

What do you say, FHA?

By Marie Palmer, Resident Service Coordinator

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www.falmouthhousing.org

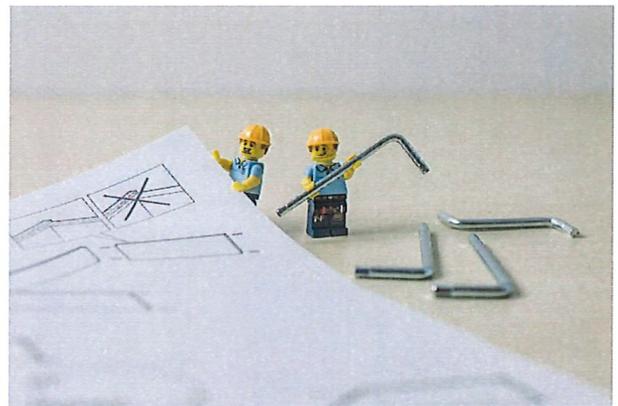
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Housing Authority Project Updates

The rest of the year appears to be quite busy for many of the housing authority developments. As the Capital Plan for the federal properties was both approved by the Board of Commissioners and the U.S. Department of Housing & Urban Development (HUD) this past Spring, the revised plan includes major renovations for the Harborview and Tataket properties. Many of you may be aware of these plans because you participated in the numerous meetings held regarding property improvements last year, you participated by providing responses during the public comment period for the revision to the plan, you submitted feedback to the housing authority after the plan had closed through the form of a letter. You may have called in a work order for a review of issues related to your apartment or the building in general. Your concerns are important and have been heard. For example, many of you have voiced concern over the lobby windows that were replaced more than 4 years ago at Harborview. As a result, FHA is working with vendors to not only replace the window style but also install additional ventilation options in this common area. The process for repairing the issues has been a long haul based on government funding, issue research, procurement requirements and grant writing. Major Capital Fund Plan (federal) or Capital Improvement Plan (state projects) or General projects that we are focused on are as follows:

1. **Harborview Piping Replacement**—Procurement will be conducted in September; work to begin at the end of October/beginning of November. This will be an extensive renovation as a great portion of the copper piping, which has significantly eroded over the years, will be replaced. This will involve rehousing tenants for a short period of time (approximately 1 week or less) as the work will involve going into each individual unit.
2. **Tataket Walkways and Piping**—This project is currently under development. An engineering firm has been hired and are developing the scope of work. The initial plan is to consider replacing and relocating the eroding piping beneath the exterior corridor/walkways. The walkways are being reviewed to be determined if they can be enclosed based on current Code regulations. Temporary repairs to the walkway to eliminate trip hazards will be performed this week. Replacement of the walkways was approved in the Capital Fund Plan.
3. **Tenant Requested Inspections**—If you believe that your home has been subject to suspected mold, ceiling/other area staining or another issue that has created an unsafe living environment in your opinion, we are encouraging you to either contact the Maintenance Department and file an emergency work order at 508-548-1977 so that we may schedule for your unit to be reviewed; or you may wish to ask the Town of Falmouth's Board of Health Department to review your unit directly. They can be reached at (508) 495-7485.



Continued from page 1—Housing Authority Project updates . . .

4. **Salt Sea, Choate, and Rose Morin Address Changes**—A map of the new building designations, as decided by the Town of Falmouth, are included in this newsletter. The new addresses are as follows: Salt Sea: 211 Scranton Ave, Choate: 238 Lakeview Ave, Rose Morin: 58 Rose Morin Lane. All addresses will include a building and a unit number designation. If you have not yet spoken to Marie Palmer about the change of address for your unit at Salt Sea, Choate or Rose Morin, please take a moment to give her a call. She's ready and able to help you update your addresses with your important vendors, family and friends.
5. **Rose Morin Cameras**—The camera project will be advertised soon for the Rose Morin Property. We expect to have the project out-to-bid in November and under contract by year-end.
6. **705 Scattered Sites**—The housing authority is creating a list of repairs and upgrades for DHCD to approve as they relate to the scattered sites. This includes flooring repairs/replacements, window screening, painting, energy efficiency installations and more. DHCD has approved three (3) units to have septic repairs/replacements and that project has recently gone out to bid.

Reminder—Please attend the board meetings, generally held on the 3rd Tuesday of each month, at 4:30 p.m. You can attend by calling in or by using your computer.



Open for business at Cape Cod Healthcare

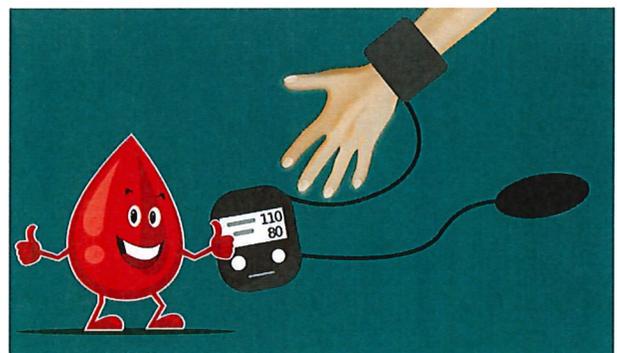
By: Robin Lord, at Cape Cod Health News editor@capecodhealthnews.com

As our community emerges from months of COVID-19-induced hibernation, services and businesses are waiting to greet us, including healthcare providers. Cape Cod Healthcare facilities and services are now open, with full safety precautions in place.

“We have done all the necessary planning to ensure our patients, visitors and staff will be safe going forward,” said CCHC President and CEO Michael Lauf. “I’m excited to reintroduce our services to the community.”

If you had a scheduled surgical procedure or test that was delayed due to the COVID-19 shutdown, you should contact your healthcare provider, who will use their clinical judgment to determine if it should be done in the immediate future. CCHC physicians are prioritizing the scheduling of non-emergent, in-person cases according to state guidelines, said Lauf. CCHC will continue to offer telehealth services to patients whenever possible, he added.

“We strongly encourage patients to seek medical care for any urgent healthcare needs, as we have seen patients in need of serious medical attention who waited too long to visit our hospitals,” he added. “Our hospitals and other healthcare facilities are safe, and our staff are prepared to address your needs with appropriate precautions and sensitivity.”



In 2018, Home Beautiful published a list of “16 Things You Should Never Flush Down the Toilet (by Brittney Morgan, 6/29/18).” In 2020, we find that a gentle reminder is still a good idea. So here it goes—and we’ve added a few extra. *Note: The writer used the term “waste basket,” the housing authority encourages you to use a “diaper pail.” Contact Marie Palmer if you need one for your unit.



1. **Baby Wipes/Personal Wipes**—Yes, even the ones that advertise themselves as flushable. These are the frequent cause of clogs and should always been thrown in *waste basket instead. Despite the name, disposable wipes do not fully disintegrate the way that toilet paper does.

2. **Q-Tips & Cotton Pads**—Cotton balls, cotton pads and Q-Tips are not safe to flush—they don’t break down as toilet paper does. In fact, the “tips” on the Q-tip simply expand in your pipes—causing a blockage that is hard to, well, pass. . .

3. **Hygiene Products**—Products such as panty liners, tampons, and pads should never be flushed down the toilet. Ironically, these products are meant to absorb liquids, but not to break down in liquids—this means that they will simply expand when you flush them. Not good. Not good at all.

4. **Condoms & PPE**—Condoms are also not designed to break down in water, so flushing them can cause clogs in toilets and septic tanks. We can

add to that list—gloves. Yes, the vinyl, nitrile or other ones that may be using during COVID 19—please don’t flush them down the toilet. Other PPE (personal protective equipment) such as face masks are not meant to go down the drain either.

5. **Diapers**—As Ms. Morgan notes, honestly, you shouldn’t even be able to flush a diaper (like menstrual products, they expand in water and diapers are probably already too big to get down the drain) but on the off-chance that you can do it, it’ll expand and get caught in your pipes. That’s what *diaper pails are for!
6. **Dental Floss**—Surprisingly, dental floss can clog your pipes. But did you know that it also causes damages to the environment? It turns into a net when flushed—catching and holding onto other debris. It can wrap around other parts in a septic system and burn out the motor.
7. **Paper Towels & Tissues**—These are not designed to break down in the way that toilet paper does. If you prefer to use paper towels and tissues, do us a favor—put them in your *waste basket and do not flush down the toilet.
8. **Medication**—If you have old pills that require disposal, do not flush them. Toilet water does not break them down properly and, in fact, flushed pills end up “medicating” the water. Not good for the environment, that’s for sure. Contact your local police department or pharmacy instead—they may be able to recommend safe places for you to dispose of unused medications.
9. **Cigarette Butts**—Well, let’s start with saying the obvious . . . *They shouldn’t be a problem, right?* Because all FHA properties are smoke-free. However, in the off chance that one fell out of a pocket and into the toilet, it’s important to share that cigarettes also contain toxic elements. So if flushed, they are adding chemicals to the water supply. And, well, they cause clogs.
10. **Kitty Litter**—Some brands of kitty litter claim to be flushable—but most toilets don’t use enough water to move the litter properly through the pipes. Cat waste from the litter box should also not be flushed because the litter dehydrates the waste and toilets are meant to flush water soluble waste.
11. **Hair**—Like dental floss, hair forms a net when flushed. It floats and never dissolves in water—no matter how long it is in there.

continued from pg. 3 . . . In 2018, Home Beautiful published a list of “16 Things You Should Never Flush Down the Toilet (by Brittney Morgan, 6/29/18).”

12. **Gum**—Chewing gum doesn’t break down in water. As you know from chewing it, it may lose its flavor, but it doesn’t lose its form. Please toss it in your *waste basket when you are done with it.
13. **Cooking Grease**—Even though I’m sure we are all aware that pouring grease down the drain, any drain, is a no-no. The same, however, goes for the toilet. It congeals when it cools, which means it’ll do the same in the pipes. For pipes sake—please do not pour it down a drain. After cooled, pour into a container and dispose of it in a trash can.
14. **Fish**—When we send our fish pet to that special place, the method of transport should not be via the toilet. Like many other matters, fish do not break down in the toilet, so they will cause a clog. Let’s bury our beloved pets properly instead.
15. **Food**—This is a biggie. Ever wonder why housing authorities shy away from garbage disposals? Because they do not grind food into debris that will pass through the pipes without issue. Sure, its biodegradable and will break down eventually, but it will cause clogs until that breakdown happens. Nope—not worth the effort.
16. **Bleach**—This may surprise you because it is so often a part of our bathroom cleaning ritual. But bleach is actually too harsh a chemical for your toilet and septic system. Want to remove stains from your toilet’s interior? Try using vinegar and a little elbow grease instead. It just might do the trick.

Want to read this article on your own? Visit House Beautiful to read it at: <https://www.housebeautiful.com/lifestyle/cleaning-tips/a21992808/what-not-to-flush-down-toilet/>

*Continued from pg. 2 . . . **Open for business at Cape Cod Healthcare** by: Robin Lord, at Cape Cod Health News editor@capecodhealthnews.com*

CCHC has met the required state guidelines to ensure the safety of patients and staff. Here is what you can expect to see, if you visit a CCHC facility:

- Use of masks and face coverings by everyone in the facility
- Screening for possible COVID-19 symptoms for all incoming patients
- Separate care zones for COVID-19 and non-COVID-19 care
- Social distancing measures in waiting rooms and other areas.
- Frequent cleaning and disinfecting of all areas.

Urgent Care Centers

CCHC Urgent Care Centers are located in four locations around Cape Cod, in Falmouth, Sandwich, Hyannis, and Harwich. CCHC Urgent Care Centers are staffed by board-certified Emergency Room physicians and nurses. The Centers are open seven days a week, with select evening hours.

Additional advantages to seeking treatment at one of the Urgent Care Centers include:

- No appointments or referrals needed.
- Accurate online wait times for each location.
- Safe triage protocol upon arrival, including temperature check and mask distribution for all patients who do not bring their own. Patients with COVID-19-like symptoms will continue their visit with a provider via telemedicine from their car.

Affordable Housing Opportunities

Affordable Housing for Re-Sale

3 bedroom Condominium
2.5 Bathrooms
\$238,310
Woodlark Condominiums
1C Woodlark Drive
Norton, MA



The Plymouth Redevelopment Authority will be accepting applications for an affordable Condominium. Consideration will be given on a first come first served basis. You must occupy this unit as your primary residence. Income limits and a Deed Restriction do apply. For more information please contact the Plymouth Redevelopment Authority at (508)747-1620, ext. 10147 or visit www.plymouthredevelopment.org

Affordable Home Ownership

Currently accepting applications for Maritime Landing in Dennis, MA. Two 3-bedroom homes at \$215,000 and five 2-bedroom homes at \$192,750. To qualify household income must be at/below 80% of Barnstable County median income:

Household Size	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
80% Income	\$54,150	\$61,850	\$69,600	\$77,300	\$83,500	\$89,700

For More information call Lee at 508-280-6144 for an application or information. You can also email Lee at affordables@maritimelanding.com. **Applications Due on/before 4:00 pm Friday, October 2, 2020**

REMINDER—ALSO VISIT WWW.FALMOUTHHOUSING.ORG TO REVIEW WAITING LIST INFO FOR FHA PROGRAMS. SOME LISTS ARE STILL OPEN

Contact Tracing: What to Expect

American Association of Service Coordinators www.info@servicecoordinator.org

If you have been in close contact with a person who tested positive for COVID-19, you may be contacted by a contact tracer or public health worker from your state or local health department in an effort to help slow the spread of the virus. Here's what to know if you get "the call." A contact tracer may call to let you know you may have been exposed to someone with COVID-19. All

information you share with a contact tracer, like who you have been in contact with and your recent whereabouts, is confidential. You may be asked to self-quarantine for 14 days. This means staying home, monitoring your health, and maintaining social distance from others at all times. You may be asked to monitor your health and watch for symptoms of COVID-19. Notify your doctor if you develop symptoms and seek medical care if your symptoms worsen or become severe.



A Guardian Angel in Your Pocket 8 smartphone apps to make life safer. By Jeff Csatari,
Published in the August/September 2020 edition of Healthy You



BSafe This voice-activated SOS system sends your location to your selected contacts and automatically streams and records emergency video. Features a build-in siren. Android, iOS; free
Dark Sky Weather Provides hyperlocal weather info for the next hour. Don't get caught in a storm! iOS; Onetime fee of \$3.99
First Aid by American Red Cross Contains valuable info on what to do in any common first-aid emergency. Also download free Red Cross apps for emergency weather alerts and expert advice for tornadoes, hurricanes, earthquakes, and floods. Android, iOS; free

Medisafe Medication Reminder Get reminders on your phone for when to take your medication or supplements and when your

supplies are running low Caregivers get real-time missed medication alerts. The app also warns of potentially dangerous drug interactions. Android, iOS; free

ICE Medical Standard It's like a medical alert bracelet on your smartphone's lock screen display, informing first responders of your conditions, allergies, medications and emergency medical contact information. Android, iOS; free

Noonlight Silently calls for help to your exact location with the tap of a button. A trained operator at Noonlight's monitoring center will text and call you to verify the alarm. If you can't talk or don't respond Noon sends 911 an alert including GPS location, profile information and even a picture of you. Android, iOS: free

Snug Safety Made for people who live alone, this app checks on you at a time of day you select. You press a green check mark on the app and receive a quote of the day. If you fail to check in, your emergency contacts are notified. Android, iOS; free

SNAP Pilot Program—AASC 8-2020 www.info@servicecoordinator.org

The U.S. Department of Agriculture (USDA), is administering a pilot program for eligible low-income families to purchase groceries online, recently added 13 new states to the program while three additional states are pending approval. Massachusetts is one of the states in the pilot program.

The pilot program that began last year is currently operational in 18 states and the District of Columbia. The latest expansion to the pilot program enables Americans to follow physical distancing guidelines and help slow the spread of COVID-19.

Once operational, more than 90% of Supplemental Nutritional Assistance Programs (SNAP) participants will be able to purchase food online in 35 states. Participating grocers include Amazon, Walmart, TheFreshGrocer, ShopRite, and Wright's Markets, Inc.



For retailers and states that are not yet able to participate in online purchasing, the USDA recommends utilizing other options that retailers may already provide, such as Pay at Pick-up (also know as "Click and Collect"), where SNAP cardholders can shop online and then pay for their purchase using their EBT card at pick-up. SNAP participants also can add authorized users to their cards to make purchases on their behalf.



Salt Sea

211 Scranton Ave



Building Designations

C

D

B

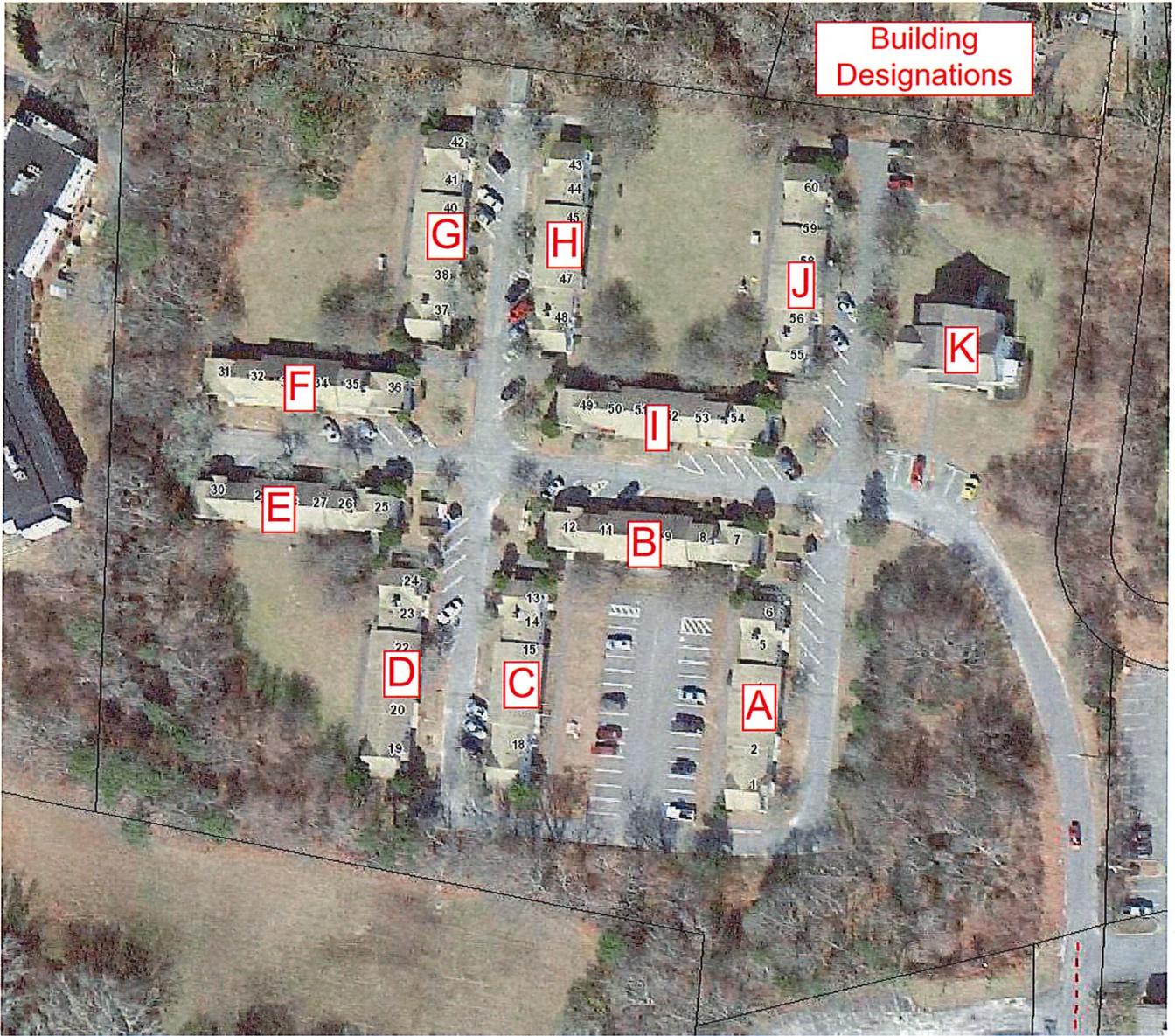
A

CHOATE

230 LAKEVIEW AVE.

Mayflower / Choate

230 Lakeview Ave.



Rose Morin

58 Rose Morin Lane

Notice to Our Salt Sea Tenants

Please refrain from parking on the lawn. The housing authority has received numerous community complaints. Parking on the lawn takes a toll and is costly to repair. Please enjoy the new parking lot that was constructed on your behalf. Vehicles found to be parked on the lawn will be towed at owners' expense.

Ambassadors for new FHA residents

We would like to thank our tenants for their kindness and consideration toward new residents. Your support to your new neighbors goes a long way and could make all the difference in a successful and smooth transition. We want you to know that your kindness does not go unnoticed and is greatly appreciated.

Did you know? It is illegal to obstruct mail from reaching its intended recipient



Under US Code 18 Section 1708, mail theft is defined as the taking any piece of mail that is not your own for any purpose. A piece of mail can be any letter, postal card, package, box or bag. Mail theft can result from stealing from private mailboxes, collection boxes, postal workers or mail trucks.

Residents of the Falmouth Housing Authority have been faced with theft of their mail deliveries throughout the years. FHA discourages all deliveries of packages to the open areas (i.e. tables in the lobby, etc.) but we cannot control how or where the post office or delivery companies such as Fed Ex or UPS deliver mail to. We encourage residents to use post boxes or request alternative delivery options that will better secure their mail. To discourage theft, please request that your pharmacies do not deliver medications to your door when you are not available.

We would like to share a Notice to our Harborview Residents from the Falmouth Postmaster, Damon Nix.

Notice from the Postmaster USPS

Attention All Tenants:

115 Scranton Ave

PLEASE DO NOT TOUCH ANY MAIL OR PACKAGES THAT ARE NOT YOURS!

FHA Activities Packet

By Marie Palmer, Resident Service Coordinator

9/2020

www.falmouthhousing.org

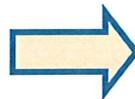
T. (508)548-1977

E. info@falmouthhousing.org

Did you know that doing brain teasers and logic problems can improve short-term memory loss? Challenging your mind with math brain teasers and other types of puzzles keeps the connections between your brain cells sharp. Learning how to solve brain teasers improves your ability to concentrate and focus, too!

Congratulations to everyone who submitted the correct answer to the riddle in the last Activities Packet and got to choose from a variety of prizes.

You walk into a room and on the bed there are 2 dogs, 4 cats, one giraffe, 5 cows and a duck, and 3 chickens flying above a chair: How many legs are on the floor?



The answer is 10.

Bed = 4 legs

Chair = 4 legs

Person standing in the room = 2

Total legs on the floor 10

Try your hand at this riddle



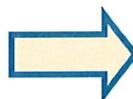
I had \$2.00

My Mom gave me \$10.00

My Dad gave me \$30

My Aunt & Uncle gave me \$100

I had another \$5.00



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 to this riddle will get a prize!

This list of brain teasers with answers will test your critical thinking skills—and even help you improve them—so you can learn how to solve brain teasers even faster thanks to all the practice you’re getting! If you’re ready to put your mind to the test, dive in and see how many of these brain teasers you can solve—*without* peeking at the answers!

1. You left your campsite and hiked south for 3 miles. Then you turned east and hiked for 3 miles. You then turned north and hiked for 3 miles; at which time you came upon a bear inside your tent eating your food! What color was the bear?

White, since the only place you can do that is the North Pole and polar bears are the only kind of bears that live there.

2. There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Heroine

3. You are escaping a labyrinth and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn’t eaten in 3 years. Which exit do you pick?

Exit C. If a lion has not eaten in 3 years, it has definitely starved to death.

4. A man is looking at a photograph of someone. His friend asks who it is. The man replies, “Brothers and sisters, I have none. But that man’s father is my father’s son.” Who was in the photograph?

His son

5. What two things can you never eat for breakfast?

Lunch and dinner

6. What can fly without wings and cry without eyes?

A cloud

7. What is always coming but never arrives?

Tomorrow

8. Everyone in the world needs it, but they usually give it without taking it. What is it?

Advice

9. A window washer fell off a 100-foot ladder but didn’t get hurt. How come?

He fell off the bottom rung.

10. What does a jealous person, a dollar bill and a bed of grass all have in common?

They are all green

11. I can bring a smile to your face I can bring a tear to your eye I can bring a thought to your mind.

What am I?

A memory

If you've never played Sudoku and maybe thought it looked a little intimidating with all those boxes of numbers, take another look it's actually a lot of fun. Sudoku has nothing to do with math. The numbers represent a pattern that could be anything — colors, shapes, letters, or other images. You don't have to come to it with any sort of knowledge beforehand — it's not like a crossword where you have to know trivia.

Sudoku is fun hobby that exercises your brain and gives you a sense of accomplishment. This great *brain game* is fun to play, and anyone can do it. Playing can even help delay dementia by teaching your brain to think in a whole new way.

Sudoku: How to Play

You've probably seen a sudoku in your local newspaper. It's a puzzle that exercises your brain by getting you to think logically about how to place numbers in boxes within a grid. The point of sudoku is not to repeat any numbers while you're filling in the grid. The challenge is figuring out which number fits into which box.

The sudoku grid has nine boxes; within each box are smaller boxes that have nine squares each. Some of those squares will already have numbers in them.

Here are brief rules on how you play:

- * Fill in each square with one digit, using only the numbers one through nine
- * Numbers cannot repeat within an individual box of nine squares
- * Numbers cannot repeat down a column
- * Numbers cannot repeat across a row

While playing these puzzles can offer good exercise and stimulation for the brain, sudoku can also be very relaxing and can bring a real sense of satisfaction from having figured them out!

8				1			2				6		2				
				4			1			8		9			6		5
	2	3		6	8	7					4			8	7		
								7								9	
7				3		1		4		6	7	8		9			
	6				9		3						4		2		
2		6						3	3	7							
			2		7					5				3		1	9
	5		6			9							5				2

Answer Key

6	8	4	7	9	1	3	5	2
5	7	9	3	2	4	6	8	1
1	2	3	5	6	8	7	4	9
3	4	2	1	5	6	8	9	7
7	9	5	8	3	2	1	6	4
8	6	1	4	7	9	2	3	5
2	1	6	9	8	5	4	7	3
9	3	8	2	4	7	5	1	6
4	5	7	6	1	3	9	2	8

5	1	6	3	2	7	9	4	8
7	8	3	9	1	4	6	2	5
9	2	4	5	6	8	7	3	1
1	4	5	2	7	6	8	9	3
2	6	7	8	3	9	1	5	4
8	3	9	1	4	5	2	6	7
3	7	1	4	9	2	5	8	6
6	5	2	7	8	3	4	1	9
4	9	8	6	5	1	3	7	2

When do dogs have 16 legs?
When there are 4

I got my daughter a fridge for her birthday.
I can't wait to see her face light up when she opens it.

What breed of dog can jump higher than buildings?
Any dog, because buildings can't jump.

Why did it get so hot in the baseball stadium after the game?
All the fans left.

What gets wetter and wetter the more it dries?
A towel

Why is it annoying to eat next to basketball players?
They dribble all the time.

Why do bees have sticky hair?
Because they use honeycomb.

Why did the math textbook visit the guidance counselor?
It needed help figuring out its problems.

Why aren't koalas' actual bears?
They don't meet the koalafications.

Why did the M&M go to school?
It wanted to be a Smartie.

Forward I'm heavy, but backwards I'm not. What am I?
ton

What nail should you never hit with a hammer?
Your fingernail

What word is always pronounced wrong?
'Wrong'

Why did the nurse need a red pen at work?
In case she needed to draw blood.

Why isn't your nose twelve inches long?
Then it would be a foot.