

# What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

## Annual Recertification

Get ready, the Falmouth Housing Authority will be processing your annual recertification as required by Housing and Urban Development (HUD) and Department of Housing and Community Development (DHCD) to re-examine your income and family composition at least once every twelve months. You are required by Section 8 or Section IV A of your Public Housing Lease to submit information that is complete, accurate, and signed; to allow us to re-determine your rent and eligibility for continued occupancy.

The following are required documents that you should bring to your appointment if they are applicable to you:

### \*Asset Verification (most common sources):

- 6-Months of Bank Statements for all accounts
- Most current Investment account statement

### \*Income Verification (most common sources):

- Most recent Social Security Award Letter (showing all deductions & garnishments if applicable)
- Department of Transitional Assistance (DTA) Benefits Award Letter
- Commonwealth of Massachusetts State Supplemental Payment (SSP)
- 8-Recent Consecutive Paystubs (from all employers)
- Proof of Alimony or Child Support Income
- Veteran's Benefits / Pensions & Annuity Statements
- Other Recurring Contributions on your behalf (i.e. rent, cable, cell phone, cash, other non-cash)
- Proof of Fulltime Student Status if applicable

### \*Eligible Deductions (most common sources):

- Pharmacy print out for "out of pocket" prescription expenses (covering 1- year)
- Doctor's Office print out (i.e., medical, dental, optical, & health insurance premiums)

## Warning

### Local Sheriff's office warns of money scam

Beth Treffeisen wrote the following article, recently published in the Cape Cod Times, that deserves close attention.

“The name and telephone number of the Barnstable County Sheriff's office are being fraudulently used in an effort to scam people out of money, according to a statement from the office.

In the scam, the telephone call appears to be from 509-563-4300, the office's main number, but the calls are not actually coming from the sheriff's office, the statement says.

The sheriff's office does not make calls in an effort to collect money for warrants, jury duty, taxes or other such matters, according to the statement.

The office warns that if you receive one of these calls, hang up immediately.”

## FHA Hosted Events:

### FHA – Commissioners Board Meeting:

This month's Commissioners Board Meeting will be held at Tataketa Apartments on Tuesday, October 9th at 1:00 PM. The agenda will be posted at all properties prior to the meeting.

### Tuesday at Tataketa Sew-a-long

Tuesday October 2nd, and 16th from 10:00 AM to 12:00 PM

Our sewing group is going strong! Come help us out by cutting patterns, ironing, sewing, trouble shooting, or just by keeping us company.

Coffee and donuts will be available!

## Cooking Demo with Dena Irwin

Our next cooking demo will be held at Rose Morin on Tuesday, October 9th at 10:00 AM.

Dena's student intern, Lauren is planning on stepping up to the “plate” and teaching us how to make a special dish with some Fall Flavor!

Last month at Tataketa, Dena made this delicious dish.

### Thai Chicken Peanut Salad

#### *Ingredients for Salad:*

1 lb. cooked skinless chicken  
1 (16 oz.) bag broccoli slaw mix  
1 cup mandarin orange slices  
1 small bunch chopped cilantro  
1/2 cup chopped peanuts

#### *Ingredients for the Dressing:*

1/4 cup very hot water  
1/4 cup peanut butter  
1 tablespoon sesame oil  
2 tablespoons rice vinegar  
Juice of 1 lime  
2 tablespoons soy sauce  
2 tablespoons pineapple juice  
Splash of Sirach (optional)

Stir all of the dressing ingredients together. (Or put dressing ingredients in a covered jar and shake until fully mixed.) You may need to add additional water if dressing is too thick. Combine salad ingredients with dressing in a large bowl. Makes 4 servings.

Enjoy!



We know that singing brings joy to many people, but did you know that it can lead to incredible benefits in your physical, emotional and social health?

Here are 10 reasons why singing is good for you:

- Strengthens your immune system
- It's a workout
- Improves your posture
- Helps with sleep
- It is a natural antidepressant
- Lowers stress levels
- Improves mental alertness
- Can widen your circle of friends
- Boosts your confidence
- Broadens communication skills

### Karaoke

If you're looking for something really fun to do, look no further. Our friends at Cape Abilities will be hosting a Karaoke Party!

Join us at Harborview:  
Tuesday, October 23rd  
from 1:00 PM to 2:00 PM

Refreshments will be available.

Flu shots will be offered in October at Harborview, Tatakot and Rose Morin. Dates and Times will be posted soon at all FHA Apartments.

Find a location and time that is convenient for you.

FHA is pleased to announce its partnership with the Town of Falmouth's Affirmative Action Committee to host a movie night in November. Stay tuned – more details to follow and flyers will be posted at the properties.

### Coffee Social with a Guest FHA Staff

We are pleased to add another dimension to our activities and introduce a coffee social with a different staff member from the Falmouth Housing Authority. We hope this will be a positive, informal and lighthearted get together, and a good opportunity for you to get to know the staff.

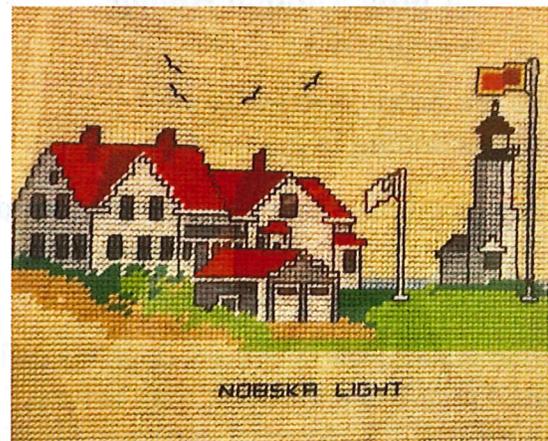
This month's coffee socials are as follows:

- Tatakot with Sheila Barrows  
October 12<sup>th</sup> at 10 AM
- Harborview with Nick Devonis (our newest member of the FHA team)  
October 19<sup>th</sup> at 10 AM
- Rose Morin with Bob Arsenaault  
October 26<sup>th</sup> at 10 AM

We look forward to seeing you there. Coffee and donuts will be provided.

We have some very talented people living in our communities!

Needle point  
Nobska Lighthouse  
By Dotty Shaver  
Tatakot Apartments



### **FHA Guest Computer**

Our Guest Computers and printers are available during our regularly scheduled office house:

- Monday, Tuesday, Thursday and Friday  
9:00 AM to 4:30 PM
- Wednesday 9:00 AM to 12:00 Noon.

### ***OCTOBER IS***

*By Sandra Emery  
Tataket Apartments*

*Football, Baseball*

*Trips up north*

*Apples, pumpkins and so forth*

*Columbus Day*

*He sailed the ocean blue*

*Found land that was new*

*Black cats, Spider webs*

*Look under the beds*

*Full moon, Dark sky*

*Trick or treat is the cry*

*Witches, Monsters, Wizards at the door*

*CANDY, CANDY WE WANT MORE*

### **A little Autumn Humor**

Submitted by David Paton

How did the Scarecrow get is job?  
He was outstanding in his field.

Who helps the little pumpkins cross the road to school?  
The Crossing Gourd.

The nurse walked into the busy doctor's office and said, Doctor, the invisible man is here."  
The doctor replied, "Sorry, I can't see him."

### **Local Events**

#### **Jazz-tober**

Monday, October 1<sup>st</sup> through Wednesday, October 31<sup>rd</sup>

This is a celebration of the true American art forms of jazz and blues, presented by the Falmouth Village Association and ArtsFalmouth, which includes a variety of concerts and a Friday evening free jazz stroll throughout the village shops on Main Street and the Queen's Buyway. You'll hear soloists, pairs, and wall-to-wall brass bands playing every genre of jazz—from hot to cool, oldies to cutting edge, sultry to stomping. [www.artsfalmouth.org](http://www.artsfalmouth.org) for dates and schedule

#### **Falmouth Financial Topic for Women Experiencing Change**

#### **Financial Empowerment Workshop**

Wednesday, October 3<sup>rd</sup> 6:00 PM - 8:00 PM  
Falmouth Public Library

A dynamic presentation with Q&A for any woman facing a transitional life event such as the loss of a spouse, divorce, income changes or job changes.

Workshops include: Women and Wealth; Rebuilding Your Credit; and Navigating Career Changes.

No cost; donations happily accepted.

To register call WE CAN 508-430-8111

#### **P.E.O Sisterhood Yard Sale**

Saturday, October 6<sup>th</sup> 8:00 AM - 2:00 PM  
Waquoit Congregational Church  
East Falmouth

Chapter AH, Falmouth, of the P.E.O. Sisterhood "Women Helping Women Reach for the Stars through Educational Grants, Loans, and Scholarships:  
Furniture, rugs, collectibles, cameras, plants, baked goods, and more!

### **Pumpkin Day**

Saturday, October 06, 2018 9:00 AM—1:00 PM  
Salt Pond Areas Bird Sanctuaries, Inc. &  
Bourne Farm

West Falmouth, MA 02574

Spend a beautiful fall day at historic Bourne Farm Pick your own pumpkins, pony rides, hayrides, face painting, bounce house, petting zoo, crafts and characters. Lunch available and bake sale. Free admission and parking, ticket sales per activity. Rain or Shine. In case of inclement weather certain activities may be cancelled, however the Pumpkin Patch and other activities that are unaffected by rain will remain open!

### **Antique Appraisals Benefit for Friends of Falmouth Dog**

Saturday, October 06, 2018 1:00 - 3:00 PM

Atria Senior Living  
339-389 Gifford Street  
Falmouth

Fifth Annual Antique Appraisals\* with Michael Kasparian

\* Appraisals are estimates only

\$10 per item/ 3 for \$25 (limit 3 items per person)

Enjoy refreshments, complimentary tours of Atria Woodbriar Place facility and grounds will be offered.

Proceeds benefit Friends of Falmouth Dogs Medical Fund

### **Village of Scarecrows**

Pick your favorite scarecrow in Falmouth Village! Take a stroll down Main Street and around Queen's Buyway from October 19 - November 5th and scope out the competition, and decide who's crafted the best scarecrow! Then, log on to our Facebook page and like, share and comment on the photo of your favorite scarecrow. The people's choice winner will be crowned based on your input.

### **Trick or Treat Stroll on Main Street**

Saturday, October 27, 2018 1:00 – 3:00 PM  
Main Street, Falmouth

Halloween Parade begins at 1 pm on the Village Green. Village Merchants open their doors to hand out candy to the children as they pass by.

### **Doggie Halloween Party**

Saturday, October 27, 2018 2:00 - 3:00 PM  
Falmouth Dog Park

Dress up your pup and come join the party. Prizes awarded in various categories. This is a free event.

### **Visit with the Night Watchman**

Saturday, October 27, 2018 6:00 PM - 9:00 PM  
Falmouth Museums on the Green

Spirits and memories come alive in old houses after dark. Join the night watchman to see what spirits inhabit the Dr. Francis Wicks House.

Tickets can be purchased on the night of the performance. Admission Prices: Adults \$8, Children (12 and younger) \$6

### **Mullen-Hall Halloween Parade**

Wednesday, October 31<sup>st</sup> at 9:30 AM

Upwards to 500 Mullen Hall Students, (Kindergarten – 4<sup>th</sup> grades), teachers and staff take to the streets in Halloween costumes for their annual Halloween Parade. They head down Main Street from Mullen Hall Elementary School to Town Hall and back. Find a spot on Main Street and enjoy!

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

# October 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Sew-a-long 10:00 at TAT	3	4	5	6
7	8	9 Cooking Demo 10:00 at RM Commissioners Board Mtg. 1:00 at TAT	10	11	12 Coffee Social with Sheila 10:00 at TAT	13
14	15	16 Sew-a-long 10:00 at TAT	17	18	19 Coffee Social with Nick 10:00 at HV	20
21	22	23 Yoga 10:00 at TAT Karaoke 1:00 at HV	24	25	26 Coffee Social with Bob 10:00 at RM	27
28	29	30	31			