

What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

www.falmouthhousing.org

Coronavirus Safety Precautions

With the rapidly changing Coronavirus (abbreviated “COVID-19”) outbreak, The American Association of Service Coordinators (AASCS) shares your concerns about the impact of the virus internationally as well as here in the U.S. They compiled information for their members and encourage us to share it with our property management teams and residents.

According to the U.S. Centers for Disease Control (CDC) who is monitoring the outbreak and working closely with federal, state and local health departments, the American public has little immediate risk of contracting Coronavirus and an even lesser risk of death.

Protect Yourself against Exposure

The Coronavirus is a respiratory illness that is spread from person-to-person among those who are in close contact with one another. There is currently no vaccine for the disease, but there are 10 steps you can take to prevent the spread of germs, including:

1. **Wash your hands** often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
2. **Avoid close contact** with people who are sick with cold or flu-like symptoms.
3. **Clean and disinfect** frequently touched objects and surfaces (tabletops, doorknobs, bath room fixtures, toilets, phones, keyboards, etc.).
4. **Avoid touching** your eyes, nose and mouth.
5. **Cover your cough** or sneeze with a tissue, then throw it away in a closed wastebasket.
6. **Stay at home** if you begin to feel sick until you recover.
7. **Get a flu vaccine to stay healthy.** According to the CDC, it’s estimated that 70-80% of seasonal flu-related deaths have occurred in adults 65 and older. It’s not too late to get the flu shot.
8. **Practice food safety.** Make sure meat and eggs are cooked thoroughly and properly handled during food preparation.
9. If you’re in close contact with someone with Coronavirus and develop symptoms, **call your health care provider.**
10. **Exercise increased caution** if you have plans to travel internationally.

Symptoms and Transmission

Common symptoms of the Coronavirus include respiratory symptoms, fever, cough and shortness of breath. Symptoms may appear mild to severe in two to 14 days after exposure. People who show signs of exposure should wear a face mask to help prevent spreading the virus to others and seek medical treatment. Medicare Part B (medical insurance) will cover a Coronavirus test ordered by a doctor or health care provider on or after Feb. 4, 2020.

The risk of infection is dependent on exposure. Coronavirus is spread by respiratory droplets between people who are in close contact with one another. Those most at-risk for severe symptoms include older adults and/or people with underlying medical conditions such as cardiovascular or lung disease, cancer or diabetes. In severe cases, the Coronavirus has led to pneumonia and kidney failure.

There is much more to learn about the transmissibility, severity, and other factors associated with Coronavirus and research is ongoing. Please share updates to let us know what your organization is doing in the wake of the Coronavirus outbreak.

Falmouth Housing Authority Notice

To maintain the health and safety of the Falmouth Housing Authority employees, tenants and general public, the office is closed.

HELP PREVENT DISEASE

PROTECT YOURSELF by following public health advice about keeping your hands clean and covering coughs and sneezes.

STAY HOME if you are sick.

PROTECT OTHERS who are most at risk of COVID – 19 by keeping your distance from people (at least 6 feet away from others), especially those who are older and people living with chronic health conditions.

If you are outside, **AVOID CROWDS**.

DON'T SHAKE HANDS or hug.

STAY CONNECTED to friends and loved ones by phone or through other technology.

For more information, please visit:
[https://www.mass.gov/2019 coronavirus](https://www.mass.gov/2019-coronavirus)

Notice from Town of Falmouth Health Department

In addition, other Town facilities will also be closed to the public during this time. They include: The **Falmouth Public Library** locations at Main Street, East Falmouth, and North Falmouth: Library staff will work regular schedules and be available to provide services to the public by phone and email. **The Falmouth Senior Center:** All group classes and activities are cancelled. Senior Services employees will be on duty and available to meet with clients by appointment and by phone to continue critical services to seniors during this time. **The Gus Cauty Recreation Center:** Staff will work regular schedules and be available to provide services to the public by phone and email.

During week two, we will assess the need to extend these closures. The purpose of these closures is to allow for the preventative action of social distancing. All members of the Falmouth Community are strongly encouraged to avoid unnecessary travel. Please remember that those who are elderly and members of high risk populations require additional precautions and should avoid crowds and nonessential travel. For additional information, please visit these websites:

* Center for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

* Massachusetts Department of Public Health <https://www.mass.gov/resource/informationon-the-outbreak-of-coronavirus-disease-2019-covid-19>

* Falmouth Health Department <http://www.falmouthmass.us/1059/Flu-Coronavirus>

These actions will be most effective with the help and cooperation of the community. The health and safety of the Falmouth community remain our highest priority.

Town Hall Temporary Closure to the Public

Effective 3 PM Wednesday, March 18, 2020

Public notice from Town Hall:

Dear Fellow Falmouth Resident,

In support of state and national public health and safety directives regarding the coronavirus (COVID-19) pandemic, effective at 3PM on Wednesday, March 18 Falmouth Town Hall and all Town municipal offices are closed to the public until further notice. Town employees will remain at their positions and working during normal business hours in continued support of basic Town municipal services. All municipal operations will remain in place, including all Public Safety-related services of Police, Fire, Marine and Environmental Services and Public Works. Regular neighborhood residential trash and recycling services will continue. All financial and basic administrative services of the Town of Falmouth remain in place and functioning.

Coronavirus Plan for Falmouth Service Center

Given the spread of the Coronavirus and the new directives coming from the state & federal governments, the FSC staff has agreed to the following plan. All of the decision making has considered the impact on clients, who are the most vulnerable.

1. FSC will continue to distribute food.
2. Tuesday – Friday (10 AM – Noon) distribution will take place outside of the building as they do at Thanksgiving.
3. FSC will continue to operate their Home Delivery program for those enrolled.
4. FSC is cancelling all of their outside community programs (*Falmouth Eats Together*, *FRESH Markets*, and *Foods to Encourage* program) until further notice.
5. Financial Assistance programs will be moving to phone appointments.

All of the above will continue to be evaluated.

COVID-19 Resources

Falmouth Human Services continues to be available to the residents of Falmouth during the COVID-19 crisis. To protect the community and their staff they have suspended in-person appointments with residents. Staff social workers are available by phone to assist with any human service needs that arise during this crisis. If you need assistance navigating resources, have questions about basic needs, or are in need of mental health support please call their office for assistance at 508-548-0533 between the hours of 8:00 AM and 4:30 PM, Monday through Friday.

MENTAL HEALTH RESOURCE: Information compiled by **Falmouth Human Services**

- Managing Stress and Anxiety - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety>
- Mental Health America - <https://www.virusanxiety.com>
- Mental Health America - <https://mhanational.org/covid1>
- Parent Caregiver Guide To Helping Families Cope - <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- Cannot attend an AA meeting? Pause A While is hosting free conference calls for AA meetings every day at 2 pm at (425)436-6360 access code 422932#
- Wellstrong Zoom Schedule – Visit website www.wellstrong.org for details: Zoom Meeting ID: 307 972 4073
- PIER Recovery Center – Monday-Friday Zoom meetings at 10am: Zoom Meeting ID 517 349 883 · <https://www.recoveryanswers.org/media/digital-recovery-support-online-and-mobile-resources>
- Herren Project On-line Recovery Support Groups - <https://herrenproject.org/online-support-groups>

We are in this together and help is always available. If you are feeling alone and struggling, the following crisis and support lines are available to listen. All calls are free and confidential. You do not need to be suicidal to call. Simply needing a safe space to talk through your emotions during this challenging time.

- **NATIONAL SUICIDE PREVENTION LIFELINE** - 800-273-TALK. You can also reach out to the Crisis Text Line by texting TALK to 741741
- **THE SAMARITANS ON CAPE COD AND THE ISLANDS CRISIS LINE** – 508-548-8900. Calls are answered by local trained volunteers from 8am-6:30pm after which time calls are routed to the Boston Samaritans hotline.
- **SAMHSA The Disaster Distress Helpline** –A national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor
- **BAYCOVE EMERGENCY SERVICES** – If you are in crisis please call Baycove for mental health crisis intervention services at 800-229-2683 or dial 911
- **FALMOUTH HUMAN SERVICES** – Town Social Workers are available at 508-548-0533 Monday – Friday, 8:00 am – 4:30 pm to answer any human service-related questions and to provide support to Falmouth residents who are struggling with their emotional health during this challenging time.

FOOD RESOURCES:

- **FALMOUTH SERVICE CENTER** – Open for food distribution 3/31 Tuesday 9-11am; 4/2 Thursday 10am – noon; 4/3 Friday 10am – noon. FSC will post their hours for weekly food distribution to their website every Monday. Further information and updates can be found on their website <http://www.falmouthservicecenter.org/> and Facebook page or by calling 508-548-2794. -OVER-
- **DTA – SNAP BENEFITS** (food stamps) 877-382-2363, www.dtaconnect.eohhs.mass.gov
- **Project Bread's FoodSource Hotline** - Hotline 1-800-645-8333 is open Monday through Friday from 8:00 am to 7:00 pm and Saturday from 10:00am to 2:00pm to answer any questions regarding SNAP Benefits (all sign-ups are going through DTA at this time) or visit <http://www.projectbread.org/>
- **Elder Services of Cape Cod Meals on Wheels sign-up** – 800-244-4630 / 508-394-4630

SENIOR SERVICES:

· **FALMOUTH SENIOR CENTER** - The Senior Center building is closed to the public. Staff will be working and available to respond to phone calls and emails. 508-540-0196

WAYS TO HELP IN FALMOUTH:

- Neighborhood Falmouth has volunteer opportunities. CORI checks are required. Contact Director Susan Loucks at director@neighborhoodfalmouth.org
- Falmouth Meals on Wheels delivery opportunities. CORI checks are required. Contact Karen at 508-548-4198, Monday-Friday, 8am-1pm.
- Reach out and check in on your neighbors who may be homebound or who may vulnerable to COVID-19

COVID-19 INFORMATION

- **Cape Cod HEALTH CARE COVID-19 INFORMATION** <https://www.capecodhealth.org/medical-services/infectious-disease/coronavirus/>
- **CENTERS FOR DISEASE CONTROL** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **MASSACHUSETTS DEPARTMENT OF HEALTH COVID-19 INFORMATION** <https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

Falmouth Chamber of Commerce has compiled a list of restaurants that will be providing take-out, curbside pick-up or delivery during the COVID-19 period of social distancing and self-quarantine:

[Anejo Mexican Bistro 508-388-7631 \(takeout\)](#)

[Bean and Cod 508-548-8840](#)

[Ben & Bills Chocolate Emporium 508-548-7878](#)

[Betsy's Diner "The Talk of the Town" 508-540-0060](#)

[British Beer Company 508-566-8960 \(takeout\)](#)

[Bucatino Restaurant and Wine Bar 508-566-8960 \(takeout & delivery\)](#)

[Cape Cod Bagel 508-548-8485 \(takeout & window service\)](#)

[Cape Cod Winery 508-457-5592 \(delivery\)](#)

[Casa Vallarta Mexican Restaurant 508-299-8177 \(takeout & delivery\)](#)

[Clam Man 508-548-6044](#)

[Coonamessett Farm 508-563-2560](#)

[Country Fare Restaurant 508-548-9020 \(takeout\)](#)

[D'Angelo Grilled Sandwiches 508-548-8980 \(takeout\)](#)

[Dynasty Buffet 508-548-6689 \(takeout\)](#)

[DJ's Famous Wings 508-457-9464 \(takeout & delivery\)](#)

[Doggz & Hoggz 508-548-3663](#)

[Dunkin 508-548-4496 \(drive through\)](#)

[Eat Your Heart Out Café & Gourmet Market 508-548-0250](#)

[Estia 508-548-3300 \(takeout and delivery\)](#)

[Falmouth Fish Market 508-540-0045 \(takeout\)](#)

[Flynnie's Bar 3 508-388-7636 \(takeout\)](#)

[Ghelfi's Candies 508-457-1085 \(free delivery, will ship, back door service available\)](#)

[Jacks Restaurant & Bar 508-540-5225 \(takeout & curbside pick-up\)](#)

[La Cucina Sul Mare 508-548-5600 \(curbside takeout\)](#)

[Liam Maguire's Irish Pub & Restaurant 508-548-0285 \(takeout\)](#)

[Maison Villatte 774-255-1855 \(takeout\)](#)

[Martha's 774-763-2066 \(takeout & delivery\)](#)

[Ninety Nine Restaurant & Pub 508-457-9930 \(takeout & curbside pick-up\)](#)

[Papa Gino's 508-540-4024 \(takeout & delivery\)](#)

[Paul's Pizza 508-548-5838 \(takeout\)](#)

[Peking Palace 508-540-8204 \(takeout & delivery\)](#)

[Quohog Republic 508-540-4111 \(takeout\)](#)

[Quarterdeck Restaurant 508-548-9900 \(curbside & delivery\)](#)

[Slice of Italy Italian Gourmet Foods 508-495-1106 \(takeout\)](#)

[Seafood Sam's 508-540-7877 \(takeout only\)](#)

[Silver Lounge Restaurant 508-563-2410 \(takeout only\)](#)

[Simply DiVine pizza Co. 508-548-1222 \(takeout & delivery\)](#)

[Steve's Pizzeria & More 508-457-9454 \(takeout & delivery\)](#)

[Supreme Pizza & Subs 508-548-4200 \(takeout & delivery\)](#)

[The Golden Swan 508-540-6580 \(takeout\)](#)

*Delivery Services such as Door Dash and Grub Hub can be accessed using an online App.

Peapod by Stop & Shop

Shopping from home is a great option in today's health crisis. To set up an account go to www.peapod.com and just start shopping!

The delivery cost depends on the order size, with a minimum order of \$30.

- \$6.95 service charge for orders of \$100 and up
- \$7.95 service charge for orders of \$75 to \$100
- \$9.95 service charge for orders of \$30 to \$75

How to pay for an order?

Peapod does not accept cash but can take the following payment methods:

- Peapod direct check (an electronic payment method)
- Peapod gift card
- Credit cards (Discover, Visa, MasterCard, and American Express)

Poland Spring Water home delivery by ReadyRefresh delivery services

Water delivered directly to your door has never sounded so good! Choose from a wide variety of bottle/gallon sizes spring water, flavored and sparkling waters, energy drinks, coffee or tea.

Set up an online account and choose from the following payment methods or call 1-800-274-5282 to speak to a representative.

A delivery charge of \$6.95 for all orders.

*Due to high demand in certain areas, quantities may need to be limited on select products.

Solo-activities suggestions- If social distancing has you stuck inside going stir crazy, there are many activities that you can do to keep yourself occupied and grounded. Some suggestions include:

- *Call family or friends, if you have a smart phone you can skype them (video call)
- *Read a good book
- *Knitting, crochet or sewing (contact Marie if you want a pattern to make a face mask)
- *Write a letter to a loved ones, medical personnel or first responders
- *Cross word puzzles, find a word, jigsaw puzzles
- *Adult coloring books or free draw
- *Craft projects, create art
- *Cards (solitaire)
- *Keep a journal
- *Write your memoirs
- *Home exercise, chair yoga
- *Watch a movie
- *Bake/cooking
- *Meditate
- *Play games ONLINE with friends!!! Scrabble, Cards and more can be played through Yahoo Games with your neighbors and friends

Be safe, sanitize often and keep your mind occupied. Know we are all in this together and may the best in people come through during these challenging times. Be hopeful!

COVID - 19 WORD SEARCH

*Puzzle composed by the National Foundation for Infectious Diseases

CLEAN **CONTAGIOUS** **CORONAVIRUS** **COUGH** **COVID**
FEVER **MASK** **SPREAD** **SYMPTOMS** **WASH**

V U J N T D R X J Y X C O J D A X C C U
Y R H S I O X S O H I V C Z M A C O U Y
S F C V I Z K T Z K B E S P Y S R T T B
X M O V Q Y Q R W J G O M I K O Z W T S
N C O A C O Q A C Z Y U V D N E H K N Z
J O A T Y S S K E J X P O A R P U I Q J
W F W A P H Y D W C Y S V E U R F C D I
C O U G H M O I Z M I I N R A V B N R C
Y Z F E Z G Y M H B R Y T P N M O R Q P
F G U Z U D X S W U U M A S A X Q M K X
P E D D W J A W S U O I G A T N O C L H
G G V J S Y R Y U Q H G Q W I F X Z O A
D G B E Z Y B I K S A M I W S J M Z C I
L L T J R Q K I I T E B K Y N P L I J D
Q R V R S J Z R F O S W U R A G E D C Z
N D G Z P R L C M S S P H P I A P K L V
C C A B J H Q Y S P S V G W S Q K R E Q
C M I K C C W O J H N K P J C H M R A Y
Y E V Z L C Z A D V R K V I K T N J N E
B Z F L C S R E W N D K O R F Q N Y I Z

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21 Comm. Board Mtg. *online at 4:30 PM	22	23	24	25
26	27	28	29	30		

The Deaconess Hospital has been featured on recent news stations. Try out their super simple pattern!



Visit the Deaconess Hospital Website to learn about this project, download the project instructions and view the tutorial at:

<https://www.deaconess.com/How-to-make-a-Face-Mask>

Note: The images in the picture were made by the Executive Director and she altered the second line of external stitching to only include the areas where the creases/fold(s) are.

See Kate Sew also has a great tutorial for how to sew a face mask with a filter pocket (no elastic needed!!!)



Download the project instructions and view the tutorial at:

<https://seekatesew.com/how-to-sew-a-face-mask-with-filter-pocket-no-elastic/>

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:



Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer.



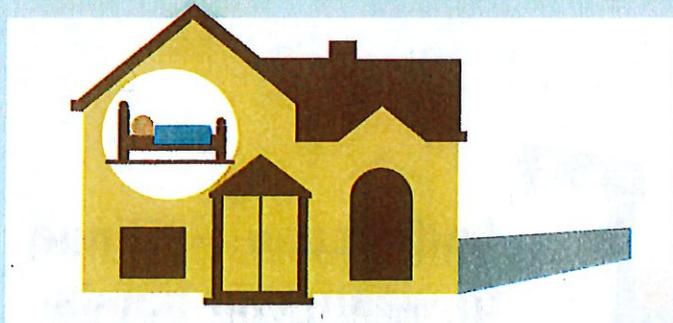
Avoid touching your eyes, nose and mouth.



Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.



Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



Stay home if you are sick and avoid close contact with others.

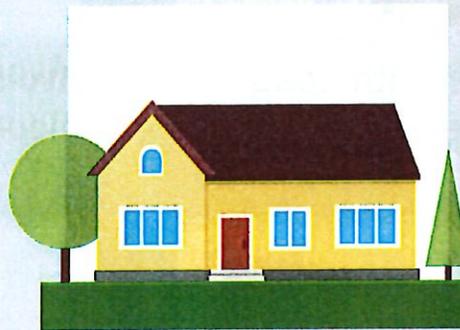


Think ahead about how to take care of yourself and your loved ones. Visit [mass.gov/KnowPlanPrepare](https://www.mass.gov/KnowPlanPrepare) for preparedness tips.

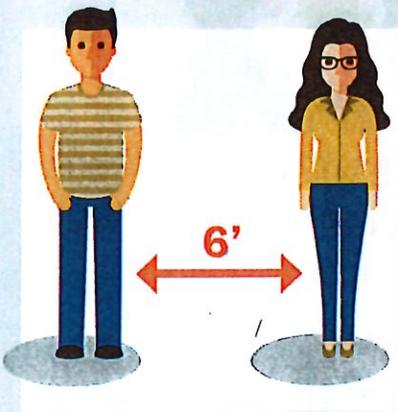
Help Prevent COVID-19 with Social Distancing



**Call/Facetime/online chat
with friends and family.**



**Stay home
as much as
you can.**



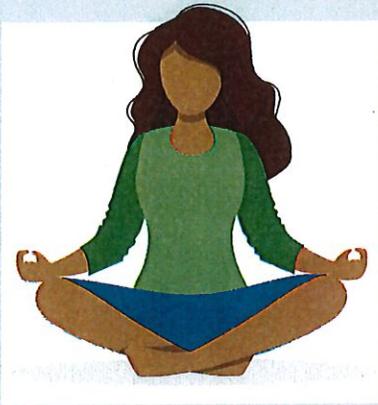
If you must go out:

- Don't gather in groups
- Stay 6 feet away from others
- Don't shake hands or hug



**And please continue
to wash your hands
frequently.**

Coping with Stress and Fear from COVID-19



Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate



Virtually connect with others.

Talk with people you trust about your concerns and how you are feeling.



Take breaks from watching, reading, or listening to news stories, including social media.



Make time to unwind.

Try to do some other activities you enjoy.

Help is available:
Visit [Mass.gov/COVID19](https://www.mass.gov/COVID19) or Call **2-1-1**

DEAF & HARD OF HEARING INFO - CORONAVIRUS

► Commonwealth of Massachusetts

<https://mass.gov/covid19>

► Executive Office of Health & Human Services

<https://mass.gov/eohhs>

call: Dial 211

► Massachusetts Commission

for the Deaf and Hard of Hearing

<https://mass.gov/mcdhh>

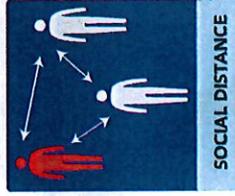
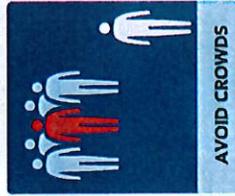
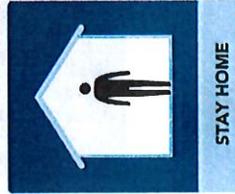
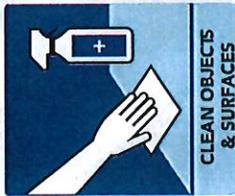
email: MCDSafety@mass.gov



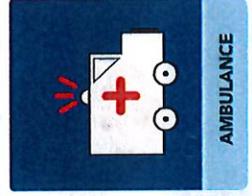
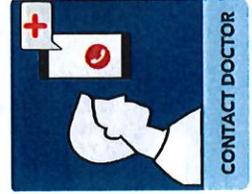
PREFERRED METHOD OF COMMUNICATION



PREVENTING ILLNESS



GET MEDICAL HELP



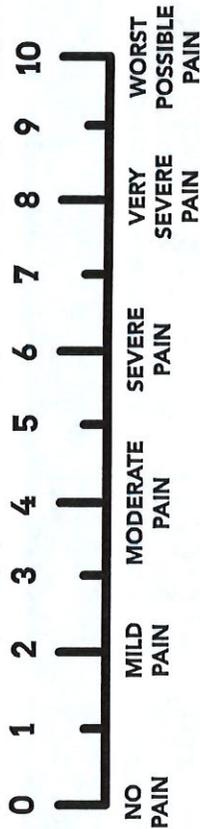
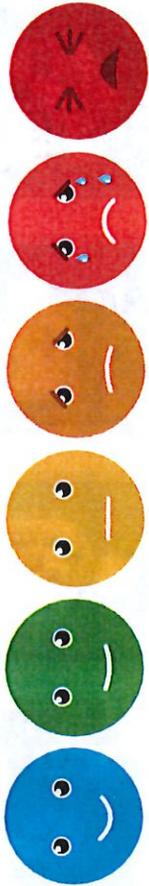
QUICK COMMUNICATION



TIPS FOR HEALTH PROVIDER

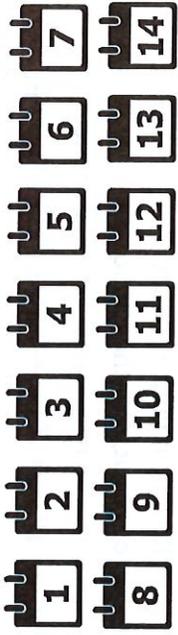
- Get the person's attention and make eye contact
- Repeat, rephrase, or write down your request
- Ask and/or indicate before touching the person
- Ask the person their preferred method of communication
- Minimize the number of people interacting with the patient
- Know that hearing aids/cochlear implants may improve hearing, but a person may still benefit from an assistive listening device and still may not understand all that you say.

HOW DO YOU FEEL?



HOW LONG HAVE YOU HAD SYMPTOMS?

- ▶ MINUTES
- ▶ HOURS
- ▶ DAYS
- ▶ WEEKS
- ▶ MONTHS
- ▶ YEARS



SITUATION, HISTORY & SYMPTOMS

FEVER	HEADACHE	BLOOD PRESSURE
COUGH	WEAR A MASK	HEART DISEASE
SHORT OF BREATH	VOMITING	TRAVEL HISTORY
SORE THROAT	DIARRHEA	SICK FAMILY MEMBER

TREATMENT & CARE

MEDICAL STAFF	CONTACT DOCTOR	MEDICAL TEST	CONTACT FAMILY
AMBULANCE	INHALER	OXYGEN	APPOINTMENT
HOSPITAL	MEDICINE	STAY HOME	THROW AWAY TISSUES CLEAN HANDS