. They can be reached at (508) 495-7485.

State Recertifications—It is time for the annual recertifications for the State properties (Mayflower/Choate and Salt Sea), so please begin gathering your documents.

FHA Welcomes Two New Staff Members

We are delighted to extend a warm welcome and lots of good wishes to two new members of the Falmouth Housing Authority team; Jared Silva and Jeanne Monahan. Jared has joined our Maintenance Department and Jeanne has joined our Administration Staff as a Federal Housing Specialist. Welcome aboard!

Thank you

We would like to acknowledge and thank everyone who has been respectful of social distancing and wearing face masks – we truly appreciate your commitment to yourselves and your communities safety.

First Time Homebuyer Training Seminar
October 13th, 15th & 20th from 6:00 PM to 9:00 PM
Presented by Plymouth Redevelopment Authority
Register at www.plymouthredevelopment.org



This is a 9-hour webinar course via Zoom over 3 days to prepare first time homebuyers for homeownership and are taught by lenders, attorneys, home inspectors and real estate brokers. Graduates of this course are given a certificate that allows access to financial assistance programs, Mass Housing Partnership's ONE Mortgage, MassHousing mortgages, home ownership lotteries, and lender first-time homebuyer mortgages. Participants must submit \$55 one week prior to the first session.

Affordable Housing Opportunities

Affordable Housing for Re-Sale Single Family Home

234 Beaver Dam Road
Plymouth, Ma
\$267,000



The unit contains 1,634 square feet: 3 bedrooms and 2 bathrooms. The Plymouth Redevelopment Authority will be accepting applications for an affordable Condominium. Consideration will be given on a first come first served basis. Income and asset limits will apply. This is a Deed Restriction and you must occupy this unit as your primary residence.

For more information please contact the Plymouth Redevelopment Authority at
(508) 747-1620, ext. 10147
Email: reddevelopment@townhall.plymouth.ma.us
Or visit: www.PlymouthRedevelopment.org

Ready Renter Rolling Basis Application

Neptune Place, 20 Neptune Lane, West Yarmouth
Brick Kiln Apartments, 123 Brick Kiln Rd, E. Falmouth



The Plymouth Redevelopment Authority (PRA) is currently accepting Rolling Basis applications for the Ready Renter List. This application currently covers affordable rental units located in the town of Yarmouth, Dennis, Barnstable, Falmouth and Orleans: however, it may be used for other Towns in the future. All residents living in any Town or City may apply. Getting on this list does not guarantee you housing, but it does mean that when there is availability, you may be called. If you are called, you will then have an opportunity to view the unit and decide if you want to rent it. At this point, you will need to submit a FINAL APPLICATION and documentation for certification of income eligibility prior to leasing.

Households must remain income eligible to rent an affordable unit. Rental Rates and income Qualification will vary depending on projects.

Household size	<u>Income limits</u>					
	1 person	2 persons	3 persons	4 persons	5 persons	6 persons
Neptune Lane Swan River Rd Income Limits FY 2020; 80% AMI	\$54,150	\$61,850	\$69,600	\$77,300	\$83,500	NA
Brick Kiln Income Limits FY 2020; 80% AMI	\$51,250	\$58,600	\$65,900	\$73,200	\$79,100	\$84,950

For more information contact: Plymouth Redevelopment Authority at (508) 747-1620 Ext. 10147
Email: reddevelopmentdir@townhall.plymouth.ma.us

A fun, socially distancing activity

The Barnstable County Fairgrounds are open as a drive-in movie theater. The theater has been in operation since late July and is expected to operate until late October. It features a movie every night at 7:30, except Wednesday. The lot has a capacity to accommodate 200 vehicles, and general admission is \$40 per vehicle.

Window project at Harborview Apartments

FYI: The windows in the lobby at Harborview are currently being replaced. Rather than the fixed window design that was in place; you will now be able to open them. We ask that if you open them to close it before leaving the lobby.

National Coin Shortage

There are a few reasons for the coin shortage, and they are all connected to the pandemic. The U.S. Mint had been working at a limited capacity for employee safety measures and coins have not been circulating due to many Americans staying home, purchasing things online or by phone with a credit card.

If you need quarters the Falmouth Housing Authority can help and can exchange up to \$5.00 a request.



FHA Activities Packet 10/2020

By Marie Palmer, Resident Service Coordinator

We have been getting some great responses to the monthly riddles. Many of them correct and some not... but very close! We appreciate the effort so keep trying, it's fun!
We have added some new selections in our prize inventory. Give us a call with your guesses - it's always great to hear from you!

I had \$2.00
My Mom gave me \$10.00
My Dad gave me \$30
My Aunt & Uncle gave me \$100
I had another \$5.00
How much did I have?



The answer is \$7.00 .
It asked you what you had (\$2.00 and \$5.00) not what you were given (\$10.00, \$30.00 and \$100.00)

Question of the month



During what month do people sleep the least?



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 will get a prize!



What do you see in the image above? Is it a bird perhaps, or a flying dragon?

You may be stumped but when you see what it really is, you won't be able to unsee it!

The answer is on the next page.

Riddles and Answers:

How high would you have to count before you would use the letter A in the spelling of a number

One thousand.

What goes up and never comes down?

Your age.

Before Mt. Everest was discovered, what was the highest mountain in the world?

Mt. Everest; it just wasn't discovered yet!

***Answer to image on previous page: A man's head in a large Texan cowboy hat. The left side of the face is in shadow.**

More Riddles and Answers:

You live in a one story house made entirely of redwood. What color would the stairs be?

What Stairs? You live in a one-story house.

What has a face and two hands but no arms or legs?

A clock.

What tastes better than it smells?

A tongue.

What kind of room has no doors or windows?

A Mushroom.

What's orange and sounds like a parrot?

A carrot.

* Fun fact: About 200 million of these are sold in the U.S. each year; what is it?

Girl Scout cookies.

Hidden Object Illusion:

They're creative, unique, and they make you think; which is always a good thing! A little workout for your brain is never a bad thing, right?

Take a look at the image below. You can probably see the man's face right away, but there's more than meets the eye in this image. His three children are also hidden in the image.

Can you see them...?

Did you find all three hidden faces in this illusion?

How long did it take you?





Fall Word Scramble



KIPPUNM

EFAL

MUANTU

PALEP

VAREHTS

NORC

LOTFOLBA



ANSWERS: PUMPKIN, LEAF, AUTUMN, APPLE, HARVEST, CORN, FOOTBALL