

by Marie Palmer, Resident Service Coordinator

## 7 Winter Safety Tips for Seniors

In an article by college professor and PhD, Andrea Lee, during the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses, especially for seniors. Staying alert to your environment and paying attention to the following 7 tips could be a real life saver.

**1. Avoid Slipping on Ice:** Icy, snowy roads and sidewalks make it easy to slip and fall. “Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months.” Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations. While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65.

**2. Dress for Warmth:** Cold temperatures can lead to frostbite and hypothermia, a condition where the body temperature dips too low. According to the Center for Disease Control and Prevention, more than half of hypothermia related deaths were of people over the age of 65. So, don’t let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees. If it does get medical assistance immediately.

**3. Fight Wintertime Depression:** Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible or send their loved one to adult day care; a short, daily phone call can also make a big difference. Seniors can also arrange a chick-in system with neighbors and friends, where each person looks in on one or two others daily.

**4. Check the Car:** Driving during the winter can be hazardous for anyone. Get your car serviced before wintertime hits or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. If you have AAA, make sure your membership is up-to-date in case of emergencies. Or arrange rides to the grocery store and doctor’s appointments through local community shuttle service.

**5. Prepare for Power Outages:** Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

**6. Eat a Varied Diet:** Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits, especially Vitamin D deficiency, can be a problem. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

**7. Prevent Carbon Monoxide Poisoning:** Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector.

The most important tip to keep in mind during the colder months is to ask for help.  
Don’t be afraid to reach out!

## **FHA Hosted Events:**

### **FHA – Commissioners Board Meeting:**

This month's Commissioners Board Meeting will be held at Tataketa Apartments on Tuesday, December 11<sup>th</sup> at 1:00 PM. The agenda will be posted at all properties prior to the meeting.

### **FHA Sew-a-long Schedule**

Tuesday December 4<sup>th</sup>, and 18<sup>th</sup>

From 10:00 AM to 12:00 PM at Tataketa Apartments.

We are excited to host our first Sew-a-long at Harborview on Wednesday, December 12<sup>th</sup> at 11:00 AM. Bobbi Richards is planning on attending this kick off Sew-a-long.

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.

Coffee and donuts will be available!

### **VIPS Volunteers and Mentors**

Falmouth Volunteers In Public Schools, Inc. (VIPS) support school - based mentoring programs and Classroom Volunteers in all district schools, grades K-12. Mentors and Classroom Volunteers are needed! If you are a good listener, enjoy young people, and are interested in spending an hour a week with a student or in a classroom, please attend one of the following VIPS presentation on December 6<sup>th</sup> or 20<sup>th</sup>, or contact Marie Palmer at 508-548-1977 for more information.

- Harborview Apartments, December 6<sup>th</sup> from 11:00 AM to 11:45 AM
- Rose Morin Apartments, December 6<sup>th</sup> from 1:00 PM to 1:45 PM
- Tataketa Apartments, December 20<sup>th</sup> from 11:00 AM to 11:45 AM

**Mentoring... changes two lives!**

### **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 our Properties for woman's round table discussions. Come and join in and learn about programming through WE CAN and discuss what types of services would be the most beneficial for you.

- Harborview Apartments December 7<sup>th</sup> from 11:00 AM to 12:00 PM
- Rose Morin Apartments December 7<sup>th</sup> from 12:30 PM to 1:30 PM
- Tataketa date and time still to be determined

### **Cooking Demo with Dena Irwin**

Our next cooking demo will be held at Tatakot on December 11<sup>th</sup> at 10:00 AM. Dena will be featuring a “Chocolate Surprise”.

Last month at Rose Morin, Maddy (Dena’s intern) made a delicious Beet salad.

#### **Beet and Carrot Quick Slaw**

##### **Ingredients:**

- 2 tablespoons Dijon mustard
- 4 tablespoons red wine vinegar
- 1 teaspoon celery seed
- 2 tablespoons olive oil
- cracked black pepper
- 1 lb. beets, peeled and shredded, about three medium beets
- ½ lb carrots, peeled and shredded, about three carrots
- 3 tablespoons fresh chopped parsley

##### **Directions:**

In a small bowl whisk together Dijon mustard, red wine vinegar, celery seed, and olive oil. Season with pepper. Place beets, carrots and parsley in large serving bowl, pour dressing over salad, toss to combine. Taste and adjust seasonings.

We learned that beets are low in calories, maintains hydration and fluid balance within the body, are high in fiber (lowers cholesterol, supports healthy bowels, and helps you feel full for longer), rich in vitamins and minerals, and contains dietary nitrates (which naturally lowers blood pressure).

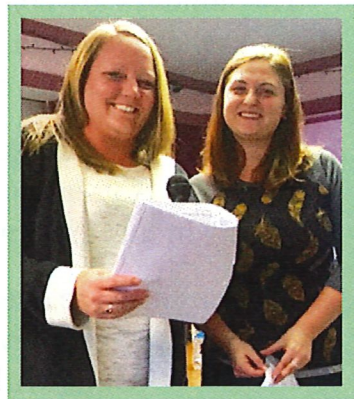


### **Holiday Sing-a-long**

If you’re looking for something really fun to do, look no further; our friends at CapeAbilities will be hosting a Party and Holiday Sing-a-long.

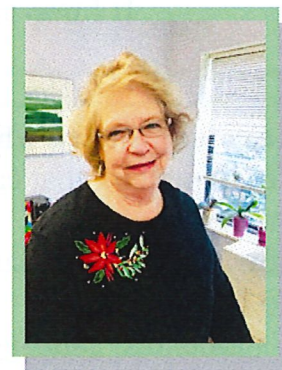
Join us at:

- Harborview, Tuesday, December 18<sup>th</sup> from 1:00 PM to 2:00 PM
- Tatakot, Friday, December 21<sup>st</sup> from 1:00 PM to 2:00 PM



### **Coffee Social with a Guest FHA Staff**

This month’s coffee social will be with Linda Connors. Linda and I look forward to a visit at Rose Morin Apartments on December 26<sup>th</sup> at 12 noon.



Be sure and join us, it should be a lot of fun!

Coffee and donuts will be provided.

### **Notice from the Falmouth Police Department to Residents of Rose Morin**

The 55<sup>th</sup> annual Falmouth Christmas Parade is scheduled to take place on December 9<sup>th</sup>. As in past years, the floats will all be staged on Dillingham Ave. Therefore, Dillingham Avenue will be closed on the 9<sup>th</sup> between 8:00 AM and 12:30 PM.

While Dillingham is closed, residents of Rose Morin Lane will have to access Route 28 via the AutoZone/Papa Gino’s parking lot.

## **We're on the Road to the Holidays**

By John Mendoza  
Tatakot Apartments

We're on the road to the holidays  
The holidays are coming to town  
You can see it in the faces  
Of happy people all around

Anticipation and preparation  
A great time  
In this great nation

Festivities are ever-present  
Many great events,  
Good will  
And Greetings sent

Late fall nights – crisp and cold  
Holiday expressions – joy to behold  
Yes, we're on the road to the holidays  
If I may be so bold.

## **Local Events**

### **Holiday Market & Gift Gallery**

Saturday, November 17<sup>th</sup> through  
Sunday, December 23<sup>rd</sup>

Falmouth Art Center

Hours: Monday to Friday from 9 AM to 4 PM,  
Saturdays from 10 AM to 4 PM,  
and Sundays from 1 to 4 PM

This is a wonderful opportunity to purchase unusual, creative, and locally made gifts for the loved ones on your list. The market features works of fine art and gifts created by artists from across the Cape. In addition to original paintings and photographs, a wide range of hand-crafted holiday gifts will be available including such things as hand-knit and woven bags and scarves, pottery, wooden bowls and plates, various kinds of jewelry, gift cards, ornaments, handmade soaps and candles.

### **Holiday Toy Drive**

Toys are needed for the Falmouth Service Center's holiday toy drive!

The Service Center will be collecting toys from December 1<sup>st</sup> through 10<sup>th</sup> with gift distribution held on Friday, December 15<sup>th</sup> and Saturday, December 16<sup>th</sup>.

The following items are needed:

Gift Certificates for teens (Gas cards, CVS, coffee shops, clothing stores, Target, Wal-Mart, etc...), sports items, arts and crafts kits, books, movie passes, costume jewelry, video games, educational toys for infants and toddlers, bikes are always appreciated, games and puzzles the whole family can enjoy, wrapping paper, tape, ribbons, and bows.

Questions, please call FSC at 508-548-2794.

### **Holiday Book Sale**

December 8<sup>th</sup> 10:00 AM - 5:00 PM

December 9<sup>th</sup> 1:00 PM - 4:00 PM

December 10<sup>th</sup> from 10:00 AM – 5:00 PM

December 11<sup>th</sup> from 10:00 AM – 8:00 PM

Falmouth Public Library

Books in Great Shape and Suitable for Gifting!

### **Have you heard about Murphy' Law?**

Yes. Anything that can go wrong will go wrong.

How about Cole's Law?

No.

It's julienned cabbage in a creamy dressing.

### **What's the difference between a hippo and a Zippo?**

One is really heavy; the other's a little lighter.

### **A man walks into a library and asks the librarian for books about paranoia.**

She whispers, "They're right behind you!"

### **A grasshopper walks into a bar.**

The bartender says "we have a drink named after you."

The grasshopper replies "who names a drink Steve?"

### **Falmouth Holidays by the Sea Weekend**

Friday, December 7<sup>th</sup> - Sunday, December 9<sup>th</sup>  
The crisp snap of seasonal glitter starts with the Holidays by the Sea weekend in Falmouth. Begin the festive holidays singing carols at Nobska Lighthouse as the winter's sun sets over Vineyard Sound. Greet Santa as he arrives by boat at beautiful Falmouth Harbor. Run the Jingle Jog 5K along Vineyard Sound. Join in the caroling at the lighting of the Village Green. Enjoy the Main St. festivities of the Holiday Stroll and get ready for the biggest small-town Christmas parade in all Southeast New England.

### **Holiday Carol at Historic Nobska Lighthouse**

Friday, December 7<sup>th</sup> at 5:30 PM  
Historic Nobska Lighthouse  
Warm your heart and get ready for a fun evening by caroling with neighbors and the Falmouth Chamber of Commerce staff at Historic Nobska Lighthouse. Join the carolers as they lead us in a festive seasonal sing-along of familiar holiday classics. Enjoy the nighttime vista of Vineyard Sound with hot chocolate and treats! Remember to dress warmly!

### **7<sup>th</sup> Annual Jingle Jog 5K and Kids Elf Run**

Saturday, December 8<sup>th</sup> 7:30 AM - 10:30 AM  
Marine Park, Scranton Ave, Falmouth  
Awards for top runners and "Most Festive" attire.

Elf Run starts at 9:00AM

Jingle Jog starts at 9:30AM

### **Lighting of the Falmouth Village Green**

Saturday, December 8<sup>th</sup> at 7:00 PM  
The Falmouth Brass Choir will lead the caroling before a special visit from Santa as we light up the green. People are encouraged to bring flashlights. Dress warmly. Be sure to enjoy the Main Street to Queens Buyway Stroll before and after the Lighting of the Green.

### **Falmouth Village Association Holiday Stroll**

Saturday, December 8<sup>th</sup> from 5:00 - 8:00 PM  
See Falmouth Main Street transformed at night by the annual Holiday Stroll!  
The street and storefronts are at their very best when decorated for the holidays. Shop and dine while enjoying the strolling entertainment throughout the village. Kids of all ages will enjoy everything from the live Petting Zoo to meeting Santa in Peg Noonan Park. As in years past, be on the lookout for all of your favorite holiday activities, including crafts, face-painting, refreshments, riding the trolley and music everywhere!  
Main Street will be closed to through traffic during the stroll, so please be aware that parking is available at both Mullen-Hall and Lawrence Schools. The trolley will run between the two schools. Come one, come all, the Holiday Stroll is a tradition with something for everyone!

### **42<sup>nd</sup> Annual Holiday Boutique**

Sunday, December 9<sup>th</sup> from 11:00AM - 4:00PM  
at the West Falmouth Library  
A West Falmouth tradition continues. Come shop for fresh greens arrangements and unique handmade crafts, and relax at our cafe.

### **55<sup>th</sup> Annual Christmas Parade**

Sunday, December 9<sup>th</sup> at 12:00 Noon  
Theme: "Unwrap the Magic of Falmouth"  
Parade steps off at noontime from Dillingham Avenue and proceeds down Main Street to the Village Green.  
Known as Southeastern Massachusetts' largest holiday parade, featuring theme decorated floats, marching bands, live animals, costumed characters and Santa Claus!

Falmouth Housing Authority  
Falmouth, MA 02540  
Phone: 508-548-1977  
Fax: 508-457-7573  
[www.falmouthhousing.org](http://www.falmouthhousing.org)

# DECEMBER 2018

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3	4	5	6	7	8
		Sew-a-long 10:00 at TAT		VIPS mtgs: 11:00 at HV 1:00 at RM	WE CAN mtgs: 11:00 at HV 12:30 at RM Office Closed at 1:00	
9	10	11	12	13	14	15
		Cooking Demo 10:00 at TAT Commissioners Board Mtg. 1:00 at TAT	Sew-a-long with Bobbi Richards 11:00 at HV			
16	17	18	19	20	21	22
		Sew-a-long 10:00 at TAT Holiday Sing-a-long 1:00 at HV		VIPS mtg. 11:00 at TAT	Holiday Sing-a-long 1:00 at TAT	
23	24	25	26	27	28	29
		Office closed Christmas	Coffee Social with Linda Connors 12:00 at RM			
30	31	1				
		Office Closed New Years Day				