

# What do you say, FHA?

By Marie Palmer, Resident Service Coordinator

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[www.falmouthhousing.org](http://www.falmouthhousing.org)

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## Prepare For Emergencies Now: Information For Older Americans

By FEMA at [ready.gov](http://ready.gov)

### Get a Kit of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available. Basic Supplies: Think first about the basics for survival – food, water, clean air and any life sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. Recommended basic emergency supplies include: \*Water, one gallon of water per person per day for at least three days, for drinking and sanitation. \*Food, at least a three-day supply of non-perishable food and a can opener if kit contains canned food. \*Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both. \*Flashlight and extra batteries. \* First aid kit. \*Whistle to signal for help. \*Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place. \*Moist towelettes, garbage bags and plastic ties for personal sanitation. \*Wrench or pliers to turn off utilities. \*Local maps. \*Pet food, extra water and supplies for your pet or service animal



### Include Medications and Medical Supplies:

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage. Additional Items: In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home. Also have copies of your medical insurance, Medicare and Medicaid cards readily available.

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### Shopping carriages

If you use shopping carriages to bring your shopping goods back home, please return them to the stores where they came from. These carriages do not belong to Falmouth Housing Authority residents and is considered stealing. Also, the storage of shopping carriages is not allowed on the premises of any of our properties. **If you need a personal carriage please contact Marie Palmer at 508-548-1977 ext. 212. The FHA may be able to provide you a carriage at no cost.**

### **Include Emergency Documents:**

Include copies of important documents in your emergency supply kits such as family records, wills, power of attorney documents, deeds, social security numbers, credit card and bank information, and tax records. It is best to keep these documents in a waterproof container. Include the names and numbers of everyone in your personal support network, as well as your medical providers. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

### **Prepare. Plan. Stay Informed. Be Informed**

Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit and making an emergency plan are the same regardless of the type of emergency. However, it's important to stay informed about what might happen and know what types of emergencies are likely to affect your region. For more information about specific types of emergencies, visit [www.ready.gov](http://www.ready.gov) or call 1-800-BE-READY (1-800-237-3239). Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

### **Get Your Benefits Electronically**

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S.

Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or sign up online.
- The **Direct Express®** prepaid debit card is designed as a safe and easy alternative to paper checks. Call toll-free at 877-212-9991 or sign up online.

**The Falmouth Housing Authority is working on supplying residents with their own starter “Grab-and-go” emergency kits which you can add to depending on your specific individual needs.**

### **Building An Emergency Kit for A Hurricane: A Go-To Guide**

<https://judy.co>

#### **Your Comprehensive Guide to Preparing for a Hurricane**

When a hurricane hits, being prepared means having your emergency kit handy so that if you need to respond quickly to a crisis, you will be ready. Whether you are building an emergency kit specifically to respond to hurricanes or just for general home safety, you will not be sorry to have one. Crises and emergencies happen when they are least expected, and it is much better to be over-prepared than under-prepared.

If you live in a hurricane-prone area, pay attention to whether patterns, warnings, and predictions to better prepare yourself if a storm is expected. Keep your emergency kit in a place where it is easily accessible. Have a plan formulated and practiced with the members of your household for what to do if a hurricane hit. The more prepared you are, the more peace of mind you will have. A well-stocked emergency kit will not only increase your peace of mind but also potentially save the day if a hurricane causes you an injury, resource shortage, or other crisis. You won't be sorry that you have it!



### **Ponchos For Staying Dry**

You probably own a raincoat, but if a hurricane forces you to evacuate your home in a hurry, you might not have time to grab it. Therefore, it is essential to put a poncho in your emergency kit. Ponchos are compact and can fold in on themselves without taking up too much space, meaning you will be protected from the rain without needing to carry a heavy raincoat in your emergency kit. Ideally, pack several plastic ponchos in your emergency kit, or at least one for each member of your household.

### **Blankets for Extra Warmth**

It is scary to think about, but if a hurricane strikes, you may have to evacuate your home. If you end up needing to leave your home behind to get to safety, you need something small, light-weight, and portable that will keep you warm.

### **Duct Tape for Quick Repairs**

Duct tape is small and light, making it the ideal repair resource to store in your emergency kit. Plus, it is extremely durable, and multiple layers of duct tape should be able to hold back wind and rain to just about anything until you can make a permanent repair.

Never put yourself in harm's way to make a repair during a hurricane. Prioritize your safety and the safety of your family over protecting your property from damage. If hurricane-force winds are blowing, make sure to stay away from windows and other vulnerable areas until they pass.

### **Emergency Food and Water for Power Outages**

A power outage is often one of the results of a hurricane, as powerful winds can bring down power lines. When you lose power, all the food in your fridge will end up going bad, so you need something you can count on that does not need refrigeration. Stock up on your pantry with non-perishable food sources like canned beans, trail mix, dried fruit, and more to prevent running out of food if you are stuck without access to grocery stores due to a hurricane.

Your emergency kit needs to be packed with high-calorie foods that will not go bad. One of the best choices for your emergency food source is energy bars. These bars are designed to replace meals, and they are small enough to only take up just a bit of real estate in your emergency kit. Plus, high-calorie energy bars are packed with each of the macronutrients that your body needs – carbs, fat, and protein.

You will also need an emergency source of water for your hurricane supplies. Water pouches are a great choice – they are compact and non-perishable. If you need to evacuate during a hurricane, you might not be able to rely on access to running water. Keep enough water pouches in your emergency kit to last each member of your family for up to 72 hours.

### **A First Aid Kit for Treating Injuries**

A first aid kit is an essential resource that is one of the centerpieces of any good emergency kit. In the wake of a natural disaster, there is plenty of potential for accidents to happen and having first aid supplies on hand can end up saving a life.

Your first aid kit should contain the supplies necessary for cleaning and dressing wounds. This means antiseptic wipes, antibiotic ointment, band-aids, gauze, and medical tape. You will also want to make sure you have non-prescription painkillers like ibuprofen packed in your kit.

Make sure you know how to use every item in your first aid kit and write a detailed description for use in case you forget. Buying a pre-packaged first aid kit that contains all the resources you will need, as well as the instructions for using them, is often a better idea than building your own kit.



## Delta Variant – an Unwanted Summer Visitor

[www.capecodhealth.org](http://www.capecodhealth.org)

By Richard Holmes, June 6, 2021

It spreads fast and may be deadlier, and that has public health officials worried about the emergence of the Delta variant of the virus that causes COVID-19. The Biden administration reacted to the growing threat by announcing Thursday it was sending teams of experts to communities at risk of outbreaks, armed with tests, vaccines and therapeutics, reported CNBC. Does Delta pose much of a threat to Cape residents? What should we do to protect ourselves and our community?



“We’re doing pretty well,” said David M. Pombo, MD, of Infectious Disease Clinical Services at Cape Cod Hospital in Hyannis, referring to the high vaccination rates on the Cape and islands relative to the rest of the nation. Still, he cautioned people to avoid crowded situations, and to wear a mask if they cannot avoid them – even if they are fully vaccinated. Unvaccinated people should wear masks when they cannot socially distance and get vaccinated, if possible, he said. “We don’t know how durable our immunity is going to be with this variant or new ones.”

In addition to being considered the most transmissible variant identified so far, Delta may be somewhat resistant to treatment with some monoclonal antibody therapies or blood serum from vaccinated people, the CDC says. The Delta variant is in Massachusetts and will be coming to Cape Cod with summer visitors, if it isn’t already here, Dr. Pombo said.

First identified in India, and since discovered in 77 nations, Delta quickly became the main variant in the United Kingdom. It’s estimated to have doubled from 10 percent of test results in the United States on June 5 to 20.6 percent by June 19, according to the Centers for Disease Control and Prevention. It’s expected to overtake the most common variant in the U.S., Alpha, which is dropping in test results.

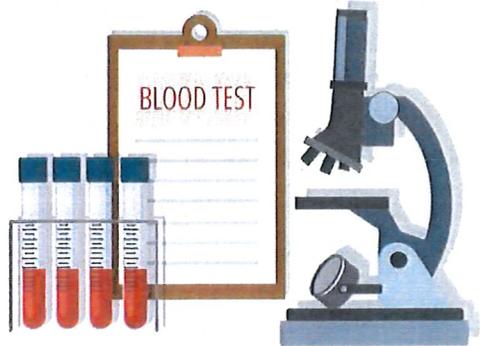
The prevalence of each variant – there are several – varies by region. For the two-week period ending June 5, Delta represented only 6.8 percent of test results in New England. Alpha, first identified in Great Britain, was 42.7 percent, and Gamma, first identified among Brazilian travelers in Japan and part of the spring surge of COVID cases on Cape Cod, accounted for 12.6 percent, according to the CDC. According to the state Department of Public Health, as of June 22, 2021 the percentages of vaccinated Cape and islands residents were:

- Cape Cod, 74 percent (at least one dose), 67 percent (cumulative fully vaccinated)
- Martha’s Vineyard, 91 percent (at least one dose), 84 percent (cumulative fully vaccinated)
- Nantucket, 91 percent (at least one dose), 81 percent (cumulative fully vaccinated)

If you get diagnosed with COVID-19, Cape Cod Hospital does offer monoclonal antibody treatment to people who are at high risk of hospitalization, such as those with chronic diseases. Infusions can be done as quickly as 15 minutes, and patients can ask their primary doctors for a referral. Treatments are performed in a mobile unit on the hospital grounds and should be done within 10 days of first noticing COVID symptoms.

## Two new tests for Alzheimer's: Would they help you or a loved one?

Cape Cod Health News [capecodhealthnews.com](http://capecodhealthnews.com)



Knowing you have the disease earlier in the process can help you prepare and may help with research into better treatments. Medical advances regarding Alzheimer's disease have been slow in coming, but two new blood tests are on the horizon that may help diagnose the disease at an earlier stage.

The first test, which is available now for people age 60 or older who are showing signs of cognitive dysfunction, must be ordered by a doctor. The test measures two types of amyloid particles plus various types of a protein that reveals whether someone has the gene that raises their risk of Alzheimer's.

The second blood test is even more promising, according to studies unveiled at the 2020 Alzheimer's Association International Conference. The studies focused on a blood test that measures for abnormal versions of the p-tau217 protein. This protein is one of the most specific forms of tau and it is one of the earliest ones to show changes. It also closely correlates to a buildup of amyloid proteins. Amyloid and tau proteins are responsible for the "plaques and tangles" that are a hallmark of Alzheimer's disease.

While the new tests hold promise for earlier and better diagnosis of the disease, treatment is still a challenge, said Neurologist Sean Horrigan, DO, of Neurologists of Cape Cod.

The new tests could be crucial in helping scientists develop new treatments. There are currently only four drugs for Alzheimer's and they're not excellent for treating symptoms or for changing the progression of the illness. One of the reasons could be that the medications are being utilized too late in the illness.

If you have someone that would enroll for a clinical trial, maybe with a family history of Alzheimer's who is at a higher risk, they would be a prime candidate for an experimental drug that tries to halt the disease from ever developing.

An advantage of knowing that Alzheimer's might be in your future could inspire you to take better care of your health. It would be to all of our advantage to assume that we are at high risk for dementia so that we would take good care of ourselves regardless of heredity or getting a positive test result.

That includes the following lifestyle choices:

- Keep mentally sharp.
- Stay socially engaged.
- Avoid alcohol.
- Do not smoke.
- Drink lots of water.
- Exercise regularly.
- Keep medical conditions like hypertension, cholesterol and diabetes under firm control.
- Regularly follow up with your doctor.

We do know for a fact that men and women who maintain excellent physical and cognitive health, even if they develop Alzheimer's, the disease may not develop until a later point in their lives or they may have milder symptoms for a longer period of time.

## Reminder of FHA house rules and regulations

### Barbeques, Grills, Fire Pits:

The Falmouth Housing Authority has/will establish community grill areas on each property at a distance established through the fire code. This is the only area where grills will be established. **No personal grills are allowed to be used or stored in the units or on the porches/balconies/decks.** The fire department will review the grill area(s) at least annually to ensure that the grill and storage of charcoal and/or propane meets regulatory requirements. Please notify the Authority when you wish to use the grills. Please notify the FHA when you wish to use a community grill.

Community grills must be cleaned after use so as to not attract rodents or other animals through the accumulation of food and grease. The use of fire pits is strictly prohibited.

### Fire Alarm and Fire Prevention:

Please note the location of fire extinguishers around your community. Every apartment and common hallway are equipped with a smoke detector. Make sure to turn on the fan above your stove when cooking. It is a good idea to purchase and use a timer when cooking should you decide to walk away from the stove. Only the hallway detectors are connected to the fire department, so if there is a fire in your unit get out immediately and call the fire department.

### Peace and Quiet

Your housing community reflects its occupants – you and your neighbors have the right to privacy and enjoyment free from annoyances. If you are able to communicate with your neighbor regarding concerns, please do so. If you would like the assistance of the Authority, please contact us at (508) 548-1977 so that we may establish mediation. You may also elect to file a formal written complaint, which must detail the time/date and your concerns.

Reasonable quiet hours are between 9 p.m. and 9 a.m. During this time please refrain from using any loud appliances (i.e. blenders, vacuums) and reduce the volume on televisions, radios, computers, other devices, and your own voices.

Please remember **If you have a civil or criminal complaint that requires immediate resolution, please contact the Falmouth Police Department at (774) 255-4527 and then notify the Authority as soon as you are able to do so.**

All properties within the Falmouth Housing Authority are non-smoking. This includes all forms of smoking, including but not limited to cigarettes, vaping and marijuana. Smoking is not permitted inside of your leased unit or **anywhere** on the Authority's property, including but not limited to the grounds, parking lot (inside of cars parked on the lot, etc.). Please do not jeopardize your housing by smoking or allowing your guest to smoke on FHA property!

## Building Security

We ask that each of you assist us in keeping all common area doors closed and secure. They should not be propped open and could compromise the safety of our buildings. This issue continues to be observed despite requests in the recent past.

Propping the door open, letting visitors have full access to the buildings, and/or buzzing in people that are not visiting you contribute to creating a safety hazard for the entire community.

Please remember that each resident is responsible for the actions of their guests, and their actions need to comply with your signed lease agreement.



## Heat Safety Tips to Avoid Exhaustion and Dehydration

American Association of Service Coordinators [info@servicecoordinator.org](mailto:info@servicecoordinator.org)

Heat exhaustion and dehydration are the leading weather-related killers in the U.S., resulting in 600 fatalities each year, according to the U.S. Centers for Disease Control and Prevention (CDC).

Anyone can be adversely affected by excessive heat, but older adults, very young children, and people with mental illness and chronic diseases are particularly vulnerable.

When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises increasing the likelihood of a heat-related illness.

As the season's temperatures and humidity rise, it is important to know the warning signs and symptoms of excessive heat exposure and the appropriate responses.

### Take these precautions when heat advisories are issued:

- Avoid alcohol, caffeinated drinks and extra sugar
- Avoid overexertion
- Find a cool place indoors (mall, library or community relief shelter)
- Wear light, loose-fitting clothing
- Never leave any persons, especially infants, young children, older adults or animals in a closed, parked vehicle
- Take a cool shower or bath, or use a cold compress
- Ask your healthcare provider if the medications you take increase your risk for excessive heat events
- Visit at-risk individuals and watch for warning symptoms
- Call 911 if medical attention is needed

Call 1-800-CDC-INFO (800-232-4636) to learn more.



Join our Community Partners at [WeCan](#) in one or both programs offered this summer.

**Circle of Support**—A six week summer series Zoom meeting .

This support group is led by Ruth Anderson-Zabre, a trained mental health professional. The group, specifically for women in the beginning stages of divorce, will meet for six weeks via Zoom. Each one-hour session will offer a safe and private space to learn about strategies for coping with the life transition of divorce as well as offer support to one another.

**Mind Over Money**—A workshop covering why money so often intimidates us, and how you can change your relationship with money and take control of your finances. Through exercises, you will decipher what money means to you, so you can feel you control your money – and not the other way around.

To learn more or register for this workshop, call (508) 430-8111 or log onto [mairead@wecancenter.org](mailto:mairead@wecancenter.org).



## Crime Prevention & Education Shared with us by the Falmouth Police Department, our Community Partners

By educating the community on crime prevention techniques and by getting citizens involved in crime prevention activities, we can reduce the number of crimes in Falmouth and increase the quality of life for its citizens.



### How To Avoid a Scam

Recognizing common signs of a scam could help you avoid falling for one.

#### **Four Signs That It's a Scam**

1. Scammers PRETEND to be from an organization you know. They might use a real name, like the Social Security Administration, the IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations. They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.
2. Scammers say there's a PROBLEM or a PRIZE. They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer. Some scammers say there's a problem with one of your accounts and that you need to verify some information. Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.
3. Scammers PRESSURE you to act immediately. Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story. They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.
4. Scammers tell you to PAY in a specific way. They often insist that you pay by sending money through a money transfer company or by putting money on a gift card and then giving them the number on the back. Some will send you a check (that will later turn out to be fake), tell you to deposit it, and then send them money.

#### **What You Can Do to Avoid a Scam?**

Block unwanted calls and text messages.

Don't give your personal or financial information in response to a request that you didn't expect. Legitimate organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

Resist the pressure to act immediately. Legitimate businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer. Know how scammers tell you to pay. Never pay someone who insists you pay with a gift card or by using a money transfer service. And never deposit a check and send money back to someone. Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

### **Falmouth Public Library—Book Bike**

Please join Laura, Meg and Jen from the Falmouth Public Library at Rose Morin, Mayflower and Salt Sea Apartments this month. They will be providing a large selection of free books, DVD's, a variety of puzzle books along with some great company!

Look for the library bike in your area:

#### **Mayflower Apartments (Choate)**

July date to be determined

#### **Rose Morin Apartments:**

July date to be determined

#### **Salt Sea Apartments:**

Monday, July 19th at 10:30 AM



### **Community Health Center Zoom Yoga Class**



We would like to invite you to participate in Zoom Yoga classes taught by Community Health Center's Dina Irwin, Certified Yoga Instructor. The classes will take place on Fridays, July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> at 11 AM, in the convenience of your own home.



Join the meeting by logging onto Zoom and enter **Meeting ID# 268 755 316.**

Many have joined and report it is quite fun!  
Stay fit and fight stress at the same time... Do Yoga!

### **Board of Commissioners Meeting**

The Falmouth Housing Authority Board of Commissioners Meeting will be held via Zoom on July 20<sup>th</sup> 2021 at 4:30 p.m. You may join in the meeting by going to: <https://us02web.zoom.us/j/87204156159>; Meeting ID: 872 0415 6159 or by phone at +1 (646) 558 8656 with Meeting ID: 872 0415 6159.



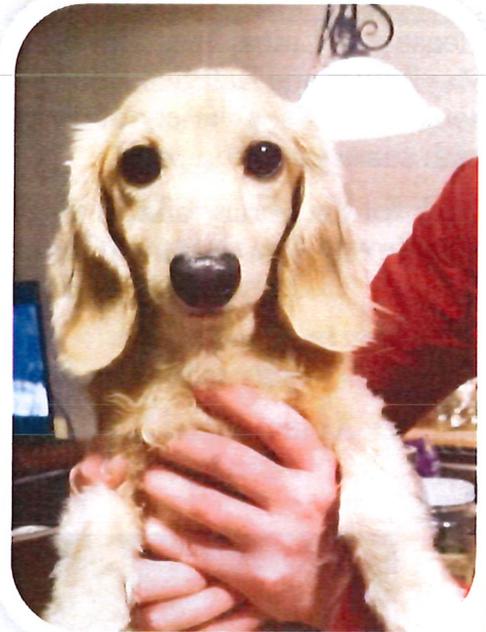
People, let me tell you  
'bout my best friend

He's a warm hearted  
person who'll love me to  
the end

People let me tell you 'bout  
my best friend

He's a one-boy, cuddly toy  
My up, my down, my pride  
and joy

Yeah he's my best friend!



Nick Devonis, one of FHA's Federal Housing Specialists, can say that he not only has one but two best friends. Stella, the French Bulldog, and Raffa, the Dachshund.

Nick, who is know for keeping his co-workers in stitches with his quick wit and great sense of humor would honestly like to share with us all that Stella has a horrendous flatulent problem and Raffa is a regular Mike Tyson of the dog world—both of them are up for sale to the lowest bidder... but Nick, we know better.

When it comes to the love of a dog, or two, Nick is devoted. We typically get daily reports on the latest and greatest, cutest and most adorable thing that one of his four legged companions has done the night before. With all honesty, these are two of the luckiest little pooches to have found a pet Dad like Nick.



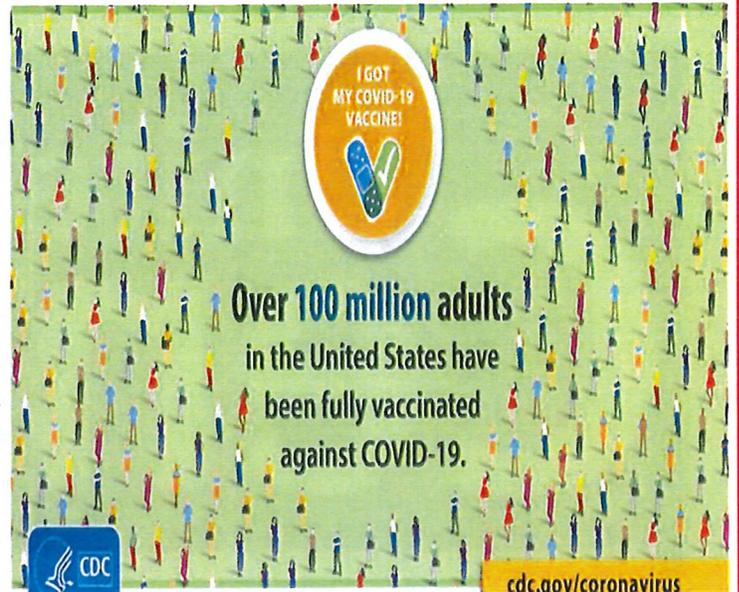
We would love to hear your stories about your pet or service animal and what they mean to you. Please contact Marie Palmer, (508) 548-1977 ext. 212, if you would like to share your story. You could provide a little write up or Marie could interview you and take a photo to share in a future newsletter.

## **HUD's Office of Public and Indian Housing Covid Vaccination Report**

June 2021

[PIHAnnouncements@pih.hud.gov](mailto:PIHAnnouncements@pih.hud.gov)

President Biden announced June as a **National Vaccine Month of Action** to get 70% of adult Americans vaccinated before Independence Day on July 4. Although the goal was not met, more than 175 million Americans have rolled up their sleeves to get a shot. More than half of all adults are now fully vaccinated – including 75% of all seniors. As a result, COVID-19 cases and deaths have plummeted more than 85% this year.



### **Massachusetts Coronavirus Vaccination Progress**

[usafacts.org](https://usafacts.org)

According to USA Facts, as of June 21<sup>st</sup>, 4,795,585 COVID-19 vaccines have been administered to Massachusetts residents or 69% of the state has received at least one dose.

Overall, 4,135,231 people or 59% of Massachusetts's population have been fully vaccinated, and 4,135,231 people or 60% of Massachusetts's population have been fully vaccinated. Massachusetts has received 9,628,260 doses so far, and have administered 90% or 8,680,160 of the doses.

If you have not been vaccinated but are interested please contact the Community Health Center of Cape Cod at 508-477-7090 to schedule an appointment.

### **The Falmouth Farmers' Market**

**When:** Thursdays, noon to 6 PM, May 27<sup>th</sup> through October 14<sup>th</sup>

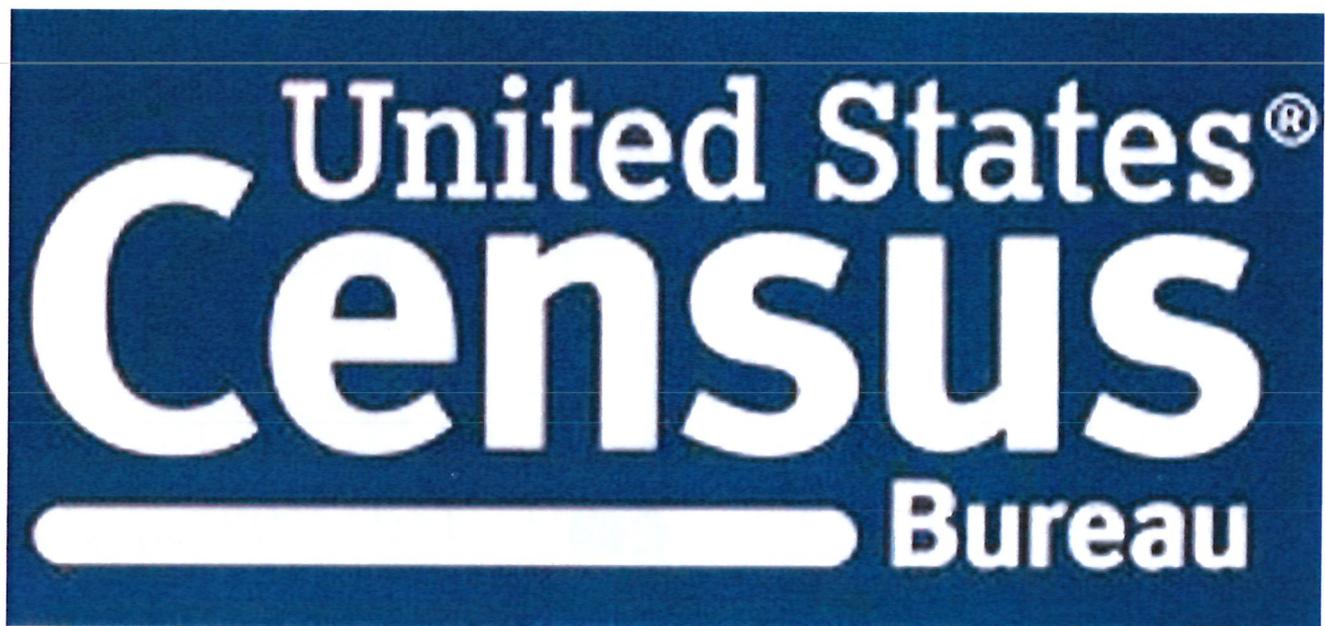
**Where:** Marine Park overlooking Falmouth Harbor, Scranton Ave, Falmouth  
The Falmouth Farmers' Market is back! Thursday afternoon markets feature vegetables and fruits from farms in Falmouth, on Cape Cod and around Buzzards Bay and southeastern Massachusetts. You can find items such as local smoked fish, eggs, artisanal cheeses, breads, pies, pastas, meats, herbs and flowers. There are also specialty carts that offer apple cider donuts hot out of the fryer, handmade pizzas, authentic Colombian empanadas and even a hot dog and Polish sausage cart with a Chicago flair.



The Falmouth Farmers' Market has two HIP (Health Incentives Program) certified farmers.

**When you use your SNAP card directly with them, you will receive \$1 back on your EBT card for each dollar spent on eligible fruits and vegetables, up to a monthly limit—it's like getting FREE fruits and vegetables!**

The Falmouth Farmers Market also offer a SNAP bonus match of up of up to \$10—so if you swipe your card for \$10, you'll receive \$20 worth of tokens to spend at the Market.



### **Field Representative Positions Available!**

Looking for work? The U.S. Census Bureau may be a great fit for you! We are still hiring!

In addition to the decennial census, the Census Bureau conducts more than 130 surveys each year to supply the nation with important statistics on people, places and our economy.

Our regional offices are responsible for hiring and supervising our Field Representatives, who help the Census Bureau conduct surveys nationwide. Local field staff know their communities best and are instrumental in conducting surveys with residents on a variety of topics. Field Representatives work out of their home and are reimbursed for mileage.

Make an impact for your community and join our team today!

If you are interested in becoming part of the census team, contact The New York Regional Office (which covers Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont) by calling (212) 584-3400 or 1-800-991-2520. Our TDD number (212) 478-4793.

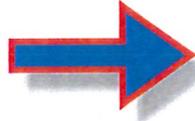
See where we're hiring today! Visit our website at [www.census.gov](http://www.census.gov).

# FHA Activities Packet, July 2021

By Marie Palmer, Resident Service Coordinator

## Last months riddles:

What year of the 19th century is the same on it's inverse?

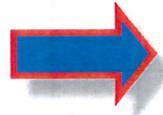


## Answer:

1881

## Riddle of the month

Which tire does not move when a car turns right?



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!

## A tricky and thought provoking riddle:

You walk up to a mountain that has two paths. One leads to the other side of the mountain, and the other will get you lost forever. Twins know the path that leads to the other side. You can ask them only one question. Except! One lies and one tells the truth, and you don't know which is which. So, what do you ask?

Answer:

You ask each twin What would your brother say? This works because.... Well let's say the correct path is on the left side. So say you asked the liar "What would your brother say?" Well, the liar would know his brother was honest and he would say the left side, but since the liar lies, he would say right. If you asked the honest twin the same question, he would say right, because he knows his brother will lie. Therefore, you would know that the correct path was the left!

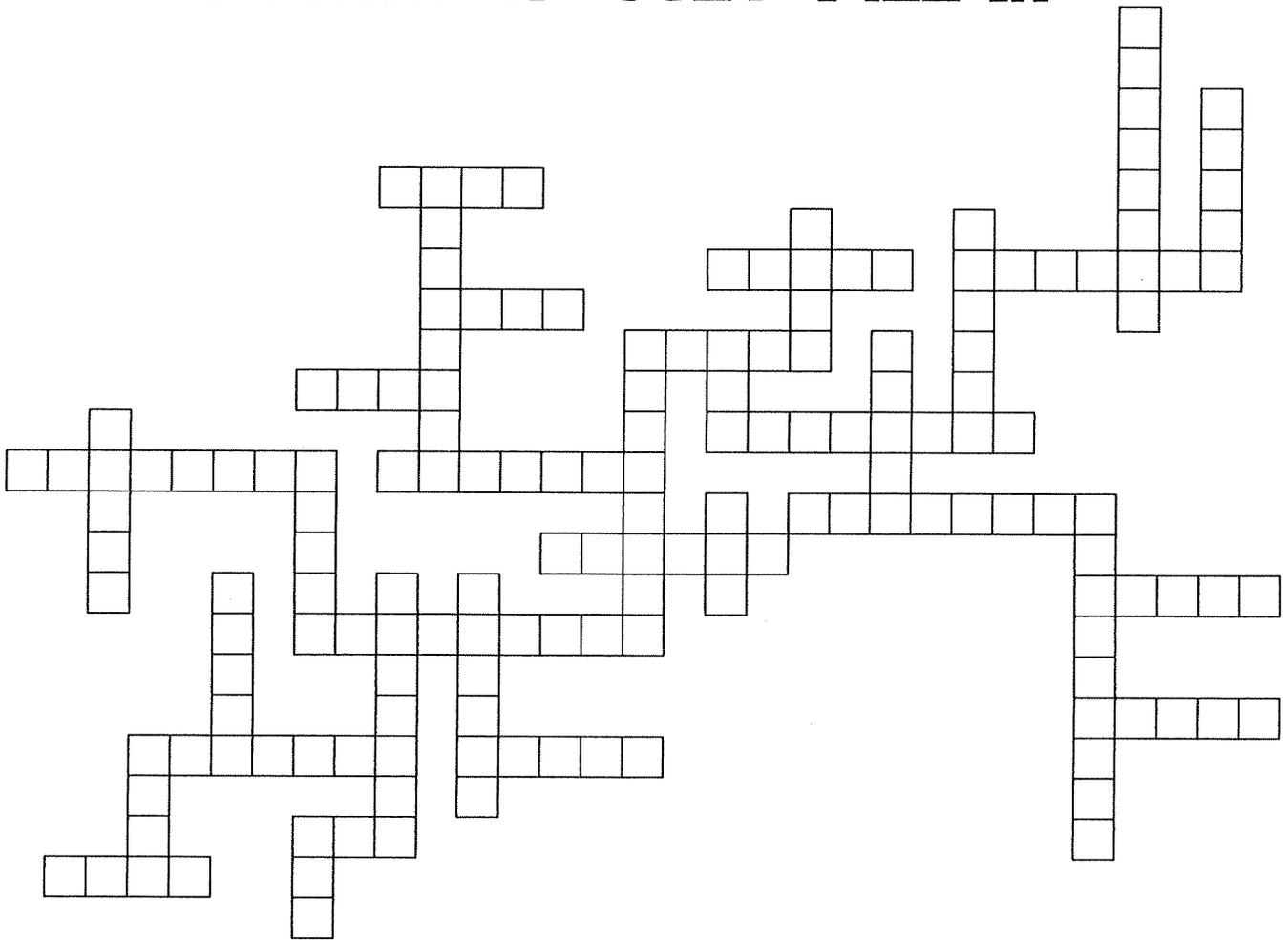


Q. What do you get when you combine an elephant with a fish?

A. Swimming trunks!



# FOURTH OF JULY Fill-in



## 3 letter words

air  
red  
say  
see

## 4 letter words

flag  
free  
home  
land  
star  
wave

## 5 letter words

bombs  
brave  
broad  
early  
fight  
glare  
light  
night  
proof  
stars

## 6 letter words

banner  
bright  
hailed

## 7 letter words

proudly  
rockets  
stripes  
watched

## 8 letter words

bursting  
gleaming  
perilous  
ramparts  
spangled  
twilight

## 9 letter words

gallantly  
streaming





# 4<sup>TH</sup> JULY TRIVIA



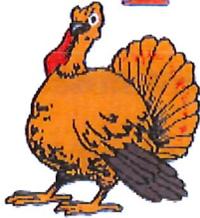
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- Q.1. In which city Fourth of July was first celebrated?
- Q.2. How many people signed the Declaration of Independence?
- Q.3. Who laid the cornerstone of Capitol Building on July 4, 1848?
- Q.4. When did Fourth of July became paid federal holiday?
- Q.5. What does 13 Stripes on U.S flag indicates?
- Q.6 Which U.S President was born on 4th of July?
- Q.7. In which year the Declaration of Independence signed?
- Q.8. Which country got independence from U.S on July 4th 1946?
- Q.9. Who died on 50th anniversary of Independence Day?
- Q.10. On which day did Congress vote for American independence?
- Q.11. Who wrote the lyrics to "The Star-Spangled Banner"?
- Q.12. Which institution first opened its doors on July 4, 1802?
- Q.13. What is the printed version of declaration called?
- Q.14. Who died on 50th anniversary of Independence Day?
- Q.15. Who was England's King on 4th July, 1776?

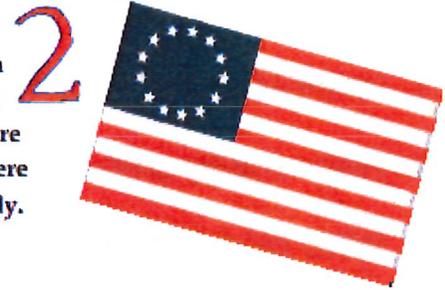
- 6). Calvin Coolidge      5). 13 original colonies      13). Dunlap Broadside
- 8). 1776      10). 2nd July      1). Philadelphia      11). Francis Scott Key
- 9). Philippines      2). 56      4). 1938      14). John Adams & Thomas Jefferson
- 12). West Point      15). King George III      3). President James Knox Polk

# 10 AMAZING Facts for the 4 T H O F J U L Y

**1** Benjamin Franklin wanted the turkey to be the national animal but was out-voted when John Adams and Thomas Jefferson chose the bald eagle.



The stars on the original American flag were arranged in a circle to ensure that all colonies were represented equally.

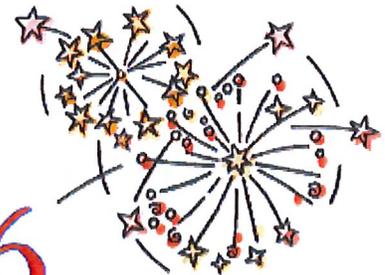


**4** Thomas Jefferson and John Adams died on the same day: July 4, 1826, the fiftieth anniversary of the signing of the Declaration of Independence.



**3** John Hancock was the only person to actually sign the Declaration of Independence on July 4, 1776. The other 55 signers did not sign it until later.

**5** History's first submarine attack took place in New York Harbor in 1776.



**6** There were no fireworks on July 4, 1776, but there were fireworks 1 year later, on July 4, 1777. This was still 6 years before Americans knew whether the new nation would survive the war.

**7** George Washington was the best spymaster in American History! He ran espionage rings in British-held areas and he was a genius at misinformation. He constantly befuddled the British by leaking, through double agents, inflated reports of the strength of his army.



**8** Washington was a robust man with a seeming immunity to disease and bullets. In one encounter in the French and Indian War, he absorbed 4 bullets in his coat and hat and had 2 horses shot from under him without any injury to himself.



The United States of America won its independence despite the fact that the British Army was established, experienced, disciplined, and trained and the American army was not. In addition to this, the British Army had ample quantities of powder, guns, and clothing and the American Army was not well supplied.

The song "Yankee Doodle" was sung originally by British officers making fun of backwoods Americans.

