

by Marie O'Palmer, Resident Service Coordinator

Beware of Phishing Scams while using your Computers

An article published by the Federal Trade Commission

'Phishing' is when a scammer uses fraudulent emails or texts, or copycat websites to get you to share valuable personal information such as account numbers, Social Security numbers, or your login ID's and passwords. Scammers use your information to steal your money, your identity or both.



Scammers also use phishing emails to get access to your computer or network then they install programs like ransomware that can lock you out of important files on your computer. Phishing scammers lure their targets into a false sense of security by spoofing the familiar, trusted logos of established, legitimate companies. Or they pretend to be a friend or family member.

Phishing scammers make it seem like they need your information or someone else's quickly – or something bad will happen. They might say your account will be frozen, you'll fail to get a tax refund, even that a family member will be hurt or you could be arrested. They tell lies to get you to give them information.

Be cautious about opening attachments or clicking on links in emails. Files and links can contain malware that can weaken your computer's security.

Do your own typing. If a company or organization you know sends you a link or phone number, don't click. Use your favorite search engine to look up the website or phone number yourself. Even though a link or phone number in an email may look like the real deal, scammers can hide the true destination.

Make the call if you're not sure. Do not respond to any emails that request personal or financial information. Phishers use pressure tactics and prey on fear. If you think a company, friend or family member really does need personal information from you, pick up the phone and call them yourself using the number on their website or in the address book, not the one in the email.

Turn on two-factor authentication. For accounts that support it, two-factor authentication requires both your password and an additional piece of information to log in to your account. The second piece could be a code sent to your phone, or a random number generated by an app or a token. This protects your account even if your password is compromised. As an extra precaution, you may want to choose more than one type of second authentication (e.g. a PIN) in case your primary method (such as a phone) is unavailable.

Keep your security up to date. Use security software you trust, and make sure you set it to update automatically.

FHA Hosted Events:

FHA – Commissioners Board Meeting:

This month's Commissioners Board Meeting will be held at Harborview Apartments on Tuesday, March 19th at 1:00. The agenda will be posted at all properties prior to the meeting.

Revised Federal Handbook, Weapons Policy, and guide to Public Housing Program

Attention all tenants from our Federal Properties, the Federal Tenant Handbook, Weapons Policy and resident guide to Public Housing program have been revised and are now available. Please stop by your Community room to collect and sign off on this new material.

We will be meeting at the following locations:

Rose Morin, Monday, March 11th from 10:00 AM to 1:00 PM

Harborview, Tuesday, March 12th from 11:00 AM to 2:00 PM

Tatakot, Wednesday, March 13th from 10:00 AM to 1:00 PM

*In 2019 we will be focused on revising the State Tenant Handbooks for Choate and Salt Sea properties. We will be holding many meetings and looking for your valuable input so please do join us.

Coffee Social with Guest FHA Staff



This month we will be having a coffee social with Linda Connors. Linda and I look forward to a visit at Tatakot on Wednesday, March 27th at 12 noon.

Cooking Demo with Dena

This month's cooking demonstration will be held at Tatakot on March 12th at 10:00 AM. Dena (our Rock Star Nutritionist) plans on making a Mediterranean specialty. If you like eggplant you'll want to come and join us. Last month, at Harborview, Dena made a delicious, fast and easy black bean burger that we highly recommend!

Ingredients:

15 oz can black beans, drained and mashed with a fork

3/4 cup cooked quinoa, brown rice or whole grain bread crumbs

1 teaspoon chili powder

1/2 teaspoon cumin

1/4 teaspoon garlic powder

1 egg, slightly beaten

Olive oil

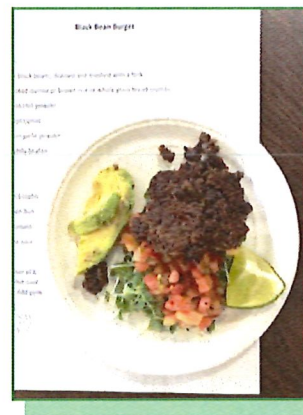
Garnishes (optional):

Whole grain bun

Lettuce, tomato, avocado, sliced onion

Mayo, lime juice, hot sauce

Mix together all burger ingredients except olive oil, form into 4 patties. Heat oil in a large skillet over medium high heat. Cook the burgers for a few minutes on each side. Add garnishes and enjoy!



Construction News

Cape Cod Community Health Center (CCCHC) will begin construction on their new clinic located at Harborview Apartments, 115 Scranton Ave, in March. They hope to be done in April.

FHA Sew-a-long Schedule

Tatakot on Tuesdays:

March 5th and 19th at 10:00

Harborview on Wednesdays:

March 6th and 20th at 10:00

We look forward to having you come 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, iron, trouble shoot, and just keep us company.



Celebrating Everything Irish

By John Mendoza, Tatakot Apartments

Late winter days
Special in many ways

Soon spring
But, before seasons change
Here's the thing
St. Patrick's Day
Is on its way

Celebrate everything Irish
Radiant rainbows
And parlaying pots-of-gold

Celebrating Shillelaghs and shamrocks
And kelly-green joys to behold

So this St. Patrick's Day
Get your Irish up
And raise a cup

Community Sing-a-longs

Come join us at Tatakot on Thursday, March 14th at 1:00 for a St. Patricks Day Sing-a-long. We'll be belting out classics like *Danny Boy*, *Irish Rover*, *Molly Malone*, and *The Wild Rover*, just to mention a few.

We will also be having a 'classic love songs' Sing-a-long at Harborview on Thursday, March 21st at 1:00. We will be singing some great Dean Martin, Frank Sinatra, Elvis Presley and Beatles love ballads like: *Everybody Loves Somebody*, *That's Amore*, *Fly me to the Moon*, *Love me Tender*, and *All my Loving*.

Thank you to the crew at CapeAblities! We had a ball last month at Tatakot when we got together for a Valentines' Day sing-a-long! Their kindness and generosity is greatly appreciated and never unnoticed. Thank you for the laughs and the home made Valentines' Day cards.



Are you Red Bag ready?

We have put together sample Emergency preparedness bags for each property. In them are examples of what the American Red Cross suggests that you put in a bag, close to your front door, which you can grab quickly in case of an emergency.

We will be talking about emergency bags and showing examples at the following locations:

Rose Morin March 8th at 10:00, Tatakot March 15th at 10:00, Harborview March 22nd at 10:00, Salt Sea March 29th at 10:00, and Choate March 29th at 11:00.

Come and get some good ideas for your emergency bag!

5-Year Plan and Annual Plan Review

Falmouth Housing Authority will hold a public hearing on Tuesday, March 26, 2019 at 1:00 p.m. in the Harborview Community Room at 115 Scranton Avenue to hear comments on the 5-Year Plan and the Annual Plan (2019-2020).

A draft of the Annual Plan and the five-year plan is available for public review during regular business hours starting Monday, February 25, 2019 for the duration of the comment period (45 days). Copies have been posted at Harborview, Rose Morin and Tatakot for review also.

Comments may be submitted prior to the public hearing. Comments may be mailed to FHA, 115 Scranton Ave, Falmouth, MA 02540; emailed to: info@falmouthhousing.org or faxed to (508) 457-7573. Please put "Annual Plan Comments" in the subject line. Attendees to the hearing will be required to sign in.

An article featured in the February 8, 2019 edition of the Falmouth Enterprise

"The Secrets of Happy and Healthy Aging"

By Madeleine I. Felker, Tatakot Apartments

"Dying is not difficult, it is living that is hard!" said Elisabeth Kubler-Ross, psychiatrist and author of "On Death and Dying."

Life is marvelous, but nobody questions that it is also very challenging. Sometimes people suffer from unbearable stress, illness, and financial hardship, which can lead to the feeling that with the difficulties we face, life is getting harder.

Despite these perceptions; the New England Center Centenarian Study, which is conducted by the Boston University School of Medicine, says centenarians are the fastest growing segment of the population over the age of 85.

There are an estimated 40,000 centenarians in the United States. Eighty-eight percent of them are functionally independent, and most of them stay mentally alert and active. Thirty percent have experienced no significant change in their thinking abilities, they have a strong connection with people, they find purpose in life, handle stress well, challenge their brains, eat nutritional food, and keep moving. This group has worked hard to prepare for a healthy and happy old age.

"Old people need to stay connected if they are going to improve the quality of their own life. There are many older people who would relish this opportunity, but they simply don't know how to go about finding it. Often afraid to leave the house, paralyzed by fears and rejection, they are unwilling to take the risk," said Kubler-Ross. And she continued:

"Love, both giving and receiving, can work miracles. Love is the only thing that matters in life."

I learned at a very early age to live according to the "Golden Rule" and to do unto others what I wished for myself. My father strongly believed that happiness is not outside us, it is the reflection of our Soul. Good morals and love are the basis of a happy and healthy life.

Thank you Madeleine for your keen insight and for this beautiful article.

Raising a Glass to Irish American Women

By Elizabeth L. Maurer

On the day Ellis Island opened on January 1, 1892, an Irish girl named Annie Moore became the very first person processed through what became the world-famous immigration center. After joining her parents in New York, Annie married Joseph Augustus Schayer, a young German American who worked at Fulton Fish Market. She bore 11 children, six of whom died before adulthood; she died at age 50 in 1942. She never left New York's Lower East Side, living the rest of her life in a few square blocks that is today remembered as a notorious immigrant slum. Though Annie would not be remembered if not for being a first, her story nonetheless offers insights into the American experience precisely because she was so very typical.

The Irish Sent More Daughters than Sons. By the end of the nineteenth century, single women accounted for 53% of Irish immigrants. The Irish were the only nineteenth and twentieth century immigrant group in which women outnumbered men. Between 1820 and 1860, the Irish constituted over one third of all immigrants of the United States and by the 1840's (at the height of the Potato Famine) they comprised nearly half. After the crisis of the Famine passed and Irish emigration slowed, Irish women continued to migrate in increasing numbers.

Who were these women and why did they come? Irish women moved to America for the same reasons as men: opportunity and freedom. Young Irish women and girls left behind hard scrabble farms where they worked as long and as hard as men to bring in a crop while also maintaining homes and assisting with children. The Potato Famine devastated the Irish economy. Poor Irish women had few employment opportunities and diminished marriage prospects. So they left Ireland for America.

They settled in cities where many took jobs as servants or domestic workers. More than 60% worked as maids, cooks, nannies, or housekeepers. Domestic work came with several advantages. Living with wealthy or middle class American families intimately exposed Irish women to American culture, speeding acculturation and assimilation. The greatest advantage was financial. Not only were the wages higher than those for factory workers, as live-in help had no housing expenses, which enabled them to save more money.

Women helped women. Strong female networks sustained the immigration flow of Irish women, even during times of economic depression. Women sent money back home to support families but they also paid the passage for their female relatives. Irish women were the only immigrant group to establish immigration chains. They brought over nieces, sisters, cousins, and friends. They were young, under age 24, and unmarried. These women had the freedom to migrate and the desire for independence. Whereas other ethnic groups sent their sons to America, Ireland sent its daughters.

American Irish prioritized education. The Catholic Church in Ireland launched an education initiative in the late 19th century expanding access to educational opportunities. The Irish Catholic Church in America built on that teaching mission, establishing parochial schools throughout the country that educated generations of Irish Americans. And Irish-Catholic sisters founded scores of schools and women's colleges. In 1900, Irish American girls attended school at higher rates than any other group, including American-born boys.

Education facilitated Irish American women's entrance into the workforce. Second generation Irish women entered the professions at higher rates than any other immigrant group, becoming teachers, bookkeepers, typists, journalists, social workers, and nurses. By 1910 Irish women represented the majority of public elementary school teachers in Providence, Boston, New York, Chicago, and San Francisco. And by 1939, 70% of Chicago's schoolteachers were Irish American women.

Irish women in America made an impact. The documentary evidence gathered from letters and journals suggests that Irish women found the adventure of their new lives in America as compelling as the economic opportunities. Living and working in the United States offered Irish women opportunities for autonomy and self-sufficiency lacking in the more patriarchal structure of "home". Once in America, they firmly established themselves as a force with which to be reckoned. Their strong networks, formed by immigration patterns and sustained by shared membership in the Catholic Church, nurtured a culture and pride among Irish American women that continues to this day. As St. Patrick's Day approaches, let's toast the strong and determined Irish women who became Americans.

MARCH 2019

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
3		4	5 Sew-a-long *TAT at 10:00	6 Sew-a-long *HV at 10:00	7 Cooking and Coffee with CapeAbilities *TAT at 10:00	8 Red Bag ready *RM at 10:00	9
10		11 Handbook Distribution *RM from 10 to 1	12 Cooking Demo *HV 10:00	13 Handbook Distribution *TAT from 10 to 1	14 Cooking and Coffee with CapeAbilities *TAT at 10:00	15 Red Bag ready *TAT at 10:00	16
17		18	19 Sew-a-long *TAT at 10:00 Comm. Board Mtg. *HV at 1:00	20 Sew-a-long *HV at 10:00	21 Cooking and Coffee with CapeAbilities *TAT at 10:00	22 Red Bag ready *HV at 10:00	23
24		25	26 5 yr. and Annual Plan Mtg. *HV at 1:00 PM	27 Coffee Social with Linda Connors *TAT 12:00	28 Cooking and Coffee with CapeAbilities *TAT at 10:00	29 Red Bag ready *SS at 10:00 *CH at 11:00	30
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