



Neighborhood Falmouth
 PO Box 435
 Falmouth, MA 02541

Recipient's Address



January Neighborhood Happenings

SUN 12	10:00 AM - 3:00 PM	January with Jane—A Jane Austen Tea & Tour Falmouth Historical Society/Museums on the Green present Tea and Trivia along with a tour of the Wicks House comparing and contrasting Austen's characters to Falmouth figures. Tickets at museumsongreen.org . \$45 for non-members or \$30 for members.
THU 23	10:30 AM	Birthright Armenia: One Family's Personal Encounter with Armenia Falmouth Chamber of Commerce CEO/President Michael Kasparian, his wife Daria, and their daughter Phoebe present an illustrated talk on their time in Armenia. Free and open to the public. Register at www.falmouthjewish.org .
THU 23	5:30 PM - 7:30 PM	Member-Volunteer Meet for Lunch at (hopefully) Silver Lounge We hope to do another lunch at this NF favorite, but will choose another spot if necessary. Order from the menu and pay for your own. RSVP to the office at 508-564-7543 or volunteer@neighborhoodfalmouth.org if you plan to attend and/or need a ride.
WED 29	1:30 PM - 2:45 PM	Author Talk: Dr. Bob Reese Falmouth Public Library: Hermann Room NF and FPL present retired pediatrician, novelist, and former Neighborhood Falmouth board member Bob Reese, who discusses his novel About Ben .

Did you know?

Having a buddy to check on you can provide connection and peace of mind. Our NF volunteers can do daily or weekly phone checks. Just give us a call at 508-564-7543.



Neighborhood Falmouth News

January 2025

A Note from the Executive Director: Candice A. Geers



Let's move and groove!

Happy New Year! Let's make a plan to be active in 2025 because there are **so many** good reasons to do so. According to a recent study by Baylor University, regular movement can reduce the risk of falling and frailty, help maintain weight, lower the risk of chronic diseases like heart disease and hypertension, and improve control of diabetes. It can also help strengthen bones through weight-bearing exercises, reduce the risk of osteoporosis and fractures, improve energy levels, and reduce anxiety and depression. Regular moderate exercise also helps reduce the risk of slow cognitive decline or dementia.

There are excellent local options to consider: the VNA offers Aquatic Conditioning at Atria on Mondays and The Falmouth Senior Center offers several exercise classes from Chair Yoga and Line Dancing to Low Impact Strength Training and much more.

If you are not a member of the Senior Center yet, consider joining as they offer many other social activities such as Bingo, Bridge, Backgammon, and Mahjong to name a few. These activities get you out of the house and moving, provide a great social connection opportunity, and Neighborhood Falmouth is always willing to get members there and back. Movement of any kind will be beneficial – no need to run marathons or lift barbells on a regular basis. You can even turn on your favorite music and sway or dance to the beat – it feels good and it does good!

Just a little movement can make a big difference in your health, so try and do a little something every day. You will be glad you tried it!

Candice

Volunteer Profile: Amy Loewenberg

By Bill Laberis, *Volunteer*

What are the influences that push an individual to dedicate one's life to the service of others through social work? For Amy Loewenberg, that influence was her early family life growing up in Natick, where she credits a "very liberal and compassionate family" as a major driver of her 40+ years of serving the needs of some of society's neediest people. That plus college summers spent working at a settlement summer camp in lower Manhattan. She spent much of her lifetime doing social work in some of the toughest sections of New York City, often in the neighborhoods of low-income elderly and newly arriving immigrants, with a variety of social, economic, and educational needs. Today in Falmouth, she continues this life of service to others as a newly minted board member of Neighborhood Falmouth.

Q: How did you get started in New York?

A: I went to Barnard College as an undergraduate, then completed degree work for a master's in social work across the street at Columbia. To kick off my career, I met the requirements of a licensed social worker in New York state.

Q: What did you do next?

A: After getting my master's, I worked at a senior center in Riverdale (Bronx). Wanting more clinical experience, I was hired as a social worker for Lighthouse International, which was a nationally renowned rehabilitation agency for people with vision loss. After a few years working in the Manhattan headquarters, I was transferred to our Queens facility, where I started as the Director of Independent Living Services and then eventually became the Director of the Queens Lighthouse. While serving all age groups, age-related vision loss brought many older adults into our doors. Working with a team of professionals demonstrated how we were able to help people with vision loss lead independent and productive lives.



Q: What other social service postings did you have?

A: I left the Lighthouse after 24 years and became the Director of Older Adult Services at the Stanley Isaacs Neighborhood House, a settlement house providing services for youth and older adults living in the Upper East Side and East Harlem. My department included a very active senior center, Meals-on-Wheels, case management, counseling, and a socialization program via telephone (before Zoom existed) for homebound seniors.

Q: Did you continue in New York?

A: Yes, and in 2014 I went to work as the Director of Older Adult Services for the Family Health Centers of NYU Langone. Our clients came from a broad group of ethnic backgrounds and new arrivals, including Russians, Chinese, and Hispanics. We had two senior centers, case management for the three senior apartment complexes, transportation service, and a social adult day program.

Q: Are senior services in New York like what's provided here in Massachusetts and in Falmouth?

A: The needs are similar, but when it comes to funding, they are very different. In New York the funding for senior services comes mostly from the federal government and NY state, which funnels funding through the New York Department of Aging. The services provided are free. Here funding is much more localized, a combination of private and public sources, and clients might pay a nominal fee for some services. But you'd never see a place like the Falmouth Senior Center in New York! It is just a phenomenal place for seniors.

Q: When did you finally retire?

A: I retired in 2017. But not from burnout from serving the clients. That was so rewarding. What did eventually get to me was the administrative headaches. Plus I was ready to retire.

Q: During your many years in New York, did the neighborhoods you worked in change very much?

A: They certainly did. Harlem is one example. When I started work in the 1970s, Harlem was a center of black life. Now it is quite gentrified with expensive brownstones. And you have luxury housing backing up to public housing there. Before that it was a big Jewish neighborhood, and a Dutch settlement way back before that. It's that way across New York, very much in places like lower Manhattan in former Chinese and Italian neighborhoods and more recently in Brooklyn.

Q: What about your private life?

A: My husband is Elliot Greene, and he is a very active volunteer for Neighborhood Falmouth, providing lots of rides for seniors to medical appointments and other vital destinations. We have a son, Geoffrey, who lives in New York and works in development for a museum in Harlem. Here in Falmouth I am involved with the Social Justice Committee in my synagogue (Falmouth Jewish Congregation), and both my husband and I sing in the Falmouth Chorale.

For Members and Volunteers: Important Safety and Emergency 911 Procedures Reminder

As we begin this new year, we want to remind our Neighborhood Falmouth community that the safety of our members and volunteers is paramount. As you may recall we have a protocol that includes guidelines about how our volunteers handle emergency situations while fulfilling a member's request.

While with a volunteer, if you fall, sustain an injury or have a health situation that requires medical assistance, the volunteer will call 911. If the medical personnel who respond to the 911 call are not able to treat your situation on the spot, they may recommend ambulance transport to the hospital emergency department. Although you can refuse further treatment or transport, the medical responders have the expertise to assess your condition and make recommendations for further care, if needed.

We have strongly advised the volunteer who has been assigned to you to not take you in their car to any medical facility, such as a doctor's office or Urgent Care facility. The volunteer does not have the medical training to help you if your condition worsens, and by requesting a ride, you may be putting yourself and the volunteer in a difficult situation.

When an emergency occurs while providing a service, our volunteers have been instructed to notify the NF office for further instructions. We ask that you not request that the volunteer deviates from the service they agreed to provide. If any of this is unclear, please call the office at **508-927-1678** to discuss details.



January Birthdays

Members

- Alice Liljestrang 1/5
- Donna Scheer 1/7
- Eleanor Ericson 1/8
- Noreen Greetham 1/8
- William McCormack 1/8
- Maggie Reynolds 1/8
- Edith Ross 1/11
- Nancy Sherwood 1/14
- Joan Watkins 1/15
- Nancy Tucker 1/19
- Marilyn Mugno 1/20
- Kirstin Moritz 1/22
- Eleanor Baldic 1/23
- Martha Kim 1/26
- Anne Parker 1/26
- Helen Ciccolo 1/28
- Carl Bowin 1/30

**Both a member and a volunteer*

Volunteers

- Jennifer Cattin 1/1
- Rose Dunn 1/2
- Vivian Esswein-Leary 1/2
- Wendy Faxon 1/10
- Jodi Freedman 1/10
- Mary Jo Benjamin 1/18
- John Donovan 1/20
- Katherine Jansen 1/22
- *Jacqueline Pratt 1/22
- Marsha Zafiriou 1/23
- Lynne Stack 1/24
- David Crichton 1/25
- Bob Spadafora 1/26
- Beth Finn 1/26
- Elliot Greene 1/31

**Both Member & Volunteer*



welcome

New Members

- Robin Ackroyd
- Paulette Boudrot
- Margaret Gifford
- John Lively

New Volunteers

- Randall Oxley
- Theresa Oxley
- Jim Shannon
- Jennie Taddia



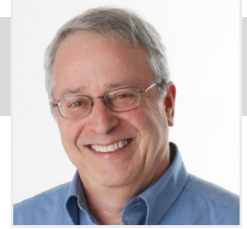
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- The Cape Cod Foundation - Mary & Redwood Wright
- Waquoit Congregational Church
- West Falmouth Market
- Woods Hole Foundation





Healthy Living for Older Adults



By Dr. Michael Bihari

President Emeritus, 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 older adults, supply information about Aging in Place, and provide a healthy seasonal recipe.

Are We Ever Too Old to Make a New Year's Resolution?

As older adults should we make New Year's resolutions? Yes we should. Making a resolution is unquestionably important, because it implies that you are looking forward to the future. A resolution can be simple and meaningful. Maybe it's spending more time with family members, or taking a class at the Senior Center, or volunteering at Neighborhood Falmouth. And a commitment to nourish your soul is an important and achievable resolution. Even small and doable changes can make a big difference in the quality of your life.



Five Suggested New Year's Resolutions

1. **Plan for late-in-life matters:** While it can be uncomfortable, proactive planning can reduce stress for you and your family and it assures that your wishes can be respected. Importantly, discuss your preferences with loved ones and make sure your healthcare proxy, will, and power of attorney are up to date.
2. **Increase physical activity:** Even small amounts of moderate-intensity exercise can reduce your risk of heart disease, improve your balance, help you maintain muscle tone, and boost your mood!
3. **Give back to the community:** Volunteering can reduce stress and improve your mental health by fostering a sense of purpose and connection. Falmouth has many organizations with volunteer opportunities, including Neighborhood Falmouth, the Falmouth Service Center, the Falmouth Senior Center, and VIPS, among others.
4. **Keep up with your health:** Get regular checkups, including an annual physical, dental exam, and eye exam; stay up to date with recommended vaccinations; and if you have a chronic illness, follow your treatment plan.
5. **Embrace technology:** Learn how to use technology such as Zoom to connect with friends and family and to join online educational and social activities. Technology can reduce isolation and feelings of loneliness, and it provides easy and safe access to resources.

Resolve to Have Some Fun!

- Try a new, healthy food each week.
- Try to learn something new every day.
- Find a new favorite dessert and try to make it at home.
- Write in a journal focusing on a memory from your life.
- Listen to some music every day; some favorite oldies or a beloved Mozart concerto.
- Spend more time in nature by visiting one of Falmouth's 300 Committee trails.
- Subscribe to Libby, Kanopy, or Hoopla from the Falmouth Library and enjoy a free movie or audio book.
- Become a member of the Falmouth Senior Center and join a dance or exercise class.
- Be nice to someone everyday: smile at people you pass on the street or in restaurants—it feels wonderful when they smile back
- **VOLUNTEER, VOLUNTEER, VOLUNTEER!**

From Dr. Mike's Kitchen

Start the New Year with a healthy, stick-to-your-ribs bowl of a plant-based soup. When it's windy and cold outside and you need a little comfort, sit down with this interesting soup and a hunk of crusty bread.

Quinoa and Red Lentil Soup

- 1 cup chopped onions
- 1/2 cup dry red lentils
- 1/4 cup tomato paste
- 2 teaspoons minced garlic
- 2 teaspoons curry powder (or 1 teaspoon cumin)
- 6 cups vegetable broth
- 2 cups cooked quinoa
- 1 cup frozen peas (no need to defrost)
- Handful of chopped fresh cilantro (optional)



In a large saucepan, combine all the ingredients except for the quinoa and peas. Bring to a boil over medium-high heat; reduce the heat. Cover the pan and simmer for 20 to 25 minutes or until the lentils are tender and falling apart. Add the quinoa and peas and cook for an additional 5 minutes. If using it, sprinkle some cilantro on top of each serving. Makes 6 servings



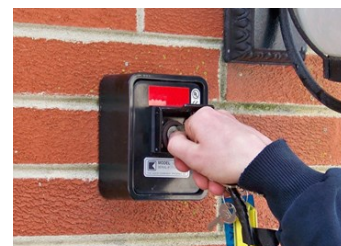
Note: I use Bob's Mills Quinoa, available in most local supermarkets. To cook, follow directions on the package.

Recipe Health Tip: This heart-warming soup is also very good for you. One serving has approximately 190 calories, 10 grams of protein and 6 grams of fiber.

Special Programs Available for NF Members

We are pleased to have received grants for two programs that can help ensure the safety and peace of mind of our members and their families.

Knox Box Program: A Knox Box is a Rapid Access System that involves having local first responders install a small key safe to the exterior of your home, generally next to your main entry door. You supply a house key, first responders hold a special key to the Knox Box, and in the event of an emergency, first responders are, if necessary, able to enter the home quickly without causing damage to the door or home.



Medical Alert Devices: We can help you determine what device or devices fit your situation, and we will provide and pay for a wearable device that ensures that if you fall or otherwise need to call for help, you are covered. We will also help you set up and understand the device.

If you have any questions or if you are interested in either of these two programs, please give us a call in the office at **508-927-1678** or stop by Monday-Friday.