



*Meeting Seniors' Needs*

# Newsletter

August 2011

Office Phone: 508-564-7543

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## DATES TO REMEMBER

### Meet for Lunch: August 17<sup>th</sup>

We are reserving tables at the Coonamessett Inn for 11:45 a.m., Wednesday, August 17<sup>th</sup>. Please call the office to reserve a seat. If you find you can attend at the last minute, just come. We'll simply add another chair.

### Next NF Book Club: September 8<sup>th</sup>

NF Book Club will meet at 2:30, Thursday, September 9<sup>th</sup>. The book selection is "The Botany of Desire: A plant's eye view of the world" by Michael Pollan. Please join us if you're interested; call the NF office for location.

### Next NF Board Meeting: September 15<sup>th</sup>

NF Board of Directors will meet at 2:30, Thursday, September 15<sup>th</sup> in the Boardroom at Falmouth Hospital.

## SPECIAL THANK YOU TO VOLUNTEERS

We want to thank all of our committed volunteers who continue to assist our members every day. Our calls for assistance have increased steadily over recent months, and that means that our volunteers are being called on more frequently. We'd especially like to thank the drivers who are providing transportation so that members can do their grocery shopping and get to their appointments when necessary. Thank you very much – from our members and from Ken, Karin, and Phylisanne!

## WHEN YOU REQUEST A VOLUNTEER

Please do your best to give at least 72 hours of notice for any service request in order to allow the assisting volunteer to plan ahead. We try to accommodate last-minute requests but cannot promise that anyone will be available to help without sufficient notice.

## LOOKING FOR SUGGESTIONS

What would you like to see or hear about in the NF newsletter? Would you like to contribute an article or information occasionally? Please let us know your thoughts and suggestions. Thanks.



**Cristina Pingal, Board**

"I'm sending you to college to find a husband," Crissy Pingal was bluntly told by her father. But Crissy had other ideas for her future. Ever since she was a small child, her goal in life had been to Save the World. She thought globally, not locally.

At Clark University in Worcester, she majored in Political Science and International Studies. Her father had been a logistical officer in the Air Force, working in several African countries, and this global outreach appealed strongly to Crissy. Later, at Tulane University in New Orleans, she received her a master's degree in Latin American Studies and Public Health.

It came as a shock for her to realize that the ethnic attitude toward people of color in the U.S. was so different from her own upbringing. Born in Puerto

Rico of an American father and a Puerto Rican mother, Crissy grew up in a culture where the color of your skin had no bearing on your value as a human being or the friends you cultivated. She also grew up completely bilingual, and today she is enthusiastically fluent and accent-free in both English and Spanish.

This fluency in language was an important factor in Crissy's first job at the Boston-based company Management Sciences for Health. For four years, she worked in the Latin America and Caribbean program, traveling extensively and providing program and management support for the project. Crissy was now on her chosen path to Save the World, despite her father's matrimonial aspirations for her future.

When word of her organizational and administrative skills reached the well-known oceanographer Dr. Robert Ballard in 1991, she was invited to join his Jason Foundation for Education in Waltham, MA, first as Assistant Director and then as Coordinator of the Student and Teacher Argonaut Program. This program aimed to excite the interest of young students in the world of science, reaching 250,000 students a year. Later, she became Director of Field Operations, working with Dr. Ballard to organize and manage his many exciting expeditions to sites in Belize, Ecuador, Mexico, Florida Keys, Hawaii, Iceland, and Yellowstone in Montana. It was a job she loved and was eminently suited for, but eventually her father's expectations caught up with her. In 1994 she married David Pingal, who is currently at Teledyne Webb Research, and three years later her son Nicolas was born.

It was in 2003 that tragedy struck Crissy, and Crissy now needed to save herself, rather than the world. What at first seemed like a severe heart attack turned out to be the result of an erratic gene known as the Marfan Syndrome, which surfaced in Crissy's body as an aortic aneurysm that almost took her life.

After she pulled through a 15-hour operation, the doctors were cautiously optimistic, but felt her life would be tenuous and her activities limited. Despite these dire predictions, Crissy has gained tremendous personal strength, grateful for every day when she wakes up, grateful for the gift of her family and friends.

Since 2008, she has worked first as Development Assistant and now as Development Officer for Falmouth Academy. Her energy, her enthusiasm, her sheer joy in living is obvious to everyone who meets her. Amazingly, she has found time to volunteer in projects close to her heart. We are grateful that Neighborhood Falmouth is among them.

### NF/SENIOR DISCOUNTS

Falmouth Taxi Company: 25% discount to Falmouth Seniors. Be sure to ask for the discount if you use their service.

Eastman/Ace Hardware: 10% discount to members of NF on most full priced items and available every day.

Windfall Market: 5% Senior discount every Wednesday.

Family Foods: 10% Senior discount every Wednesday (no deli items or alcohol).

Mahoney's Garden Center: 10% Senior discount every Wednesday.

Dunkin' Donuts: 10% any time—you have to ask.

### ITEMS FOR SALE

**Futon**: light wood frame, beige cover, excellent condition. 79" wide, 36.5" deep in couch position.

**Armoire/entertainment center**: unfinished, excellent condition. 75" high, 24" deep, 41.5" wide. \$175 each or best offer.

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(Photos on craigslist, posted August 1)