

What do you say, FHA?

VOLUME 5, ISSUE 12
MARCH 2020

by Marie Palmer, Resident Service Coordinator

www.falmouthhousing.org

The 15th Amendment to the United States Constitution prohibited the federal government and each state from denying a citizen the right to vote based on that citizen's "race, color, or previous condition of servitude." The 15th Amendment granted African-American men the right to vote and was adopted into the U.S. Constitution in 1870. This Constitutional right, however, was unjustly interfered with. Discriminatory practices were used to prevent African-Americans to exercise their right to vote, especially in the South. It wasn't until the *Voting Rights Act of 1965* that illegal barriers were outlawed.

The 19th Amendment granted women the right to vote, and reads:

"The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex. Congress shall have power to enforce this article by appropriate legislation." This Amendment to the U.S. Constitution is also known as *women's suffrage* and was passed on August 18, 1920 - the result of almost a century of protest.

While spending a little time with Tatakset resident, Sandy Emery, I learned the story of her grandmother, Nora Sheehy; a Suffragette. A strong willed, passionate young woman, with a great work ethic and keen moral compass is how Sandy proudly describes her grandmother. She took up the cause of women's suffrage because she was a determined woman who wanted to have the same voting right as men. Despite her husband's concerns for her safety she regularly held banners and participated in marches. She knew the dangers that she faced in her protests and believed that the cause was worth the risk. Nora raised three strong daughters, instilling a belief in hard work and a drive for a better life. All of Nora's daughters, including Sandy's mom Mary, held down successful careers as well as raised families of their own. Thankfully Nora's legacy lives on today within Sandy. No stranger to hard work, Sandy possesses her grandmother's grit, spunk and drive for the right and just.

The year 2020 marks the 150th year anniversary of the 15th Amendment, the 100th anniversary of the passage of the 19th Amendment, and 55th anniversary of the Voting Right Act of 1965. It's been a long hard road for voting equality. Thanks to the many brave and impassioned Americans like Susan B. Anthony, Martin Luther King Jr., and countless foot soldiers like Nora Sheehy who protested, marched, were arrested and even died while working toward voting equality.



Tuesday, March 3rd, 2020 marks the Presidential and Special State Senate Primaries. No matter what political party you are affiliated with, practice your Constitutional right to vote.

Let Your Voice be Heard!

*Voting Location for Salt Sea, Harborview, Choate, Rose Morin and Tatakset residents
Precinct 2: John DeMello Senior Center, 300 Dillingham Ave Falmouth, MA 02540

FHA Hosted Events

FHA – Commissioners Board Meeting

This month's Commissioners Board Meeting will be held at Harborview Apartments on Tuesday, March 17th at 4:00 PM.

Cooking and Coffee with CapeAbilities

Thursdays: March 5th, 12th, 19th and 26th at 10:00 AM at Tataketa Apartments.

Want some great company with lots of laughs, coffee and a fresh baked treat-hot out of the oven? Look no further and join us. You won't be disappointed!

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

State Handbook Review Meetings

We are re-writing the State Handbook and are requesting the assistance of our tenants from State properties (Choate Lane, Salt Sea Lane, and 704 properties). The Falmouth Housing Authority values your input and welcomes your ideas and feedback.

Join us on Thursday's: March 12th and 26th from 9:00 AM to 11:00 AM at the Harborview Community Room on 115 Scranton Ave.

Knitting and Sewing Projects

Harborview: We will be getting together Wednesdays: March 4th, 11th, 18th, and 25th at 12:00 PM to knit, crochet, or loom scarfs and hats for those in need of something warm and made with love.

Tataketa: Sewing get together will be held on March 3rd and 17th at 10:00 AM

We will kick off an adult bib project to be donate to local Nursing and Rehabilitation facilities.

Come be a part of these worthwhile projects!



Joe Q Veteran Coffee Break Socializing and Presentation

Harborview Apartments
March 20th at 9:30 AM



Unite to support Veterans,
Family Members & Friends

Sponsored By: Cape Cod Bagel,
Disabled American Veterans Chapter 81,
Falmouth V.F.W., Falmouth Housing Authority,
Atria Woodbriar & Wilson Consulting, LLC.

Light Refreshments Served

Cooking Demo with Dena This month's cooking demonstration will be held at Tataketa on Tuesday, March 10th at 10:00AM.

Last month Dena made "Energy Bites" that were delicious, quick and easy to make. Makes a great healthy alternative snack!

Energy Bites

½ cup unsweetened coconut flakes
2 tablespoons chia and/or flax seeds
½ cup (or more) natural chunky peanut butter
½ cup raisins
1/3 cup pure maple syrup
1 teaspoon pure vanilla extract
¼ teaspoon sea salt
¼ teaspoon cardamom

Mix all ingredients together in a large mixing bowl. If mixture is too wet add more oats or if too dry add more peanut butter. Refrigerate for at least 30 minutes. Roll into about 1 inch balls. Store in refrigerator or save for later in the freezer.

Makes around 10 to 12. Enjoy!

St. Patrick's Day Sing along

Tuesday, March 17th at 1:00 PM

Tataketa Apartments

We hope you can join us for refreshments and lots of laughs! The more the merrier!

Peace Circle

Representatives from Falmouth Human Rights Advisory Commission will be holding a "Circle"; a forum to discuss difficult and important issues in a safe environment.

The Peace Circle, now part of our monthly schedule, will take place on the 1st Monday of each month at 9:30 AM.

This month's Circle will be held on March 2nd at 9:30 AM at Harborview Apartments.



"When Day Turns to Night"

*By John Mendoza,
Tatakot Apartments*

*At twilight time,
When day turns to night
The evening sky,
An inspirational sight
The scene above
Like a tangerine dream
Gray, Blue
And orange cream
Put all this to good use
Let Mother Nature be your muse*



Community Health Center February Schedule

Primary Care Visit: Dr. Stephanie Prior will be at Harborview on March 12th from 2:00 PM to 5:00 PM . *(If you are a patient of Dr. Prior and would like to meet with her at the Harborview Clinic, just call her office and make an appointment for the Harborview location.)*

Pharmacist: Lynne Bridges will be at Harborview on March 17th from 1:00 PM to 3:00 PM

Falmouth Housing Authority
115 Scranton Ave.

Falmouth, MA 02540

Phone: 508-548-1977

Fax: 508-457-7573

www.falmouthhousing.org

Staff Directory:

- | | |
|--|--------------------------------|
| 1. Bobbi Richards, Executive Director | Extension 211 |
| 2. Marie Palmer, Resident Service Coordinator | Extension 212 |
| 3. Trisha Herlihy, Tenant Selection Coordinator | Extension 213 |
| 4. Leslie Pearce, Assistant Director | Extension 214 |
| 5. Annalisa Fox, Executive Assistant | Extension 215 |
| 6. Sheila Barrows-Gibbs, Section 8 Administrator | Extension 216 |
| 7. Michael Solitro, Federal Housing Programs Specialist | Extension 217 |
| 8. Debbie King, State Certification Clerk | Extension 220 |
| 9. Nicholas Devonis, Federal Housing Programs Specialist | Extension 222 |
| 10. Kimberly Conn, Fiscal Officer | Extension 225 |
| 11. Maintenance Emergencies After Hours | 508-548-1977
Follow prompts |

2020 Annual Legislative Information Day

Monday, March 9
State House, Boston



Legislative Information Day offers members the opportunity to lobby with state lawmakers and advocate for legislation and funding levels to sustain our housing programs, support the operation of housing authorities, and provide resources for capital needs.

Schedule of Events

9:30 AM – 10:00 AM – Coffee and Registration

10:00 AM – 10:15 AM – Public Briefing on MassNAHRO's legislative priorities

10:45 AM – 12:00 PM – Office Visits

12:15 PM – 2:00 PM – Lunch & Speaking Program including presentations of FY21 Budget Priorities, Resident Services Best Practices, Managing Waiting Lists

Confirmed Speakers Announced!

Senator Brendan Crighton, Senate Chair, Joint Committee on Housing
Representative Kevin Honan, House Chair, Joint Committee on Housing
Senator Michael Rodrigues, Senate Chair, Joint Committee on Ways & Means
Representative Bradley Jones, House Minority Leader

Your Representative or Senator can be found at www.massnahro.org

Our presence at the State House is vitally important!

[Register today!](#)

Questions? Contact the MassNAHRO office at 617-367-0008

EVERSOURCE

There is a new utility phone scam that many people, including Falmouth Housing Authority tenants have been getting; stay vigilant to protect yourself. These scammers are demanding money so that you can keep your utilities turned on. Remember, the Falmouth Housing Authority pays utilities at your properties.

You may be the target of a scammer if you receive suspicious phone calls or text messages using any of the following tactics:

- Threatening to disconnect your power without immediate payment
- Demanding immediate payment using a pre-paid debit card, bitcoin or other unusual for of payment
- Offering you discounted power
- Asking for information or a copy of your energy bill

Even if a phone recording sounds convincing or the phone number appears to belong to Eversource, it's NOT. Please remember that Eversource representatives never ask for on-the-spot payment in person or over the phone, and always carry company-issued photo identification. If you're not sure the person contacting you is an Eversource employee, call 1-800-592-2000.

Fancy Dance for All

A fundraiser for the Woods Hole Public Library

Saturday, March 14, 7:00 PM - 10:00 PM

140 Palmer Avenue

Falmouth, MA 02540

Ballroom dancing for all skill levels with Ellen Brodsky. Instruction 7:00 - 10:00 PM, then dance the night away!

Cash bar, complimentary snacks, creative semi-formal (from tuxes to kilts) is encouraged but not required.

Tickets \$15 can be purchased in advance at the Woods Hole Public Library, Eight Cousins Bookshop, online, and at the door.

Free parking is available behind the Elks hall building.

Proceeds benefit the Woods Hole Public Library.

Belonging to Each Other Claddagh Bowl

Sunday, March 15, 11:00 AM - 5:00 PM

Trade Center Bowl, 89 Spring Bars Road

Help strike out homelessness!

Session 1: 11am - 2pm or Session 2: 2 -5pm

Sign up today. \$60 per bowler includes bowling, food and 2 drink tickets.

Sign up as a team of 4 or as an individual.

Food - Beverages - Raffle Prizes

Belonging to Each Other was founded in

2015 to provide temporary housing and

loving support to our homeless neighbors in Falmouth during the cold-weather months.

Mahoney's Indoor Winter Market

Saturday, March 7th,

from 10:00 AM to 2:00 PM

Mahoney's Garden Center

You'll find fresh farm produce and local artisans at Mahoney's Annual Winter Market in Falmouth. Stop by and shop local inside the warm greenhouses. Vendors will feature vegetables, fruits, breads, pastries, meats, fish, pasta, hot sauce, handmade jewelry and more!

Falmouth Jewish Congregation: To the Moon and Back

Thursday, March 19, 12:00 Noon

Falmouth Jewish Congregation

Come hear Theresa Harmon, MSW, LICSW, President and Founder of *To the Moon and Back*, which is dedicated to providing support, education and advocacy for children born substance-exposed and their families. Learn how they help the youngest victims of the opioid crisis.

Bring a brown bag lunch - no pork or shellfish please. Desserts provided. Lunch at noon, speaker at 12:30pm.

Molly Carnell "Season of Birds: What's Hear and What's Coming"

Tuesday, March 24, 3:00 PM

Atria Senior Living

Molly Cornell leads walks for The 300

Committee Land Trust with a focus on birds, which is her specialty. Birds are excellent indicators of seasonal change. They are active, highly mobile, and often migrate hundreds of miles to find food in winter or nesting sites in spring and summer. Using slides and recordings of bird songs, this program will present the story of the change in season for our birds, from winter into spring. RSVP to Melissa.bielinski@atriaseniorliving.com

AARP Tax -Aide Program

Get your taxes done for free:

Where: Gus Cauty Community Center

When: February 4th - April 15th on Tuesday, Wednesday and Thursday mornings

Hours: 9:00 AM to Noon

Appointment: Call the Falmouth Senior Center (508) 540-0196

For Saturday appointment please call the Mashpee Library at (508) 539-1435

Space fills up quickly so register ASAP!

March 2020

Sun Mon Tue Wed Thu Fri Sat

1						
2	Peace Circle *HV at 9:30 AM					
3	Election Day! Sew-a-long *TAT at 10:00 AM					
4	Knitting *HV at 12:00 PM					
5	Cooking with CapeAbilities *TAT at 10:00 AM					
6						
7						
8						
9						
10	Cooking Demo *TAT at 10:00 AM					
11	Knitting *HV at 12:00 PM					
12	Cooking with CapeAbilities *TAT at 10:00 AM					
13						
14						
15						
16						
17	Sew-a-long *TAT at 10:00 AM St. Patrick's Day Sing-a-long *TAT at 1:00 PM Comm. Board Mtg. *HV at 4:00 PM					
18	Knitting *HV at 12:00 PM					
19	Cooking with CapeAbilities *TAT at 10:00 AM					
20	Joe Q. Coffee Break *HV at 9:30 AM					
21						
22						
23						
24						
25	Knitting *HV at 12:00 PM					
26	Cooking with CapeAbilities *TAT at 10:00 AM State Handbook Review Meeting *HV at 9:00 AM					
27						
28						
29						
30						
31						