



Newsletter April 2024

A Note from the Executive Director

Candice A. Geers



April is National Volunteer Month and we certainly have a lot of volunteers to recognize, celebrate and thank profusely! Our volunteers provide around 80 services per week and what we hear so often from our volunteers is that they get more out of the experiences than they give. The ancient quote "A generous man will prosper, he who refreshes others

will himself be refreshed" from Proverbs speaks to this point.

Harvard researchers say that people over 50 years old who volunteer for about two hours weekly have a considerably lower risk of death. They're also less likely to develop physical impairments and exercise more frequently. All of these benefits naturally lead to a stronger overall well-being versus people who do not volunteer.

Dr. Stephen Post is a researcher, opinion leader, medical school professor, and best-selling author who has taught at several leading universities. Among other things, he is widely known for his research on the ways in which giving can enhance the health and happiness of the giver. Based on extensive research, volunteering richly deserves a place on his short list of critical prescriptions for health and well-being. The challenge now is to follow the sage wisdom of Mahatma Gandhi who advised that "The best way to find yourself is to lose yourself in the service of others."

Neighborhood Falmouth is seeking new volunteers as our waiting list is long. If you can volunteer, or know anyone else who can, please contact us.

And, most importantly, thank your volunteers for their service this month and all year long.

Member Profile:

Julie Child

By Bill Laberis
NF Board of Directors



Julie Child recalls that, even as a young girl, she "always liked to draw plants and animals." Little did she know then that she would later become a professional biological illustrator, with her work now preserved forever in many books, journals, and pamphlets. A love of science and nature runs

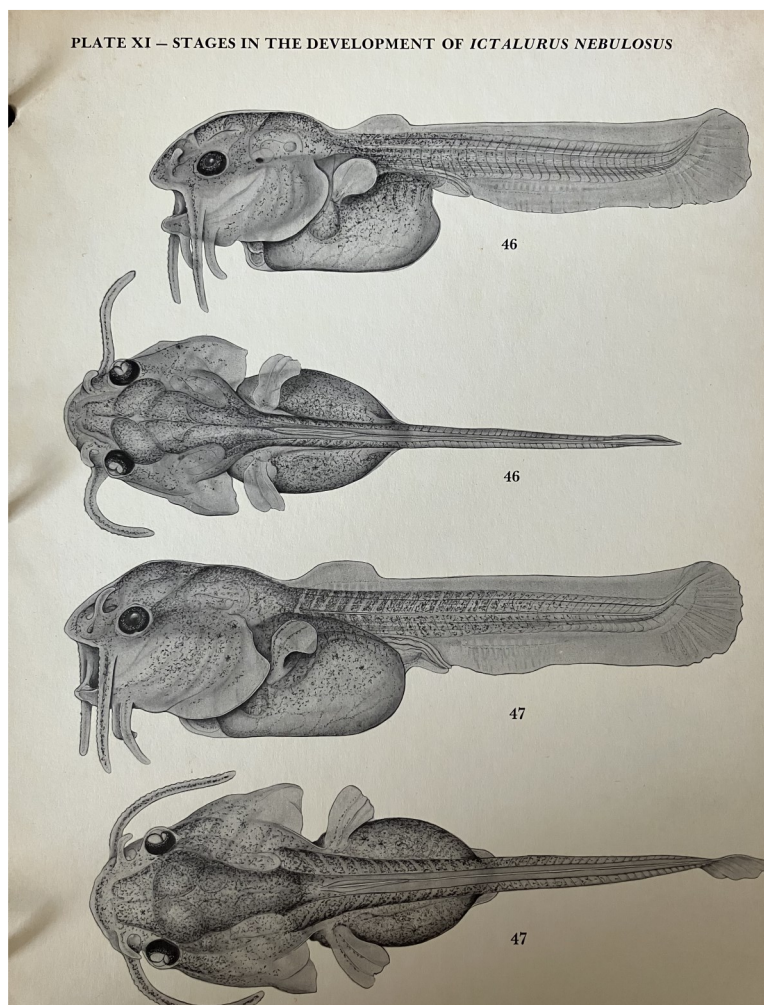
deeply in her blood. Her father went to MIT, and each of her three children participates in the sciences. And her association with Marine Biological Laboratory (MBL) and the Children's School of Science in Woods Hole spans decades. Today at 89, her office area and desk remain packed with natural specimens she has collected, scores of books, and hundreds of drawing pencils at the ready.

Q: What was your early life like?

A: I was raised outside of Philadelphia. During the war, my father worked for the Navy as a researcher but did not like all the red tape. He went to work at MIT on the development of radar, and the family moved to Newton. I graduated high school and felt I needed an adventure. That meant heading west to Mills College in Oakland, California where I majored in philosophy and biology.

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Julie Child, *Continued*



Q: Did you get a job?

A: Yes, at MBL working for the director there, who was studying the development of fish embryos and its effect on their behavior. I had to produce a drawing of an embryo at various stages at the rate of one every half hour, for 12 hours. Then it was one every hour for 12 hours. These were published in the director's book. Actually, I had worked previously at MBL summers as a chambermaid. At the end of that summer, I had earned \$100! It seemed like a lot then.

Q: Did you work there long?

A: Four years, then I got married to Frank, who was a biological investigator at MBL. We moved to Chicago, where Frank was a biology professor at Univ. of Chicago, then to Hartford where he taught at Trinity College. While there I taught biological illustration part time at Sarah Lawrence College.

Q: What happened next?

A: We started our family, and I continued to work on a contract and freelance basis. In 1994 he retired from teaching, and we moved to Woods Hole permanently. Frank continued at MBL, doing research on the effects of lead on the learning abilities of sea slugs, basic research that had much wider use later. I continued freelancing with my illustrating for biology texts and journals, and began teaching adults nature drawing in 2004, which I stopped last year. I also taught biological illustration for 17 years at the Children's School of Science here in Woods Hole. I designed their logo as well as tee shirts. My work has also been on exhibit at the Cahoon Museum of American Art in Cotuit.

Q: Did you children catch the science bug as well?

A: Yes. Son Malcolm is a mechanical engineer. Alice is a computer programmer. And Rachel is a veterinarian who does basic research on animals. I have five grandchildren, and two of my children live here in Falmouth. I've been lucky.

Note: Julie Child's work is being exhibited throughout the spring and summer at the MBL in the Meigs Room at the Swope building.



April Happenings

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

Volunteer Appreciation Lunch

Thu., April 11

12:00 PM

Waquoit Congregational Church

All volunteers welcome! RSVP to the office if you can attend.

KabuJazz Ensemble featuring Candida Rose

Sun., April 14

3:00 PM—5:00 PM

Cape Symphony, Falmouth campus
60 Highfield Drive

Born and raised in New Bedford, Massachusetts, Candida Rose Baptista is a 2nd generation American-born Cape Verdean. She is a vocalist, song-writer, entertainer, music and cultural educator, as well as a mother and grandmother.

Falmouth Public Library Talk: Loneliness

Thu., April 18

1:00 PM—3:00 PM

Falmouth Public Library

Member & Volunteer Lunch

Wed., April 24

12:00 PM—1:30 PM

Moonakis, 460 Waquoit Highway

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

YARD CLEANUP SIGNUPS

We will be organizing a few groups of volunteers to do light yard cleanup – picking up branches, raking leaves, etc.

Dates/times to be determined

Call the office if you're interested!

508-927-1678



NOTICE

of ANNUAL MEETING

**Thursday, April 25
10 AM**

508-564-7543

All are welcome & members are encouraged to attend.
Ballots were mailed to all members.
Vote by mail or in person.

RSVP and let us know if you need a ride by April 12

West Falmouth Public Library - Community Room
575 W Falmouth Hwy (28A)

PARKING AVAILABLE

SPRING SOIREE 2024

THERE'S NO PLACE LIKE HOME

FRIDAY, MAY 3

at

FIVE O'CLOCK

COONAMESSETT INN

FALMOUTH



For tickets, call 508-927-1678
or visit www.neighborhoodfalmouth.org





April Birthdays

Volunteers

Michael Bihari	Apr	1
Margherita Perillo	Apr	4
Frances Shibata	Apr	4
Janie Girolamo	Apr	5
Dorene Sykes	Apr	5
Edwin Gale	Apr	8
Brian Switzer	Apr	11
Dan Leader	Apr	12
Jennifer Linville	Apr	14
Mary Pat Mackenzie	Apr	20
Helen Scally	Apr	20
Mary Sholkovitz	Apr	22
Holly Sundquist	Apr	25
Christine Way	Apr	30

Members

Cynthia Hurley	Apr	4
Sheila McDonough	Apr	7
Kathy Bass	Apr	9
Nancy Hayward	Apr	9
Susan Bolton	Apr	12
Jean Upton	Apr	14
Celia Brown	Apr	17
Francine Reed	Apr	17
Marjorie Primavera	Apr	19
Virginia Ligotti	Apr	25



A Special THANKS! to Our Sponsors

- Beatrice A. Bunker Architecture
- Caithness Foundation
- Cape & Islands United Way
- Cape Cod Church
- Cape Cod Healthcare Foundation
- Duncan Hearing Healthcare
- Falmouth First Congregational Church
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- Falmouth Toyota
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- Lyndon Paul Lorusso Charitable Foundation
- MacDougalls Cape Cod Marine Service
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- 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



Our Newest Volunteer:

Dennis Walsh

Our Newest Members:

Lisa Dunne

Brenda Nolan

Bernie Nolan



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.

April is Distracted Driver Awareness Month — Drive Safely!

Distracted Driving Awareness Month is an annual education and information campaign created by the U.S. Department of Transportation. Although promoting recognition of accidents caused by texting, talking on the phone and social media use, seniors also have age-related issues that can make it more difficult to drive safely.

Safe Driving for Older Adults

Although many of us value the independence of still being able to drive, some of the changes due to age — including medical conditions — can alter our ability to drive safely. According to the National Institute on Aging, the following common health issues and medication side effects may influence our driving skills:



Stiff joints and muscles: These changes can make it harder to turn your head to look back, turn the steering wheel quickly, or brake safely.

Trouble seeing: It might be harder to see people, things, and movement and it may also take longer to read street or traffic signs. At night, you may have trouble seeing things clearly. Glare from oncoming headlights or streetlights can be a problem. Eye diseases, such as glaucoma, cataracts, and macular degeneration, as well as some medications, can also cause vision problems.

Trouble hearing: As you grow older, your hearing can change, making it harder to notice horns, sirens, or even noises coming from your own car. These sounds warn you when you may need to pull over or get out of the way, or when there is a possible mechanical issue with your vehicle.

Medications: Some medications can make you feel drowsy, lightheaded, or less alert than usual, which can make driving unsafe.

Slower reaction time and reflexes: As you get older, your reflexes might get slower, and you might not react as quickly as you could in the past.

Some medical conditions make it unsafe to drive: The uncontrollable movements and loss of coordination and balance due to Parkinson's disease make it unsafe to drive. Also, the loss of control of limbs or other movement limitations following a stroke can mean it is no longer safe to drive.

Dementia and Driving: In the early stages of Alzheimer's disease or other types of dementia, some people are able to keep driving. But as memory and decision-making skills get worse, they will likely need to stop. People with dementia often do not know they are having driving problems.

Safe Driving Resources

The Neighborhood Falmouth website has a resource page "When Should Older Adults Stop Driving?" The page (accessible at www.neighborhoodfalmouth.org/family-issues) provides access to the following:

Safe Driving for Older Adults - Detailed information from the National Institute on Aging.

Age and Driving - Safety Tips and Warning Signs for Older Drivers. Information from HelpGuide.org.

We Need to Talk - Family Conversations with Older Drivers. In-depth information from Hartford Insurance and the MIT Age Lab.

Drivers 65 Plus Check Your Performance: A Self-Rating Tool with Facts and Suggestions for Safe Driving from the AAA Foundation for Traffic Safety. You can print the quiz and rate yourself on your ability to continue being a safe driver.

Maintaining mobility is a critical element of aging in place. As we give up the keys to our cars, access to reliable transportation becomes increasingly important. Limits to our ability to travel for essentials or social activities can significantly impact our quality of life.

Along with living in a safe home environment, reliable and affordable transportation is crucial for seniors ability to access essential services such as healthcare appointments, shopping for food, picking up medications and engaging in social activities.

Access to transportation facilitates socialization and community engagement, which are crucial for mental and emotional well-being. Limited transportation options can lead to social isolation and feelings of loneliness and depression.

Seniors are a vital part of a thriving and healthy community and easy access is essential to support aging in place.

One of the many aging-in-place benefits of Neighborhood Falmouth membership is access to rides to healthcare appointments, grocery shopping, and social activities. Rides are provided by volunteers who engage with members in ways different from a paid taxi or Uber driver. In fact, about 65% of all services provided by Neighborhood Falmouth is for transportation. The average cost of a one-way taxi ride or Uber within Falmouth is \$22 to \$27, with a waiting time fare of \$26 per hour.

From Dr. Mike's Kitchen

April is the first full month of spring and a good time to enjoy seasonal vegetables. This healthy plant-based dish has all the flavor of the Mediterranean and is packed with flavor and fiber!

Asparagus & Chickpea Tabbouleh

1/3 cup bulgur
1 pound asparagus, trimmed & sliced
1 small tomato, chopped
15 ounce can chickpeas, drained & rinsed
1/4 cup chopped flat-leaf parsley
2 scallions, thinly sliced
2 tablespoons finely chopped mint
2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
Kosher salt
Freshly ground pepper



Bring a saucepan of water to a boil. Add the bulgur and cook until tender, about 10 minutes; drain. Transfer to a large bowl.

In a small pot of salted boiling water, blanch the asparagus for 2 minutes. Fill a medium size bowl halfway with water and put in several ice cubes. Drain the asparagus and put in the ice water to stop further cooking. Drain well.

Combine the asparagus with the bulgur, tomato, parsley, scallions, mint, olive oil and lemon juice and toss. Season with salt and pepper. Makes 4 servings.

Recipe Health Tip: Each serving of this middle-eastern delight provides about 200 calories, 8 grams protein and 8 grams fiber. Great for your heart, your muscles, and your gut microbiome!!