

# What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

Emergencies and disasters can strike quickly and without warning. It can force people to evacuate or be confined to their homes. We should always ask ourselves, “what would I do if my basic services such as water, gas, electricity or communications were cut off?”

The American Red Cross stresses the importance of planning ahead so you can best cope with disaster.

According to the American Red Cross, Greater Rochester, New York office:

“Local officials and relief workers may not be able to reach everyone in an emergency right away. You can deal with disaster better by preparing in advance and by working with those in your support network: your family, neighbors and friends as a team. Knowing what to do is your responsibility.

A group of seniors from the Greater Rochester, New York area explain the importance of preparation in the following letter:

*‘Dear Friends,*

*We are a group of older adults who experienced a two-week power outage when a massive ice storm hit the Greater Rochester, New York, area. We were unprepared for such a disaster. If we had only taken a few simple steps to prepare ourselves for such an event, we could have eliminated many of the hardships we had to endure.*

*We are just like many of you. Some of us are in good health but aren’t quite as agile as we used to be. Some of us have hearing or vision problems; others use a cane or wheelchair. Whatever our limitations, we still need to be prepared. With a little planning we can be prepared!*

*Sincerely,*

*Vi, Melvin Q, Julia L., Nancy C., Marion V., Jam, Dorothy M., Janet H., Fran, Roger H., Mary S., and LaVinia.’*



To avoid getting caught unprepared it is important for each of you to make a plan. Prepare your own emergency pack (and keep it up to date), be informed (listen for information on the radio and TV about hazardous weather and other events) and heed the advice of local officials.

If you have family or friends nearby, let them support you. Let the Red Cross or other agencies assist you. Don’t worry about not appearing independent. Everyone needs help when disaster strikes. Preparation makes all the difference, and already having your disaster plan in place will allow you to do what needs to be done to take care of yourself. It’s much easier to remain calm when you know what to do. Take responsibility by planning now.”

The Falmouth Housing Authority is looking for 3 representatives, from each of our properties, to join a safety committee that will discuss the unique needs of your individual community. The Falmouth Housing Authority is working hard on gathering supplies for emergency preparedness cabinets and sample emergency backpacks (that we encourage each tenant to have ready for a disaster). We would appreciate your valuable input. If you are interested in joining this committee please contact Marie Palmer at 508-548-1977 ext. 212.



## FHA Hosted Events:

### FHA – Commissioners Board Meeting:

This month's Commissioners Board Meeting will be held at Harborview Apartments on Tuesday, January 8<sup>th</sup> at 1:00 PM. The agenda will be posted at all properties prior to the meeting.

### FHA Sew-a-long Schedule

Thursday, January 3<sup>rd</sup> and Tuesday January 15<sup>th</sup> from 10:00 AM to 12:00 PM at Tatakot Apartments.

Bobb Richards will host a Sew-a-long at Harborview on Wednesday, January 9<sup>th</sup> at 10:00 AM. The project will be "Quick Winter Hats".

Come help us out! We will have a handful of sewing machines ready for those willing to sew, we also need people to pin pre-cut fabric together, iron, trouble shoot, or just keeping us company.

We look forward to having our Harborview Tenants help us reach our goal of 400 baby bibs that we plan on donating to the Falmouth Hospital Maternity Department.

### Womens Round Table Discussion with WE CAN

WE CAN - Women's Empowerment through Cape Area Networking, empowers Cape Cod women with unique services that inspire hope and bring increased opportunity, self-sufficiency, and stability.

Representatives from We Can will be visiting Tatakot Apartment for a woman's round table discussion. Come join in and learn about programming through WE CAN and discuss what types of services would be the most beneficial for you.

- Tatakot Apartments January 18<sup>th</sup> from 11:00 AM to 12:00 PM

### 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 some great company with lots of laughs, coffee and a fresh baked treat - hot out of the oven, then please join us. You won't be disappointed!

Or if you prefer, this thoughtful group would be more than happy to pay you a visit and deliver a baked treat to you. Let Marie Palmer know if you are interested (508-548-1977 ext., 212).

A few of their specialties include: banana bread, blueberry muffins, coffee cake, and apple crisp. Soon they will try their hand at quiche!

**Our sincerest thank you** goes out to Boy Scout Pack 41 (from St. Anthony's in East Falmouth) for making holiday cards for all of the Tenants living at Harborview Apartments. We had great fun on a Stroll to each apartment with singing and well wishes for a Happy Holiday and a Happy New Year to all.





**Coffee Social with  
Guest FHA Staff**

This month's coffee social will be with Linda Connors. Linda and I look forward to a visit at Harborview Apartments on Wednesday, January 23<sup>rd</sup> at 12 noon.



Be sure and join us, it should be a lot of fun!  
Coffee and donuts will be provided.

**“Another Year”**

By John Mendoza,  
Tataket Apartments

Another year has past  
Time marches on

Longer in tooth  
Greyer in beard  
Memories of loved ones  
Indelibly seared

Home is where the heart is  
Our homes  
So close...as are we

Home is where the heart is  
And here we are  
Where we want to be

**Rev. Dr. Martin Luther King, Jr.  
National Holiday Breakfast**

Monday, January 21<sup>st</sup> 9:30 – 11:30 AM  
Sea Crest Resort, North Falmouth  
Presented by No Place for Hate  
Speaker: Rev. June Cooper, Executive  
Director, Boston City Mission  
Tickets can be purchased online at  
[www.capecodfoundation.org](http://www.capecodfoundation.org) for \$20 or at  
the door for \$25.  
Live music, good food & conversation

**Please refrain from flushing  
disposable wipes**

Flushing wipes have caused numerous clogs in the piping system at the Falmouth Housing Authority. Labeling on the packaging is misleading by stating that the wipes are flushable. The fact is that they don't biodegrade very quickly. They eventually get stuck down the drain and cause massive clogs. When the wipes get stuck partway down, anything else that passes though can also get stuck to it. This causes a mess for you and your neighbors and a huge expense to the Falmouth Housing Authority.

Those who have continuously flushed wipes down the toilets in their home may experience clogging of all their drains, especially if it's gone far enough down the drainage system. It's possible for tubs, sinks, toilets and more to back up in the home simply because wipes were flushed down the toilet and clogged up the piping system.

**Resident Services**

If you find yourself in need of services please do not hesitate to contact your Resident Service Coordinator, Marie Palmer. Such services include, but are not limited to: advocacy, benefits/entitlements/insurance, case management, conflict resolution, crisis intervention/support counseling, and linkage to community resources such as: employment agencies, legal services, and health care services.

Our aim is to help residents age in place and remain living as independent in their own homes as safely and comfortably as possible.



## Cooking Demo with Dena Irwin

Our next cooking demo will be held at Rose Morin on January 8th at 10:00 AM. Dena will be featuring a “Chia Pudding”.

Last month at Tataket, Dena showed us how to make a delicious Avocado Chocolate Mousse!

### Avocado Chocolate Mousse

#### Ingredients:

Flesh of 2 ripe avocados  
¼ cup dark cocoa powder  
½ cup milk of choice  
1 teaspoon vanilla extract  
¼ teaspoon cinnamon  
Pinch of salt  
Pinch of stevia or 2 tbs. maple syrup  
Fresh berries (optional)

Combine all ingredients except berries in blender until smooth. Top with berries. Enjoy! Makes 4 servings.



This treat is a nutrition powerhouse!

#### **Avocados are:**

- High in potassium, vitamins E&K
- Loaded with fiber
- Provide heart healthy fats

#### **Cacao is:**

- A mood booster
- Full of antioxidants

## Plant based protein that packs a punch!

Chia Pudding is a good source of both plant based protein and plant based omega 3 fat. Previous recipes that Dena has shared, such as Crispy Tofu, Pumpkin Hummus, and Southwest Nourish Bowl all include plant based protein as the star of the dish.

### Crispy Tofu

#### Ingredients:

1 block extra firm tofu, 3 tbs. cornstarch, A few shakes of 5 spice powder, 2 tablespoons sesame oil, sesame seeds, broccoli salad, and soy sauce

Remove the tofu from package and drain any liquid. Cut tofu into pieces. Mix the cornstarch and 5 spice powder together in a shallow dish. Toss the tofu in the cornstarch until evenly coated. Heat the oil over medium high heat. Shake off any extra cornstarch. Add the tofu to the oil and pan fry until golden. Flip the tofu and brown the other side.

Add tofu to the top of broccoli salad, top with soy sauce and sprinkle sesame seeds.

### Pumpkin Hummus

#### Ingredients:

1 can chickpeas, 1 can white beans,,¼ cup lime juice, 2 tbsp. tahini, 1 can pumpkin, ½ tablespoon maple syrup, ½ tablespoon paprika (optional), 1/3 cup pumpkin seeds (optional)

#### Directions:

In a food processor or blender, blend all ingredients and puree until smooth.

Dip veggies or wheat pita chips and enjoy!

### Southwest Nourish Bowl

To make Avocado-lime-cilantro dressing, mix together the following ingredients in a blender or food processor until smooth (thin with water if needed.)

1 avocado, 6 tbs. olive oil, juice and zest from 2 limes, big handful cilantro leaves, 1 jalapeno seeded (optional), and mild chili powder

Then, pour on top of salad mix:

dark leafy greens, diced raw red bell pepper, diced raw zucchini, frozen corn (defrosted), cooked quinoa, and canned black beans.





**NO MEAT  
ATHLETE**

# BEST PLANT-BASED SOURCES OF PROTEIN

## NUTS AND SEEDS

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Hemp seeds	1 oz	162	10	25%
Pumpkin seeds, kernels only	1 oz	151	7	19%
Peanuts, without shells	1 oz	164	7	17%
Black walnuts	1 oz	173	7	16%
Pistachios, without shells	1 oz	160	6	15%
Sunflower seeds	1 oz	164	6	15%
Almonds	1 oz	167	6	14%
Cashews	1 oz	155	5	13%
Flax seeds	1 oz	150	5	13%
Chia seeds	1 oz	137	4	12%
Walnuts	1 oz	185	4	9%

## BEANS AND LEGUMES

Food (cooked)	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Tempeh	½ cup	180	16	46%
Tofu	½ cup	94	10	43%
Soy beans	½ cup	127	11	35%
Brown lentils	½ cup	115	9	31%
Red lentils	½ cup	115	9	31%
Green lentils	½ cup	115	9	31%
Kidney beans	½ cup	120	7	28%
Split peas	½ cup	116	8	28%
Lima beans	½ cup	109	7.5	28%
Cannellini beans	½ cup	100	7	28%
Navy beans	½ cup	90	6	27%
Black-eyed peas	½ cup	80	5	25%
Black beans	½ cup	100	6	24%
Pinto beans	½ cup	100	6	24%
Chickpeas (Garbanzo beans)	½ cup	120	6	20%

## VEGETABLES

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Spinach, cooked	1 cup	41	5	49%
Mushrooms, cooked	1 cup	42	5	48%
Asparagus	1 cup	27	3	44%
Broccoli	1 cup	31	2.6	34%
Brussels sprouts	1 cup	38	3	32%
Peas, cooked	1 cup	134	9	27%
Cale, cooked	1 cup	36	2	22%

## BREAD, GRAINS, PASTA

Food (cooked)	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Seitan	½ cup	180	31.5	70%
Whole wheat bread	2 slices	138	7	20%
Spelt	½ cup	123	5.5	18%
Whole wheat pasta	½ cup	87	3.5	16%
Teff	½ cup	128	5	14%
Quinoa	½ cup	111	4	14%
Oats	½ cup	154	5.5	14%
Buckwheat	½ cup	284	9.5	13%

## PROTEIN POWDER

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Soy protein	1 oz	112	24	86%
Pea protein	1 oz	103	21	83%
Spirulina	1 oz	81	16	79%
Brown rice protein	1 oz	99	18	73%
Hemp protein	1 oz	85	13	61%

Created by No Meat Athlete (nomeatathlete.com)

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For Questions, visit [NoMeatAthlete.com](http://NoMeatAthlete.com) or email [Matt@NoMeatAthlete.com](mailto:Matt@NoMeatAthlete.com)



# January 2019 - Happy New Year!

Sun      Mon      Tue      Wed      Thu      Fri      Sat

	1	2	3	4	5
	Office Closed New Years Day		Sew-a-long *TAT 10:00		
6	8. Cooking Demo *Rose Morin 10:00 Comm. Board Mtg. *HV at 1:00	9 Sew-a-long with Bobbi Richards *HV at 10:00	10 Cooking and Coffee with CapeAbilities *TAT at 10:00	11	12
13	14	15 Sew-a-long *TAT at 10:00	16 Cooking and Coffee with CapeAbilities *TAT at 10:00	17 WE CAN mtg. *TAT at 11:00	18
20	21 Office Closed Dr. Martin Luther King Jr. Day	22 Yoga *TAT at 10:00	23 Coffee Social with Linda Connors *HV at 12:00	24 Cooking and Coffee with CapeAbilities *TAT at 10:00	25
27	28 Safety Committee *RM at 10:00	29 Safety Committee *TAT at 10:00 *CH at 11:00	30 Safety Committee *HV at 10:00 *SS at 11:00	31 Cooking and Coffee with CapeAbilities *TAT at 10:00	26