

# 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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## Technology poses vaccine barrier for seniors in affordable housing

By *Jeremy Martin, news and arts writer for Big if True (a 501(c)(3) news nonprofit*  
[www.bigiftrue.org/2021/02/09](http://www.bigiftrue.org/2021/02/09)

As the rollout for the Covid-19 vaccine continues, some senior advocates have expressed concerns that elderly residents living in affordable housing have had trouble accessing this vital resource.

According to a survey from the Harvard Joint Center for Housing Studies, most residents in an affordable housing program for adults 62 and older had little access to technology last year. Just 36% had the internet, and 15% didn't have a phone.



That's created challenges for seniors attempting to sign up for a vaccine appointment through an online portal, said Michelle Missler, President and CEO of the American Association of Service Coordinators, whose members help seniors in affordable housing communities access support resources

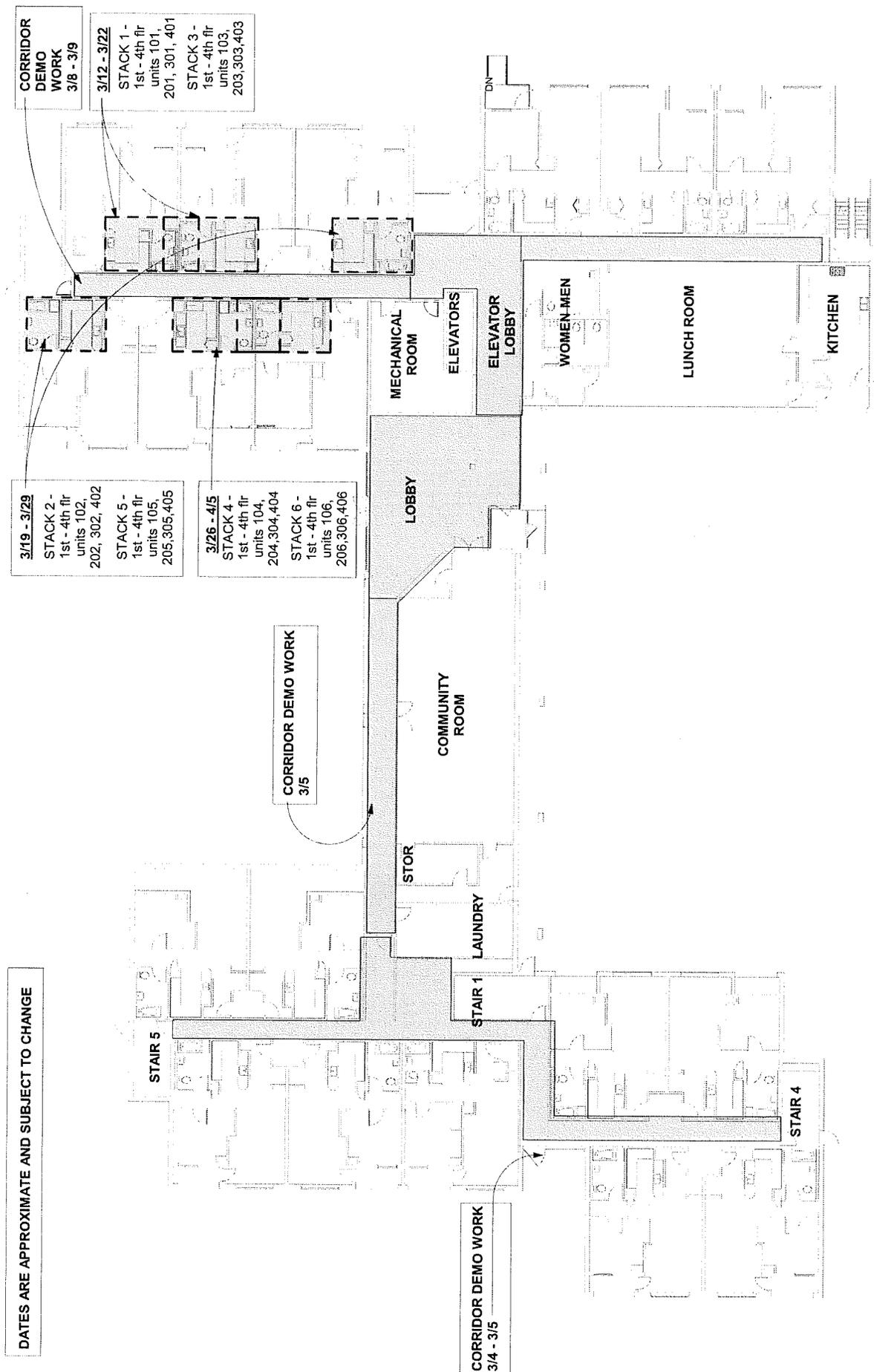
“The digital divide has persisted for years, but it wasn't until Covid-19 pushed a number of our daily activities online that many noticed just how far older adults had fallen behind and why that's harmful for their health and well-being. Shopping for basic necessities, keeping in touch with friends and family and attending medical appointments have all moved online in the past year. Without access to the internet and devices and without the technical knowledge required to use them, older adults are not able to do these necessary activities.”

The Falmouth Housing Authority has been actively engaged with our partners at the Community Health Center and have been fortunate to be able to offer a COVID-19 vaccination clinic at our Harborview property for individuals 75 years and older, on 2/5/21 and 3/5/21. We expect vaccination opportunities to be plentiful and will continue to reach out to residents by telephone when vaccination clinics are being offered.

We have been in ongoing communication with Health Agent, Scott McGann, from the Board of Health to acquire vaccines for all of our Public Housing residents at our five, State and Federal, properties. Planning is in the works and all 285 public housing residents have been contacted, by phone or in person, and asked if they would like to receive a vaccine at an upcoming on-sight clinic.

We realize the challenges that our residents are facing and are trying to help navigate the daunting task of receiving vaccinations.

\*HARBORVIEW SCHEDULE AS OF 3/4/21\*



DATES ARE APPROXIMATE AND SUBJECT TO CHANGE

## 7 Best Ways to Manage a Telehealth Appointment



### **Cape Cod Health News**

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

By: Susan Moeller, February 09, 2021

Although the COVID-19 pandemic has popularized telemedicine, some patients may find virtual doctor visits confusing. Some patients may not have the proper technology or understand it, and, because of COVID-19, might be isolated from family or caregivers who can help them navigate telehealth appointments.

This is a side effect of COVID....People are on their own and they're isolated, depressed and missing appointments. Even before the pandemic, many adults over 65 were baffled by telehealth, based on data from Medicare patients in the federally funded National Health and Aging Trends Study. More than a third of 4,525 respondents reported complicating factors such as inexperience with technology; difficulty with hearing or speaking; and possible dementia. The issues were particularly acute among those 85 and older.

Even caregivers might lack the knowledge or patience to download proprietary software or use phone cameras, Carder said. Some might not be in the same location as the patient and have to figure out how to join a conference call. It's important that families take the time to understand what their loved one needs to get the medical care they require, or accept that telehealth might not work. In some cases, agencies like the VNA can help as well as involvement with local resources like Elder Services of Cape Cod and the Islands.

There are things that older patients, caregivers and families can do to increase the odds that a virtual health visit will be successful. For starters, PRACTICE. For example, rehearse calls with patients, sometimes going into another room so they can test out apps like Facetime. Patients often feel empowered after learning something they thought was impossible before.

### **Tips for a Smooth Telehealth Appointment**

- Download any required software or apps in advance and make sure your phone, tablet or computer is compatible. Set yourself up with clear and simple step-by-step directions. Practice a video call, even if it's with another app, to help you understand the concept.
- Decide who's going to be on the call and the best way to get on it, whether that's a conference call or setting a time that a caregiver and patient can be together in the same place.
- Designate a comfortable place to sit that works with the required technology. Don't forget to mute the television!
- Update blood pressure or other vital-sign logs and print them out or make them easily accessible.
- Have a list -- or the containers -- of all medications that you are taking.
- Brainstorm questions, concerns or comments about your daily life in advance and write them down. That way, you won't be distracted and forget something important in the anxiety about technology.
- Get out ahead of telehealth. Even if you are still healthy and driving to doctors' appointments, work on getting your technology at a level you can handle. It could help you manage your health in the future.

## Current Rentals Housing Assistance Rental Listings

Located at 57 Ridgewood Avenue in downtown Hyannis, Lofts at 57 features beautiful brand new one and two bedroom apartments. Eight townhouse-style apartments – each include two floors of living space, basement storage space and parking. (6) One-bedroom and (2) two-bedroom units are contained in three buildings around a central lawn.

If you are interested in this, please complete the pre-application form by logging onto [complete the pre-application online](#), or [download a PDF](#) and return it to Romy Maimon at [rmaimon@haconcapecod.org](mailto:rmaimon@haconcapecod.org), or drop off at 460 West Main St, Hyannis, MA 02601, Attn: Romy Maimon (Office open weekdays from 9am – 1pm)

Pre-applications are reviewed on a first-come, first serve basis. If you meet the tenant selection criteria, you will be invited you submit a full application.

### We Can

#### *What is Financial Empowerment?*

Financial Empowerment 1:1 sessions are for women who want to plan for their future and ensure financial health, as well as those who are currently struggling with financial issues or concerns. Through the generosity of experienced bankers, financial planners, and tax accountants, all women have an opportunity to obtain guidance and direction on a wide range of financial matters. General topics include: managing money, managing debt and savings planning.



#### **Tailored Towards You**

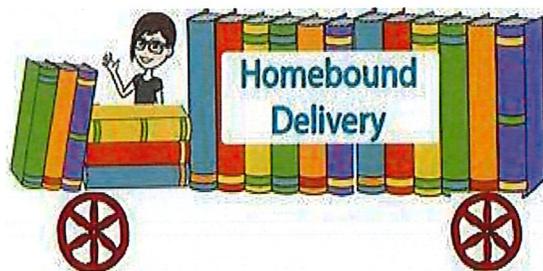
The Financial Empowerment Program is designed to complement existing programs on the Cape that offer financial guidance, by assisting women who may need more individualized attention than they may be able to receive in a group setting. This program is also an option for those who may feel uncomfortable in other more “public” venues.

To set up an appointment, contact We Can at 508-430-8111 or go to [info@wecancenter.org](mailto:info@wecancenter.org)

### Zoom Meeting with Falmouth Public Library

- Monday, March 22, 2021, at 10:30 AM  
Overview of Homebound Services

Please join Laura Wool, Falmouth Public Library's Homebound Librarian, to learn about how Falmouth Public Library can help you get books, movies, or magazines without the need for a computer or internet access. Tammy Amon, Head of Circulation, will also be on hand to answer your questions about in-person services at the library.



#### **You can attend on Zoom or by Telephone**

Registration is required, so we can send you log in/phone in instructions before the event.

**To register:** Telephone Marie Palmer: 508-548-1977, Ext. 212 or the Adult Services Department, at the FPL: 508-457-2555, Ext. 7

You can also sign up online at [info@falmouthpubliclibrary.org](mailto:info@falmouthpubliclibrary.org)

## SOUTH COASTAL COUNTIES LEGAL SERVICES, INC. (SCCLS)

South Coastal Counties Legal Services, Inc. (SCCLS) is a nonprofit corporation that provides free civil legal services to low income families, elders, victims of crime, and people with disabilities in our communities.

SCCLS provides free civil legal services in the areas of housing law, family law, government benefits including Social Security disability, elder law, education law, and consumer law. SCCLS has staff who speak Portuguese, Spanish, Cape Verdean Creole, French, and Arabic. SCCLS provides other interpretation services when needed to assist clients that speak other languages. SCCLS and other legal aid programs have created [www.MassLegalHelp.org](http://www.MassLegalHelp.org) to help you find practical information about your legal rights. Log on to review the referenced information below.

### Novel Coronavirus (COVID-19) Emergency Notice

- Courts are open but conducting most business over the phone and video over the Internet.
- If you need an emergency 209A restraining order or 258E harassment prevention order, log onto [www.sccls.org](http://www.sccls.org) and see [Asking the court for a restraining order or harassment prevention order during COVID-19](#)
- Evictions for some tenants are on hold! See [COVID-19 and Housing](#)
- Your landlord cannot lock you out or shut off your utilities, See [Illegal Eviction](#)
- For other public services affected by COVID-19, see our [novel coronavirus](#) webpage.



### Join us for a Zoom Meeting with Attorney Raymond Yox

Tuesday, March 30th at 10:00AM

Topic of discussion will include Elder legal services such as age discrimination, advance directives, fraud and older persons, durable power of attorney, and Elder abuse.

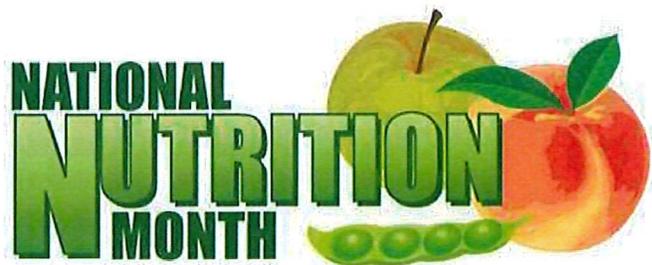
**To join discussion by phone:** call 1-646-558-8656 or 1-301-715-8592 and enter Meeting ID: 856 4642 8848

**To Join by computer or smart phone:** log onto <https://us02web.zoom.us/j/85646428848> and enter Meeting ID: 856 4642 8848

## ASK THE NUTRITIONIST

### **Celebrate National Nutrition Month!**

Join Community Health Center of Cape Cod's Nutritionist, Dena Irwin RDN CDE RYT, on Thursday March 25<sup>th</sup> at 11 am on Zoom or by phone for "Ask a Nutritionist" talk show. Dena will guide you to personalize your plate and answer all your burning nutrition questions!



To join the Zoom Meeting by phone, call: 1-312-626-6799 or 1-646-558-8656 and enter Meeting ID: 823 097 6780

Or join online by entering: <https://zoom.us/j/8230976780> and Meeting ID: 823 097 6780

***AFFORDABLE HOUSING LOTTERY***  
***Locustfield Estates***

**A NEW SINGLE-FAMILY HOME DEVELOPMENT IN  
FALMOUTH MASSACHUSETTS**

***3 Single Family Homes  
including one adaptable unit***

***\$235,000***

***3 Bedrooms, 2.5 Baths, 1,560 SF***



The Plymouth Redevelopment Authority will be accepting applications between February 16, 2021 and April 16, 2021 for an affordable housing lottery on three new affordable single-family homes located at the Locustfield Estates in Falmouth, Massachusetts. Income and asset limits will apply. A DEED RESTRICTION WILL APPLY.

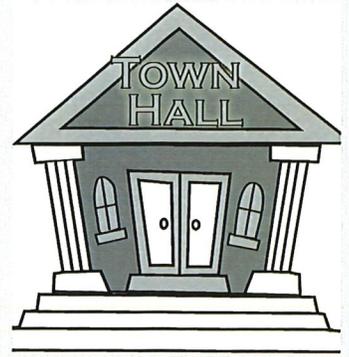
Applications are available online at **[www.plymouthredevelopment.org](http://www.plymouthredevelopment.org)**. For more information please contact the Plymouth Redevelopment Authority at (508)747-1620, ext.10147 [Redevelopment@plymouth-ma.gov](mailto:Redevelopment@plymouth-ma.gov)



## TOWN CLERK FORUM

We would like to invite you to join us for a civic discussion with our Town Clerk, Michael Palmer, on Friday, March 26<sup>th</sup> at 10:00 AM.

Learn about elections, accessing records such as birth, death, and marriage certificates, and other services like dog licenses, voter registration, town meetings, etc. There will be time available for Q & A.



**To join the meeting by phone:** call 1-646-558-8656 and enter Meeting ID: 850 3619 7383

**To join by computer or smart phone:** Log on at: <https://us02web.zoom.us/j/85036197383> and enter Meeting ID: 850 3619 7383

## GENERAL MAINTENANCE REQUESTS



Please **DO NOT** flush any type of wipes in your toilets.

This includes those wipes that advertise themselves as “flushable.”

**For our drainage system, no wipes of any kind are flushable.**

When you flush a wipe, it leads to back ups of the entire system - and this leads to frustrated tenants and staff. *Please help us to help you.*

Dispose of all wipes in a sanitary container. If you need assistance purchasing a sanitary container, such as diaper disposal container for

waste-related wipes, please contact Marie Palmer at (508) 548-1977, Ext. 212.

Also, please do not throw liquids into the trash containers in the trash room. Please dispose of standard liquids, not oils, in the sink. When our staff empties the hallway trash rooms, disposed of liquids contribute to messy encounters. Finally, please do not place regular trash in the recycle containers. The trash companies will not pick up recycle bins that contain non-recyclable items. Please separate your trash accordingly.

**HAVE A WORK ORDER? CALL (508) 548-1977 TO SCHEDULE A TIME FOR THE REVIEW AND REPAIR OF THE ITEM OF CONCERN**

# FHA Activities Packet 3/2021

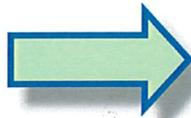
By Marie Palmer, Resident Service Coordinator

Researchers continue to believe that playing what they call “brain training games” can help keep the mind sharp. They may not prevent a brain from normal aging, but they can help keep a brain healthy, alert and finely tuned.

Mentally challenging brain games -- cards, puzzles and board games -- are good for seniors who may have mobility issues because they don't involve a lot of physical activity. What they do involve are fun, intellectual and social forms of stimulation.

Besides, it seems we never outgrow our love of brain teasers and riddles! Share with a friend or family member it may tickle their funny bone.

How is a heart like a musician?



Answer:  
They both have a beat!

Riddle's of the month



- What five-letter word becomes shorter when you add two letters to it?
- What occurs once in a minute, twice in a moment, and never in one thousand years?



Call into the housing authority at 508-548-1977 with your answer.

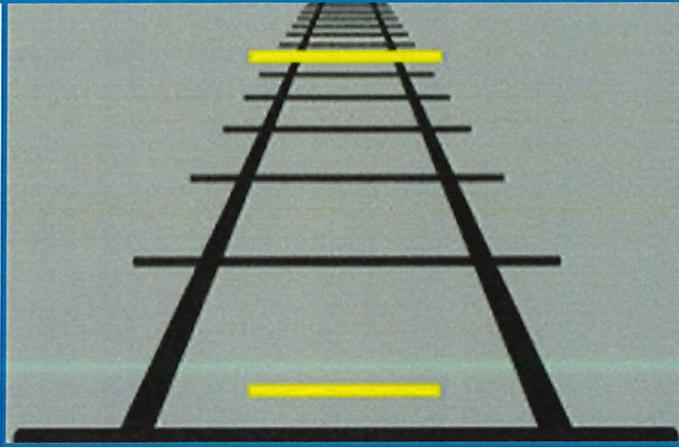
If you leave a message make sure you give your name and phone number, also leave the time and date that you call.

The first five people with the correct answer will get a prize!

## Verywell Mind Optical Illusions

By [Kendra Cherry](http://www.verywellmind.com) [www.verywellmind.com](http://www.verywellmind.com)

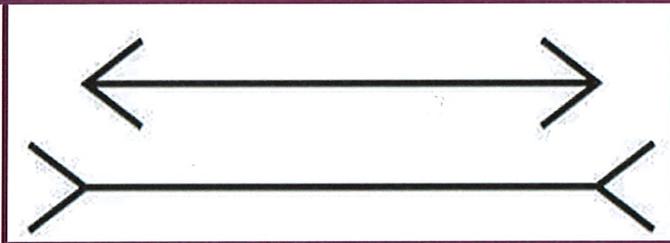
### Which yellow line is longer?



### The Ponzo illusion

When you look off into the distance, objects seem closer together as they become further away. For example, the outside borders of a road or railroad appear to converge as they recede into the distance. The Ponzo illusion involves placing two lines over an illustration of a railroad track. Which line is longer? In reality, they are exactly the same length.

### Which line is longer?



### The Muller-Lyer Illusion

Here's a classic illusion that still manages to stump a lot of people. Which line is longer? Actually, both lines are the same length.<sup>6</sup>

### The Moon Illusion



If you've ever spent any time gazing up at the night sky, then you've probably noticed the moon illusion, in which the moon looks bigger on the horizon than it does higher up in the sky. Why does this happen?

Many theories have been proposed, although there is no universally agreed-upon explanation. You can read about how the moon illusion works and some of the possible theories that have been suggested at [www.verywellmind.com](http://www.verywellmind.com)

## If You Can Raed Tihs, You Msut Be Raelly Smrat

Published in Turnerink [www.turnerink.co.uk](http://www.turnerink.co.uk)  
by Sara Turner

Checking your work for errors is a tricky business. And that's because you're brain is fiendishly clever and will 'make good' the word even if it's written incorrectly. I'm sure you're familiar with the paragraph below where the first and last letters of the word are correct but the rest of the letters are muddled. And you can still read it, right?

Aoccdrnig to rscheearch, it deosn't mttae in waht oredr the ltters in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltters be at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

So how about if the letters are replaced with numbers?

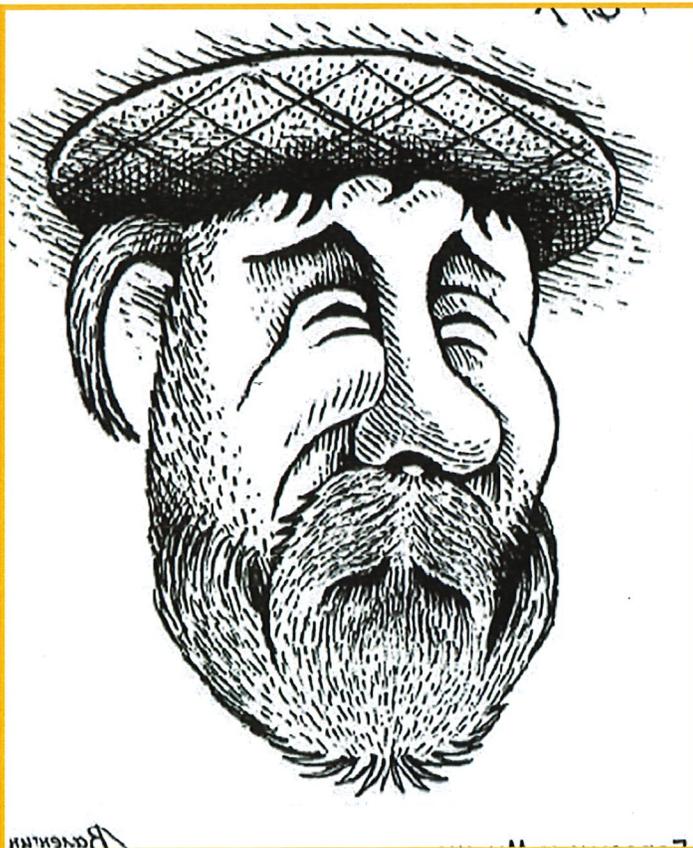
7H15 M3554G3 53RV35 7O PR0V3 H0W 0UR M1ND5 C4N D0 4M4Z1NG 7H1NG5! 1MPR3551V3  
7H1NG5! 1N 7H3 B3G1NN1NG 17 WA5 H4RD BU7 N0W, 0N 7H15 LIN3 Y0UR M1ND 1S  
R34D1NG 17 4U70M471C4LLY W17H 0U7 3V3N 7H1NK1NG 4B0U7 17, B3 PROUD! ONLY  
C3R741N P30PL3 C4N R3AD 7H15.

It's hard for the first few words isn't it? And then it feels quite easy.

So if you're reading your work back and checking for errors, chances are you're going to miss some, as your brain autocorrects as you read.

### What do you see?

This is the same image... turn the paper upside down!



## MOVE JUST ONE STICK TO FIX THE EQUATION



© BRIGHTSIDE

$$5 + 4 = 9$$

Put the blue line on top of the #4, making it a #9

Remove the blue line on the #6, making it a #5

**Solution:**

## 90% can't solve this!!!

A doctor and a taxi driver are both in love with the same attractive woman named Mary.

The taxi driver had to go on a long trip that would last a week.



Before he left, he gave Mary seven apples. Why?

RIDDLESTER.CO

Remember that old adage... "An apple a day keeps the doctor away."

The taxi driver wanted to keep the doctor away!

Fun fact:

According to an article in the JAMA Internal Medicine journals,

[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov), the saying, "an apple a day keeps the doctor away," originated in Wales, first appearing in a publication in 1866 in different rhyming format: "Eat an apple on going to bed and you'll keep the doctor from earning his bread." The saying reappeared in 1913 in its current form.