

# What do you say, FHA?

by Marie Palmer, Resident Service Coordinator

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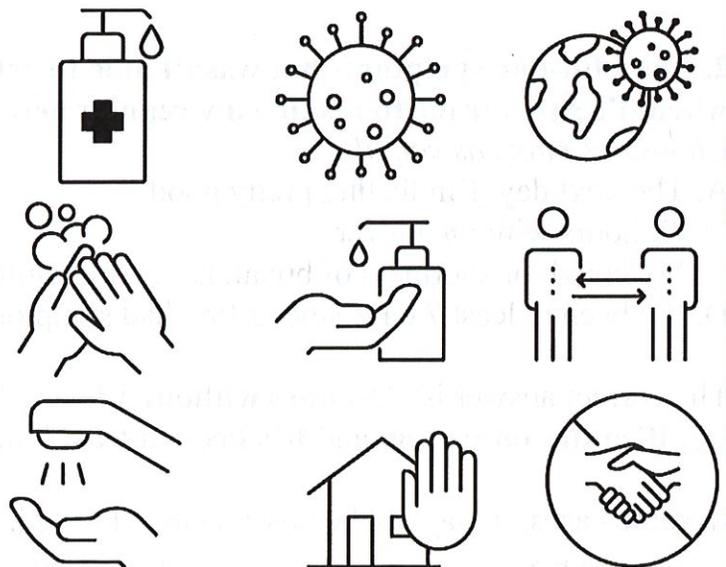
Stay informed on the latest FHA COVID-19 updates at:

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

On March 10th, Governor Baker declared a state of emergency, giving the Administration more flexibility to respond to the Coronavirus outbreak. The Administration continues to take steps to limit the spread of COVID-19. For a list of the emergency orders, visit <https://www.mass.gov/info-details/covid-19-state-of-emergency>. To reduce the spread of the virus, the Department of Housing & Community Development (DHCD) has asked that you **limit outside visitors to the buildings**. This includes non-essential visits from family members, friends and other guests. Signage will be placed on all building entrance doors. **Also, please do not crowd the common lobby areas during mail delivery times; it puts the postal carriers and others at risk and the post office has complained to FHA about this issue. Please protect them and yourselves.**

We all know that the safest thing to do in these times is to stay home, but that's not always

## Help slow the spread of COVID-19



Don't put yourself in JEOPARDY

## Do you know how to minimize your COVID-19 risk?

Take this quiz by [optimity.com](https://www.optimity.com) which sights important information from the Centers for Disease Control and Prevention (CDC) Learn more about how to apply COVID-19 facts in case unforeseen situations do indeed arise. By following these best practices, we can keep our

### READY? LET'S TAKE THE QUIZ BELOW

community safer and flatten the curve.

#### **1. Oh no. I'm feeling sick (fever, coughing and sneezing), what should I do?**

*Choose as many as you like*

- A. Go straight to the doctor
- B. Stay at home and isolate myself
- C. Avoid public transportation
- D. Cuddle with my significant other
- E. Call my healthcare provider

If you said: **Stay home and isolate myself, Avoid public transportation, and Call my healthcare provider**, then you were correct!

It's ok to be scared – breathe and let's review what to do. If you have mild symptoms stay home and separate yourself from everyone – home isolation. Stay in a designated room, don't share personal household items (dishes, utensils, towels, etc.) and use a separate bathroom, if available. Call your healthcare provider for advice. If your symptoms are severe and you require immediate medical attention, call the emergency department in advance so they can protect themselves and other patients. If you are at higher risk for serious illness, have pre-existing medical conditions and/or over the age of 60, call your healthcare provider as soon as you experience mild symptoms. **\*Source: CDC**

#### **2. I had flu-like symptoms but wasn't able to get tested. I self-isolated but how do I know when it's safe for me to resume my regular activities?**

*Choose as many as you like*

- A. The next day, I'm feeling pretty good
- B. 72-hours without a fever
- C. My cough or shortness of breath has significantly improved
- D. It's been at least 7 days since I first had symptoms

The correct answer is: **72-hours without a fever, My cough or shortness of breath has significantly improved, and It's been at least 7 days since I first had symptoms.**

In some cases, it may not be possible to get tested. If you suspect you have COVID-19, you are

**Change in INCOME? Contact FHA immediately for a rent recalculation**

### 3. I'm not symptomatic but, what should I do if someone in my household is sick?

*Choose as many as you like*

- A. Get them to wear a mask
- B. Ignore them and leave them alone
- C. Follow good hygiene practices
- D. Help them as much as possible

The correct answer is: **Get them to wear a mask, Follow good hygiene practices, and Help them as much as possible.**

If someone in your household is sick, call their healthcare provider. It's important to keep the entire household at home to avoid potentially spreading the virus, even if you are not experiencing symptoms. Wash your hands (*for at least 20 seconds—heck, go ahead and sing "Row, Row, Row Your Boat" as you do it*) and disinfect "high-touch" surfaces frequently (counters, tabletops, doorknobs, toilets, phones, remote controllers etc.). Follow the same procedures for self-isolation. If shared spaces are unavoidable, ensure good airflow by opening a window.

If you need to come into contact with this individual, they should wear a mask. If the person is unable to wear a mask due to troubled breathing, the caregiver should wear one. Compassion and safety go hand in hand. Follow all the necessary steps to keep yourself safe while helping with basic needs like providing food, filling prescriptions and other personal needs. These are trying times for everyone – especially for those who are directly affected. \*Source: CDC

### 4. I'm not symptomatic but I need to go out in public, how do I protect myself?

*Choose as many as you like*

- A. Frequently wash my hands or use sanitizer
- B. Wear a cloth face cover
- C. Social distancing – 6 feet – from people
- D. Avoid touching my face

The Correct answer is: **Frequently wash my hands or use sanitizer, Wear a cloth face cover, Social distancing – 6 feet – from people, and Avoid touching my face.**

A complete lock down may not be realistic. Groceries and other necessary errands are inevitable. If you need to venture outside, avoid large crowds and follow hygiene best practices. Make use of hand sanitizer dispensers, wash your hands frequently and avoid touching your face. Practice social distancing (6 feet) and especially stay clear of anyone



**Public Service Announcement—“Don’t Wait”**  
*An urgent message from Cape Cod Healthcare*  
*April 21, 2020*



We’re grateful that many of you have stayed at home and have taken precautions to protect yourselves and your families from COVID-19.

Unfortunately, our doctors and caregivers are seeing people in need of medical services who are not seeking help and waiting too long to get care. This could have significant long-term effects **and create a second wave of crisis** after the pandemic has subsided.

We understand you may be reluctant to go to a medical appointment or think we’re too busy. Because of our policies, your chances of contracting the virus during a visit to a doctor or medical facility **remain very, very low.**

### **WE ARE OPEN TO CARE FOR YOUR MEDICAL NEEDS**

If you need emergency or urgent care, need to manage your chronic condition or need important tests, it is critical to call your doctor. Please don’t ignore your care.

### **Service Center, Senior Center Partner to Deliver Food**

The Falmouth Service Center and Falmouth Senior Center have partnered through the Service Center To Go grocery program.



“We’ve set up this amazing partnership with the Falmouth Senior Center, who is reaching out to all of the seniors in their database, checking in on them and seeing who needs food.” said Kerin Delaney, Acting Executive Director of the Falmouth Service Center. “It’s crucial. We have a huge number of seniors on the Cape, so as much as possible we want to keep them home, and safe and not going to the grocery store.”

“Of all the essential services we are supporting, food is one of the most critical needs,” Senior Center Director Jill Irving Bishop said. “While many grocery stores are offering senior hours, this food delivery program further reduces a senior’s risk of exposure to COVID-19, as the food is brought directly to their home.

Senior Center staff deliver food to the doorsteps of housebound seniors by appointment and they ensure that physical interaction is avoided. To learn more about the program, which is available to Falmouth residents 60 years of age and older, contact the Falmouth Senior Center at (508)540-0196. *\*Source: Falmouth Enterprise, April 17, 2020.*

## Falmouth Clerk Encourages Early Voting in Dual Elections

[capecodnews.net](http://capecodnews.net) April 13, 2020

Falmouth Town Clerk's office has been processed approximately 150 early voting ballot applications each day (as of April 27, that total number is up to 4,000 applications). "I'm encouraging everyone to vote early by mail," said Town Clerk Michael C. Palmer. "We've gotten a very big response so far, and unlike absentee ballots, you don't need a reason to vote early. Doing so will reduce the number of people exposed at the precincts." Mr. Palmer is encouraging Falmouth residents to take advantage of this and apply to vote early in both the special state Senate election and Falmouth town election. Both elections are scheduled for Tuesday, May 19.

\*We have provided an **Early Ballot Application** in this packet. If you would like to vote early by mail, completed the application - making sure to include your signature - and mail to:

Town Clerk's Office  
59 Town Hall Square  
Falmouth, MA 02540

## Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

CDC (Centers for Disease Control and Prevention) advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

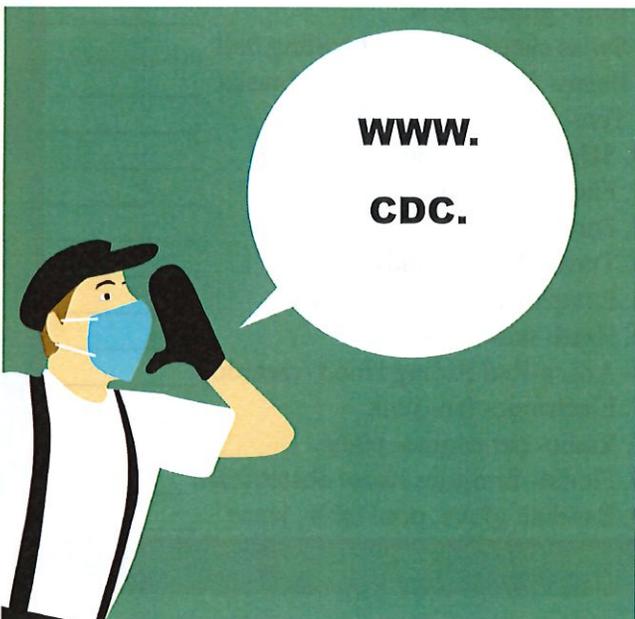
**A Question of 3's**  
What do these groups of 3 have in common?  
For example- piano, computer and house- they all have keys.

1. Picnic- card- pool \_\_\_\_\_
2. Earth- book- inch \_\_\_\_\_
3. Onion- napkin- wedding \_\_\_\_\_
4. Egg- safe- whip \_\_\_\_\_
5. Eyes- eggs- laundry \_\_\_\_\_
6. Blue- goose- black \_\_\_\_\_
7. Swiss cheese- donut- bowling ball \_\_\_\_\_
8. Penny- Ford Motor Co., Nebraska \_\_\_\_\_
9. Tent- baseball- horseshoe \_\_\_\_\_
10. School- skate- dart \_\_\_\_\_
11. Flag- tent- magnet \_\_\_\_\_
12. Fortune- bank- story \_\_\_\_\_
13. Turtle- M&M candy- ocean \_\_\_\_\_
14. Pumpkins- turkeys- initials \_\_\_\_\_
15. Head- tail- cross \_\_\_\_\_
16. Africa-Red Riding Hood- matador \_\_\_\_\_
17. Electronic- fan- junk \_\_\_\_\_
18. Radio- car engine- piano \_\_\_\_\_
19. Florist- furniture store- obstetrician \_\_\_\_\_
20. Baseball glove, pool table, jeans \_\_\_\_\_

(Answers on next page)

## Alerts and Reminders from Our Executive Director

- The Governor has declared housing authorities to be an essential business. DHCD has directed housing authorities to implement an operational strategy that allows for teleworking and rotating in-office staff schedules which provides social distancing and allows for emergency work orders to be completed. Routine work orders are not emergencies and will not be completed until further guidance is issued from DHCD. So while our office is closed to the public, we are still working full-time. Schedules have been adjusted to working remotely as well as rotations of office staffing schedule. Please use our drop box, and/or communication with us by mail, email and telephone. Calls and emails will be returned as quickly as possible. Visit our website for general information at [www.falmouthhousing.org](http://www.falmouthhousing.org).  
**Reminder: Section 8 Waiting List is open—Apply online!**
- **Rents are still due.** Although the Courts are closed and housing authorities cannot process evictions, **rental obligations have not been waived and can lead to filings for eviction at a later date (this includes lease violations also!!!)**. Save time and stay inside—have your rents auto-drafted from your bank account each month. Interested? Contact Kimberly Conn, Fiscal Officer, at (508) 548-1977. The form will also be available on our website.
- Harborview Pipe Project is underway. A scope of work is being prepared and, per state requirements, the job will go out to bid. Our goal is to have the work begin in June. In other news, the Harborview Parking Lot project is nearly complete! Thank you all for your patience during this project.
- Board meetings are being held virtually via Zoom. Please visit [Zoom.com](https://zoom.com) to download the software for smart phones and computers. A call in number is also on the agen-



### Answers to A Question of 3's

- |                      |                       |
|----------------------|-----------------------|
| 1. All are tables    | 11. Types of poles    |
| 2. All are worms     | 12. Types of tellers  |
| 3. All have rings    | 13. All have shells   |
| 4. All are cracked   | 14. All can be carved |
| 5. All have whites   | 15. Types of winds    |
| 6. Types of berries  | 16. All have capes    |
| 7. All have holes    | 17. Types of mail     |
| 8. All have Lincolns | 18. Can be tuned      |
| 9. All are pitched   | 19. Make deliveries   |
| 10. Types of boards  | 20. All have pockets  |

das. Don't get the agenda? They are posted at Town Hall and electronically in their Agenda



# Falmouth Health Department

FALMOUTH TOWN HALL 59 TOWN HALL SQUARE FALMOUTH, MASSACHUSETTS

02540 (508) 495-7485 FAX (508) 548-4290

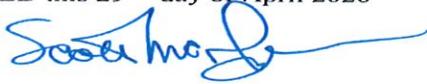
## DECLARATION OF PUBLIC HEALTH EMERGENCY ORDER

Pursuant to the declaration of a public health emergency on March 10, 2020, 310 CMR 11.05, 105 CMR 300.200 and all other authorizing statutes and regulations, the Board of Health, acting by and through its agent authorized under G. L. c. 111, §31 the Health Agent for the Board of Health of the Town of Falmouth, Massachusetts, hereby orders the following:

- 1) All employees of all essential businesses defined as providing "COVID-19 Essential Services" under Governor Baker's March 23, 2020 Emergency Order, updated March 31 and April 28, shall wear a cloth face covering, such as a fabric mask, scarf, or bandana, over their mouth and nose when interacting with the public, handling food, and when within six feet of a co-worker. The cloth face coverings recommended are not surgical masks or N-95 respirators, which should be left for medical professionals and first responders.
- 2) All customers, vendors, and members of the public entering the interior of an essential business defined as providing "COVID-19 Essential Services" under Governor Baker's March 23, 2020 Emergency Order, updated March 31 and April 28, shall wear a cloth face covering, such as a fabric mask, scarf, or bandana, over their mouth and nose. The cloth face coverings recommended are not surgical masks or N-95 respirators, which should be left for medical professionals and first responders.
- 3) All persons, including residents and the public, entering the interior of residential multifamily dwellings containing common entryways and exits shall wear a cloth face covering, such as a fabric mask, scarf, or bandana, over their mouth and nose while in common areas. The cloth face coverings recommended are not surgical masks or N-95 respirators, which should be left for medical professionals and first responders.
- 4) This order shall not apply to voters entering a polling place to vote in an election however all voters are strongly encouraged to wear a cloth face covering upon entering a polling place.
- 5) This shall order not apply to persons under the age of two years, or to individuals of any age who have a medical condition for which a cloth face covering is contraindicated. Per the CDC, face coverings should not be placed on young children under two years old, nor on anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove a mask without assistance.

This emergency order shall be effective beginning Thursday, APRIL 30, 2020 at 12:01AM and remain in effect until notice is given, pursuant to the Board of Health's judgment that the Public Health Emergency no longer exists. To the extent necessary, this Order shall be enforced by the Board of Health and or its Agents.

ORDERED this 29<sup>th</sup> day of April 2020



Per Order of the Falmouth Board of Health

# All Customers Entering This Establishment Are Required To Wear A Face Covering Over Their Mouth And Nose In Accordance With CDC Guidance.

**FHA will provide a FREE non-medical cloth mask to residents in need**

FHA staff have made cloth masks and have purchased cloth masks from WEB Mason to distribute to residents upon request. To request a non-medical cloth mask, contact Marie Palmer at (508) 548-1977 or via email at [mpalmer@falmouthhousing.org](mailto:mpalmer@falmouthhousing.org).

*(Image Source: WB Mason). Note: Non-medical cloth masks are not a replacement for medical-grade personal protective equipment. If you have questions regarding mask recommendations, you should contact a health care professional and/or the Board of Health.*



**STEP 1:**  
With the nose flap pointing up, place one ear through slit.



**STEP 2:**  
Wrap the mask around the nose and mouth.



**STEP 3:**  
Place the other ear through the slit on the other side.

Mask should sit snugly but comfortably across the face. Adjust fit by changing ear slits if necessary.

# May 2020

## Things you could do this month to stay active.

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Daily stretches are a great way stay fit. Move every	2 Start corresponding with a pen pal.
3 Listen to your favorite music.	4 Look through photos and mementos.	5 Tackle a spring cleaning project.	6 Lift light weights to keep your muscles strong.	7 Take time to enjoy the small things. Have a cup of tea and call a friend.	8 Make a special meal.	9 Make a family tree.
10 Mothers Day	11 Dress up... when you look good—you feel good!	12 Send a card to a friend or loved one.	13 Sing and dance in your living room like no one's watching!	14 Read a book out loud.	15 Write in a journal.	16 Meditate.
17 Create a recipe book for the family.	18 Make some art.	19 Monthly Board Meeting via Zoom.com at 4:00 pm	20 Have a fashion show.	21 Bake something yummy.	22 Do a crossword puzzle (see insert).	23 Look at old albums and yearbook.
24 Take time to remember and honor military personnel	25 Memorial Day	26 Try scrap booking.	27 Write a poem.	28 Adult coloring book (see insert).	29 Organize a small space (i.e. drawer or closet).	30 Make a time capsule.
31 Look out your window and enjoy the birds and						





# Addressing Tenant Concerns Regarding Rent and the Temporary Suspension of Evictions for Nonpayment of Rent

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The U.S. Department of Housing and Urban Development (HUD) developed this flyer to provide Housing Choice Voucher (HCV), Public Housing, and Section 8 Moderate Rehabilitation (Mod Rehab) participants with important information and resources about paying rent during the national emergency concerning the coronavirus pandemic.

## What is the suspension of evictions about?

**Evictions for nonpayment of rent, and charges/fees for nonpayment of rent, have been temporarily suspended.** This applies to all HUD-assisted participants from March 27, 2020 to July 24, 2020<sup>1</sup>. Although your Public Housing Authority's (PHA) Admissions and Continued Occupancy Policies (ACOP) and/or Administrative Plan may not be updated, please be aware that the suspension of evictions for nonpayment of rent is in place.

## Having trouble making rent?

- **Voucher and public housing participants:** If you lost your job or had a significant loss of income, request an interim reexamination with the housing authority as soon as possible. Your rent can be adjusted to reflect the change in income or you may be eligible for a financial hardship exemption. Your housing authority may also know about other local resources.
- **Voucher participants only:** Contact your landlord right away. Reach out early to discuss potential payment plans or accommodations. Due to loss in income and the resulting interim reexamination, your rent adjustment may be retroactive. Confirm with the PHA and your landlord whether you will receive a credit for the previous month.

## What else should you know?

- Rent is still due during this time period and will accumulate if unpaid.
- Your landlord and the PHA cannot initiate a new eviction action for nonpayment of rent and you should not receive a notice to vacate for nonpayment of rent from March 27, 2020 – July 24, 2020.
- Your landlord and the PHA cannot charge any late fees, or accrue charges/fees, and your assistance cannot be terminated for past due rent in April, May, June and July 2020.
- If you are behind on rent after the suspension of evictions expire: **Voucher participants** need to negotiate directly with your landlord to determine requirements to repay unpaid rent. Otherwise, your landlord could file an eviction. **Public housing participants** need to work with the PHA to pay unpaid rent in a lump sum or set up a repayment agreement. Otherwise, your assistance could be terminated and/or the PHA could file an eviction.
- Evictions for nonpayment of rent filed with the court before March 27, 2020 can proceed if there is no conflict with state or local laws.
- The PHA or your landlord can still terminate assistance and evict for drug abuse, criminal activity, lease violations, fraud, repeated minor violations, other good cause, etc.
- HUD does not intervene or participate in eviction proceedings. If you feel you are being wrongfully evicted, contact your local legal aid organization or social service agencies. If you are a Voucher participant, you may also contact your local PHA.





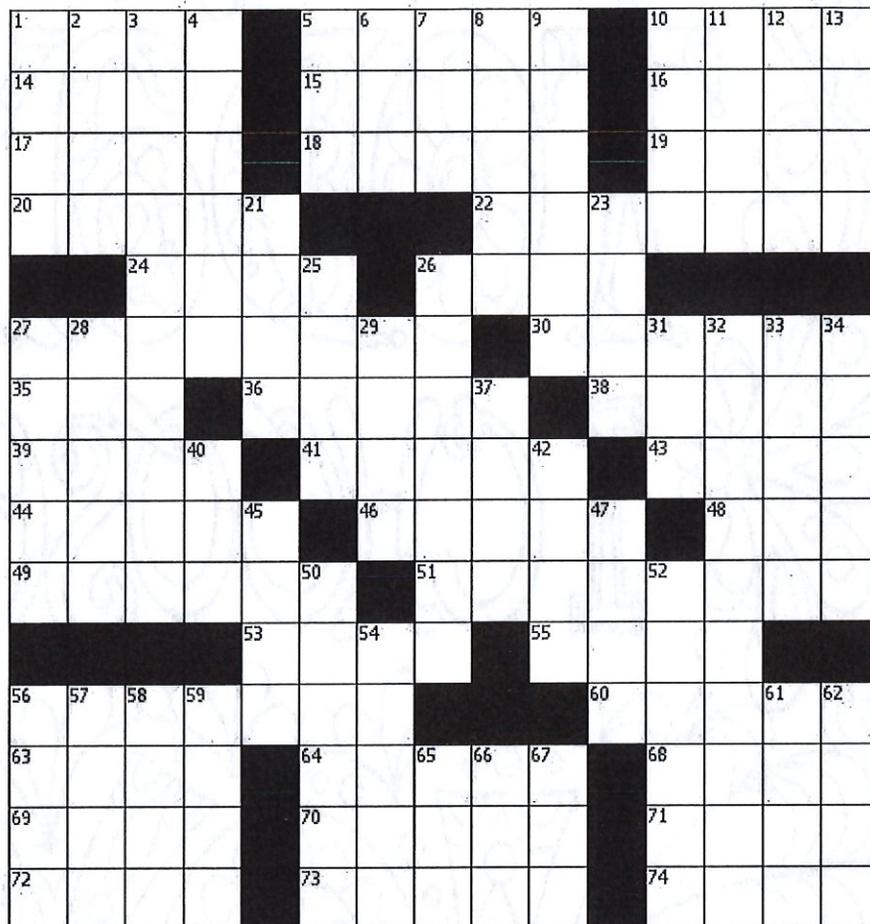
## Free Printable Crossword Puzzle #7

This is the Daily Crossword Puzzle #7 for Jun 4, 2015

Check out the [Big Book of Crosswords for 2014](#), one crossword puzzle for each day of 2014 for only \$5.99. Our daily puzzles will continue to be free but you might appreciate the convenience of the "Big Book", while at the same time supporting this website. Immediate digital delivery!

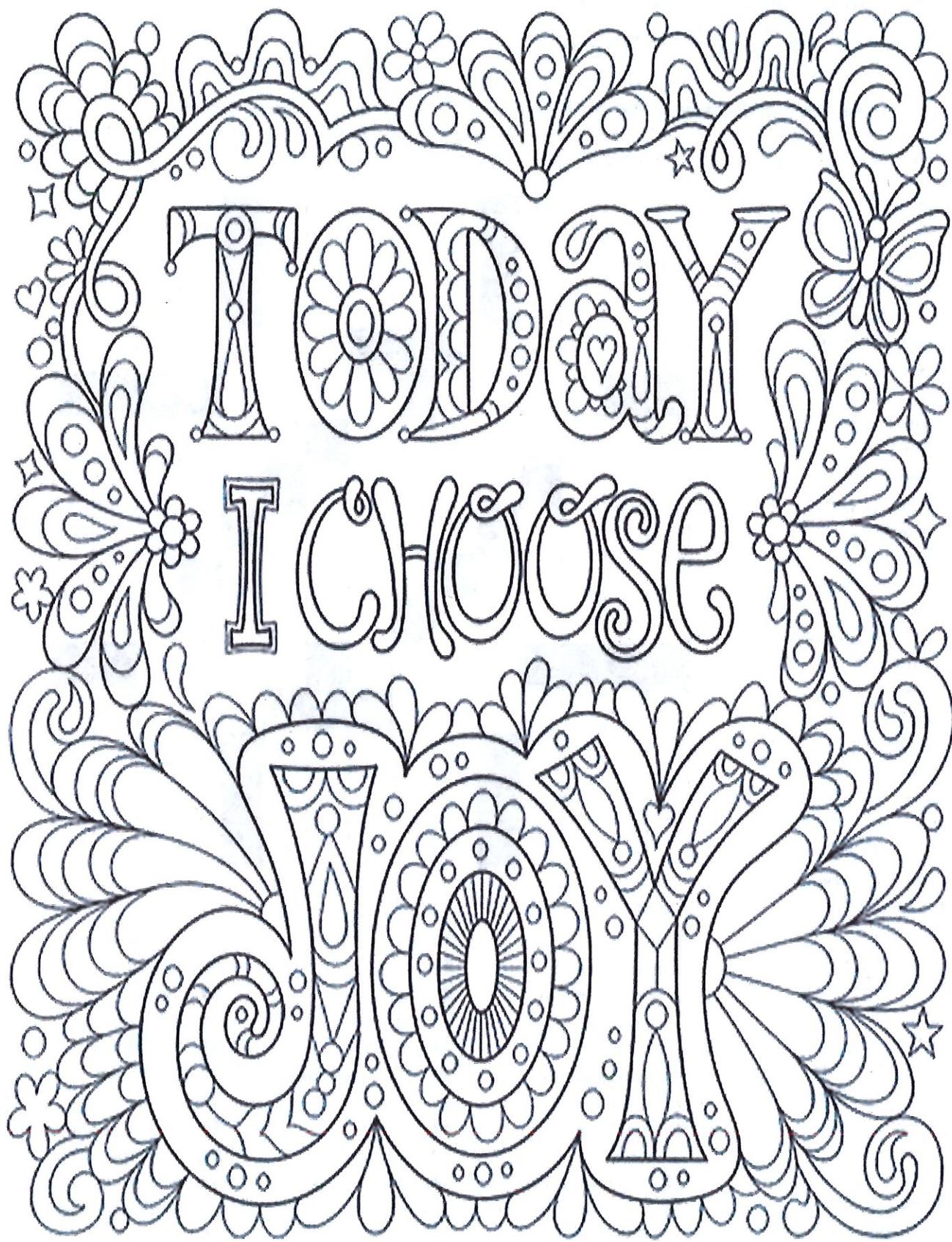
### Across

1. Wilts
5. Perspire
10. Outer edges
14. Sunburn remedy
15. Chicago's airport
16. China's continent
17. "\_\_\_ Window"
18. Termite, e.g.
19. Actor Sean \_\_\_
20. Small landmass
22. Savings (2 wds.)
24. Understand
26. Relaxation
27. Most precipitous
30. Changes
35. Before, to Shakespeare
36. Hard metal
38. Phase
39. California valley
41. Disrobe
43. Dummy
44. San \_\_\_
46. Nose
48. It follows Oct.
49. Took long steps
51. Poison remedy
53. Face shape
55. Group of players
56. Went inside
60. Grin
63. Had on
64. Roaming tribesman
68. Passed effortlessly
69. Wicked
70. Wash away
71. Mob
72. Ewes' mates
73. Property documents
74. Or \_\_\_!



### Down

1. Indian robe
2. Malt drinks
3. Soccer position
4. Unruffled
5. Wail
6. Owl's question?
7. Pitcher handle
8. Sports venue
9. Mother \_\_\_
10. Completely absorbed
11. "\_\_\_ dead people!" (2 wds.)
12. Chinese dynasty
13. Harmonized
21. Lids
23. \_\_\_-service
25. Moistens
26. Ceaseless
27. Mails
28. Quality
29. Movie backdrops
31. Smidgen
32. Thrifty
33. Plant again
34. Comic \_\_\_ Martin
37. Big cat
40. Long, long \_\_\_
42. Golf stroke
45. Smell
47. Neckwear items
50. Leveled
52. Harm
54. Love greatly
56. Water container
57. Certain star
58. Slender
59. Slippery creatures
61. Telescope part
62. Cliff's brink
65. "Simpsons" bartender
66. Do sums
67. French preposition



# Early Ballot Application

# TOWN OF FALMOUTH

## Voter Information

1

Name: \_\_\_\_\_

Legal Voting Residence: \_\_\_\_\_  
\_\_\_\_\_

Date of Birth: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

## Ballot Information

2

Mail Ballot to: \_\_\_\_\_  
\_\_\_\_\_

Ballot Requested For:

- Special State Election  
 Annual Town Election

## Special Circumstances (If applicable)

3

Voter required assistance in completing application due to physical disability.

Assisting person's name: \_\_\_\_\_

Assisting person's address: \_\_\_\_\_

Signed (under penalty of perjury): \_\_\_\_\_ Date: \_\_\_\_\_

## Eligibility

Any registered voter may use this application to request an early voting ballot for Special State Election or Annual Town Election being held on May 19, 2020

## Completing the Application

1. Voter Information – Provide your name, legal voting address, and date of birth. Telephone number and e-mail address are optional fields.
2. Ballot Information – Provide the address where you want the ballot mailed.
3. Special Circumstances – If you are assisting a voter in completing this application, complete this section.
4. Sign your name. If you require assistance in signing the application, you may authorize someone to sign your name in your presence. That person must complete the assisting person's information in Section 3.

## Submitting the Application

Send the completed application to the Town Clerk's Office, 59 Town Hall Square, Falmouth, MA 02540.

Applications can be mailed or hand-delivered. Applications may also be submitted electronically by fax 508-457-2511 or e-mail to Michael.palmer@falmouthma.gov, as long as your signature is visible.

Please allow ample mailing time for this application and for the ballot. Ballots must be returned Town Clerk's Office, 59 Town Hall Square, Falmouth, MA 02540.

For more information call Town Clerk's Office 508-495-7350.

