



Newsletter March 2024

A Note from the Executive Director

Candice A. Geers



Spring is coming and I, for one, couldn't be more ready for it! Daylight savings begins on March 10 where we "spring" our clocks ahead one hour. The first day of spring is March 19, and those who celebrate Easter will do so on March 31. The Jewish community will celebrate Purim

beginning at sunset on March 23. A very busy month!

March 18 is Global Recycling Day. This event was created in 2018 to help recognize, and celebrate, the importance recycling plays in preserving our precious primary resources and securing the future of our planet. It is a day for the world to come together and put the planet first.

The mission of Global Recycling Day, as set out by the Global Recycling Foundation, is twofold:

1. To tell world leaders that recycling is simply too important not to be a global issue, and that a common, joined-up approach to recycling is urgently needed.
2. To ask people across the planet to think resource, not waste, when it comes to the goods around us.

We can all help our planet by recycling. For a comprehensive guide to what/what not to recycle, please visit <https://nausetdisposal.com/republic-falmouth/>

Call the office if you would like more info or assistance with recycling in your home.

Member Profile: Frances Buehler

By Bill Laberis
NF Board of Directors

*Resilient. Undaunted.
Unbroken. Determined.
These are not words you
might readily associate with
the slight, 85-year-old
Woods Hole woman
pictured here. But Frances
Buehler is all that, and*



much more. She woke up 50 years ago to suddenly find herself totally deaf. She was responsible for her three children, aged seven and under. And soon thereafter when her husband left them all unannounced – for good – with no financial support, she rolled up her sleeves and took full control of her life, against all odds.

Q: What was your early life like?

A: I was raised in Washington DC, right in Georgetown before it was 'snazzy.' My grandfather was one of the founders of MBL in Woods Hole so my brother Matt and I would summer there with my mother and loved it. My dad stayed in Washington where he was an artist and got some sort of role from Pres. Kennedy, working in the arts.

Q: Did you go to college?

A: Yes, at Illinois College in Jacksonville Ill. I graduated with a degree in education and history. I taught for a little while then got married in 1960 to Jerry. We went to New Jersey for his grad school and had my first child, a son Matt. Then we headed back to Washington for several years.

Continued on page 2

Frances Buehler, *Continued*

Q: How did you end up permanently in Woods Hole?

A: One day Jerry came home and said, “I quit my job. Do you want to go to Maine or Woods Hole?” That was easy for me! Woods Hole it was. We got there in 1973, the first year of the Road Race. I started running when I was forty and ran until I was 70. We rented the house I live in now and eventually bought it – for a mortgage of \$250 a month for 20 years.

Q: The good times did not last, right?

A: I woke up one morning at age 33 and was completely deaf. No warning at all. I could not talk on the phone. I could not communicate with my children or the outside world. Not long after, my husband left me, just like that. Eventually I divorced him but never got any money from him. I had to do something. I had to make things good for my kids.

Q: What did you do?

A: I got a job as a baker at the Fishmonger Cafe, a popular spot right near the start line for Road Race. That was a job I could handle being deaf because I really didn’t have to communicate too much with others. I showed up every day and went to work. I had to drive an automatic transmission car because I couldn’t hear the engine revving to shift. I had to relearn everything. To help me with my kids, especially summers, I had some female borders who helped a lot.

Q: You did not stop at baking, right?

A: That’s right. Eventually I bought the building. I was told that wasn’t a good idea, but I bought it anyway, I think for maybe \$100,000. I hired people to manage the restaurant because I had limitations of what I could do. The staff had to learn to communicate with me, which they did. It was quite an effort. Then in 1980 I got a Cochlear hearing implant. It is not like a hearing aid, but it allows my brain to detect certain noises that eventually I learned to recognize and associate with actual sounds, like warning signals. That helped a lot, along with closed caption TV!

Q: Did you continue working?

A: I had to. I had my children to take care of. I worked at the Fishmonger until I was sixty-eight. I then leased the building and today it is leased to the owners of the Water Street Kitchen. I own my home, another small home in Woods Hole, and the restaurant building. My kids are grown.

March Happenings

For transportation or to RSVP please call the Neighborhood Falmouth Office at 508-564-7543.

Author Talk: Oren Kessler

Monday, March 11 via Zoom at 1:00 PM

Falmouth Jewish Congregation presents the author on his book **Palestine 1936: The Great Revolt and the Roots of the Middle East Conflict**. Register by email to fjcoffice@comcast.net.

Cape Symphony Presents: Celtic Session

Saturday, March 23

6:30 PM Session / 7:30 PM Dance
Cape Symphony Falmouth Campus
60 Highfield Drive, Falmouth

This very special gathering in the Celtic tradition features a session with Chatham fiddler Rose Clancy, followed by a community dance led by traditional dance caller Summer McCall, with live music by Cape Cod’s Kelly Family Band. Tickets at capesymphony.org.

Member & Volunteer Lunch

Wednesday, March 27 at Noon

Flying Bridge, 220 Scranton Ave

Order from the menu and pay for your own. No separate checks, please try to bring cash. RSVP to the office if you plan to attend and/or need a ride. RSVP is very important for restaurant setup.

Dr. Michael Bihari on Plant-Based Diets & More

Wednesday, March 27 at 1:30 PM

Falmouth Public Library

Join NF for a nutrition-focused talk “Everything Miss Piggy Does Not Want You to Know About Your Microbiome, Blue Zones, and Plant-Based Diets!”

Frances Buehler, *Continued*

Matt (oldest child) is a lawyer in Boston. Victoria has three children and lives in Arizona. And my youngest son, Joe, is in Illinois. I had to give up driving so it is tough living here as I get older.

Q: Does Neighborhood Falmouth help?

A: Oh yes. I can get groceries and go to the doctors for medical appointments. It’s still hard but I want to stay in my own home. I hope my youngest son might consider moving here with me.

The following is excerpted from Dr. Michael Bihari's March *Falmouth Enterprise* column, "Aging in Place: Three Falls and You're Out". The column appears monthly.

Some Disconcerting Facts

- Falls are the leading cause of fatal and nonfatal injuries in people over 65!
- Every 20 minutes an older adult dies from a fall in the US.
- 95 percent of hip fractures are caused by falling.
- Falls are the most common cause of traumatic brain injury.
- Over 800,000 seniors a year are hospitalized because of a fall injury.

Why Do Older Adults Fall?

Falls are typically caused by a combination of risk factors that lessen your ability to safely and securely maneuver in your environment. Common fall risk factors include:

- Your eyesight, hearing, and reflexes are not as sharp as they were when you were younger.
- Lack of exercise causing muscle weakness.
- Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance.
- Medications can increase your risk of falling because they cause side effects like dizziness or confusion; the more you take, the more likely you are to fall. Certain medications strongly increase your chances of falling, including pain killers, sedatives, sleeping pills, and antidepressants. Additionally, medications used to treat hypertension can lower your blood pressure, which increases your chances of falling.
- Postural Hypotension: Blood pressure that drops too much when you get up from lying down or sitting.
- Confusion; if you wake up in an unfamiliar environment, you might feel unsure of where you are.
- Brain or mood disorders, including dementia, Alzheimer's disease, Parkinson's, depression, or anxiety and the medications used to treat them.
- Urinary incontinence or having to urinate so often that it requires many urgent trips to the bathroom especially at night.
- Risks in your environment such as uneven ground, clutter in the yard, or ice and snow; incorrect use of walking aids such as canes or walkers; and, loose carpets or wires, dark stairways or corridors, or water on the floor. Additionally, living in a cluttered home could cause difficulty in navigating through your home, which could lead to a trip and fall.

Make Your Home Safe from Falls

More than 60 percent of falls happen at home, where we spend much of our time and tend to move around without thinking about safety. There are many changes you can make to your home to help you avoid falls and ensure your safety.

- Keep cords away from areas where you walk
- Remove loose carpets and rugs or tack down the carpets and only use rugs with non-skid backing
- Add lights in dimly lit areas and at the top and bottom of stairs
- Use nightlights in bedrooms, halls, and bathrooms
- Clean up clutter, especially near staircases
- Put handrails on both sides of any steps or stairs in or outside of your home
- Add "grab bars" near the toilet and bathtub, and no-slip decals or a rubber mat in the tub or shower
- Wear firm shoes with a back and a good grip on the bottom
- Avoid loose slippers or socks



March Birthdays

Volunteers

Elizabeth Campochiaro	Mar	4
Michael McNaught	Mar	4
Annemarie Scacca Currie	Mar	5
JoAnn Fishbein	Mar	10
James Orphanos	Mar	14
Neil Keras	Mar	15
David Hulburt	Mar	18
Van Smick*	Mar	18
Susan Richman	Mar	19
John Rest	Mar	20
Sue Silvia	Mar	20
John Nolan	Mar	21
Carol Chittenden*	Mar	25
Maddie Hjulstrom	Mar	26
Eric LeBlanc	Mar	27
Mary Healy	Mar	29
Chris Polloni	Mar	29

**Both a volunteer and a member*

Members

Donna Eaton-Mahoney	Mar	2
Gretchen Rittershaus	Mar	4
Dr. Carol Suitor	Mar	4
Alana Moore	Mar	8
Van Smick	Mar	18
Natalie Bowker	Mar	19
Kathy Moriarty	Mar	19
Carol Chittenden	Mar	25
Joanne Blum-Carnevale	Mar	26
Lillian Heffernan	Mar	27

In Memoriam

For those lost recently

Adell Rawson



A Special THANKS! to Our Sponsors

- Beatrice A. Bunker Architecture
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- Cape & Islands United Way
- Cape Cod Church
- Cape Cod Healthcare Foundation
- Duncan Hearing Healthcare
- Falmouth First Congregational Church
- Falmouth Podiatry
- Falmouth Toyota
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- Hermann Foundation
- James E. and Catherine Schea Lloyd Foundation
- Lyndon Paul Lorusso Charitable Foundation
- MacDougalls Cape Cod Marine Service
- Martha's Vineyard Bank
- Mid-Cape Home Centers
- Ophthalmic Consultants of Boston
- Paul and Betty G. McDonald Foundation
- Royal Health Group Charitable Foundation
- Suzanne Gnospelius
- The Bilezikian Family Foundation
- The Cape Cod Foundation
- The Cooperative Bank of Cape Cod Foundation
- The Mildred H. McEvoy Foundation
- Valle Group
- Waquoit Congregational Church
- West Falmouth Market
- Woods Hole Foundation

Welcome

Our Newest Volunteer:

Margherita Perillo



Healthy Living for Seniors



By Dr. Michael Bihari

President, Neighborhood Falmouth Board of Directors

As we age, maintaining a healthy lifestyle, including good nutrition, appropriate physical exercise, and avoiding loneliness can be difficult for many of us. Each month, Neighborhood Falmouth will focus on a health topic of importance for seniors, supply information about Aging in Place, and provide a healthy seasonal recipe.

March is National Nutrition Month — Eat Healthy!

National Nutrition Month is an annual education and information campaign created by the Academy of Nutrition and Dietetics and supported by the U.S. Food and Drug Administration (FDA). Using the Nutrition Facts Label on food products, the FDA website has information to help you make informed food choices that can have positive effects on your health. This includes a section specifically for older adults that you can access at: www.fda.gov/food/nutrition-facts-label/using-nutrition-facts-label-older-adults

Eat More Plants! — Benefits of a Plant-Based Diet

Going plant-based isn't as difficult as you might think and the benefits could be life-changing.

Research studies have found that people who eat mostly plant-based foods but also have some meat, poultry, fish, eggs or dairy in their diet may be able to lower their risk of high blood pressure, heart disease, diabetes and obesity. And healthy plant-based diets have been associated with increased longevity and improved quality of life.

According to cardiologist Dr. Laurence Sperling, founder of the Emory Center for Heart Disease Prevention in Atlanta, "Eating a predominantly plant-based diet is safe and there are very clear health benefits at whatever point in life you begin to make those changes."

Going plant-based can seem tricky. There isn't one official plant-based diet; all you need to do is adjust your eating habits to include more fruits, vegetables, whole grains, and legumes while eating fewer animal products and highly-processed foods. **There's no pressure to follow strict rules or give up hamburgers forever.**



For More Information

Join us in the Hermann Foundation Meeting Room at the Falmouth Public Library on **March 27 at 1:30** for a nutrition-focused presentation "Everything Miss Piggy Does Not Want You to Know About Your Microbiome, Blue Zones, and Plant-Based Diets!"

One of the principles of Aging in Place is to remain healthy so you can enjoy staying in your home and community. Learn about the latest healthy nutrition trends and some not-so-healthy diet advice from reigning diva, Miss Piggy!



Following a nutritious diet as you age is one of the best things you can do for your health. Good eating habits can help prevent many health problems, including heart disease, stroke, diabetes, and obesity. It may also keep these conditions from getting worse and make it easier for you to age comfortably in your home.

Age-related physical changes and personal circumstances can impact healthy eating. As we get older, particularly after the age of 65, eating healthy can become more challenging. Medical conditions and some medications can cause loss of appetite or make it difficult to prepare meals.

The death of a spouse can lead to loneliness and depression that can result in a lack of interest in taking care of yourself, not to mention the added stress of adjusting cooking habits for only one person instead of two.

Additionally, the loss of independence, especially no longer being able to drive, can make it harder to shop for and cook healthy foods. This can make some older adults more reliant on packaged and prepared foods that are not nutritionally complete.

If you are concerned about any eating issues be sure to talk with your healthcare provider about how to eat right based on your unique medical history and overall personal health profile. For example, if your blood pressure drops when you stand up you may need a diet slightly higher in salt.

One of the Aging-in-Place benefits of Neighborhood Falmouth membership is access to rides to go grocery shopping. A volunteer can assist you in the supermarket or pick up and deliver food if you cannot go out. If you are having problems preparing meals, buying food because of financial issues, or want someone to be with you while eating, call the Neighborhood Falmouth office, and our staff will help you find appropriate help.

From Dr. Mike's Kitchen

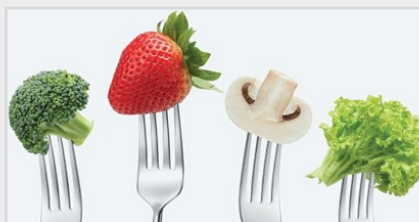
March can bring cold dreary days to the Cape. Warm up with this hearty, easy-to-make, plant-based soup.

Slow Cooker Split Pea & Cherry Tomato Soup

- 1 lb dried split peas, sorted and rinsed
- 3 carrots, chopped
- 2 celery stalks with leaves, chopped
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 cup halved grape tomatoes
- 1 bay leaf
- 1 teaspoon dried parsley or 1/4 cup chopped flat-leaf parsley
- 1 teaspoon dried oregano
- big pinch kosher salt and fresh ground pepper to taste
- 4 cups vegetable broth
- 2 cups water



Add ingredients to the slow cooker, starting with the split peas on the bottom. Cook on High for 4-5 hours or Low for 8-10 hours. Stir well to combine ingredients before serving. Taste for salt and pepper. Remove the bay leaf before serving. Makes 6 servings.



Recipe Health Tip

Each serving of this stick-to-your-ribs soup provides about 300 calories, 18 grams protein, and 25 grams fiber. Great for your heart, your muscles, your bowels, and your soul!