



Neighborhood Falmouth
 PO Box 435
 Falmouth, MA 02541

Recipient's Address



September Neighborhood Happenings

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|-----------|-------------|--|
| MON 16 | 4-6 PM | Falmouth Senior Center Annual Open House Learn about programs, activities, and resources available at the senior center as well as other local resources for ages 60+ and their families and caregivers. NF will be tabling at the event. |
| WED 18 | 2-6 PM | Neighborhood Falmouth Open House Come see our awesome new space at 115 Palmer Ave., Unit 2A (in Queen's Buyway). Meet board members and staff, enjoy refreshments, and celebrate the next phase for Neighborhood Falmouth. |
| SUN 22 | 10 AM-12 PM | Outreach Sunday at First Congregational Church Following the morning worship service, by the invitation of FCC, NF and local outreach organizations will gather in the Fellowship Hall for coffee and to share information about their organizations. |
| WED 25 | 12-1:30 PM | Member & Volunteer Lunch: Liam Maguire's Order from the menu and pay for your own. To simplify checkout, please bring cash instead of credit/debit cards. RSVP to the office at 508-564-7543 if you plan to attend and/or need a ride. RSVP is key for restaurant setup. |
| THU 26 | 1:30-3 PM | AUTHOR TALK: Volunteering to Improve Your Community & Mental Health Dr. Roger Landry, preventive medicine physician, author of the award-winning <i>Live Long, Die Short</i> and NF board member, speaks on longevity and the role volunteerism can play in that journey. Free and open to the public. Register at info@falmouthpubliclibrary.org or call adult services at 508-457-2555 x7. |



Neighborhood Falmouth News

September 2024

A Note from the Executive Director: Candice A. Geers

Ahhhhh September. Time to fully enjoy our town again! It's not that we haven't been loving it all along, it has just been a bit of a challenge to get places due to traffic, lots of people, etc. Now we get to bask in the wonderful Fall weather and get out to local beaches and restaurants without crowds. Yay!

Members, if you need assistance to take out your cool and cold weather gear (or put away summer stuff), we can help with that – just give us a call! Most importantly, breathe in and enjoy cool breezes, blue skies, and less traffic.

It's also time to be thinking about Flu shots and the new COVID vaccination coming out soon. There has been a sharp increase in COVID cases here in Falmouth, so check with your health care provider for guidance on these two vaccinations and take precautions to protect your health. And of course, please let the office know if you need a ride to your doctor or pharmacy to get the shots.

We are settling in to our new space in Queen's Buyway, and we invite you to come see it during our Open House on September 18th from 2—6 PM. Please stop in to say hello and meet the staff, a few board members and volunteers while enjoying light snacks and beverages. We'll have room to mingle inside and outside. We hope to see you there. We also encourage everyone to bring a friend or neighbor who might be curious about membership or volunteering.



Candice

Volunteer Profile: Susan Carney

By Bill Laberis, *Volunteer*



Susan Carney's professional life has been one marked by a continuum of "crime and punishment." Not her own transgressions, but rather those of hundreds of hardcore criminals, including many serving life terms for the worst of crimes. These men and women living in America's maximum-security prisons have been the subjects of scores of documentaries that Carney directed or produced for major networks, such as MSNBC, Hulu, HBO Max, Netflix, PBS, and others. Her production and directorial skills have brought both the horror and humanity of inmates as well as their victims to millions of viewers in shows like Lockup, JAILBIRDS, How I Caught My Killer, and Undercover Underage. Today she splits her time between her home in Waquoit and her apartment in Santa Monica – a couple of blocks from the apartment building where the notorious Whitey Bulger was finally caught.

Q: What compelled you to focus your cinematic talents on such an extreme subject as people that committed the worst of crimes?

A: I would say it was my curiosity about the human condition and what drove people to do what they did. I must admit I was captivated by the extremes of their behavior as well and tried to get to "the why" of that behavior through our interviews with them. Many of the projects I have worked on also explore the plight of crime victims and how they survived and often overcame their horrible situations.

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Q: Were there common reasons or roots of their violent crimes that you found during hundreds of interviews?

A: In many if not most cases, the reasons go back to incredibly dysfunctional childhoods marked by horrific things, including rampant physical and sexual abuse. Women tended to be more upfront about the sexual abuse they suffered, but men not so much. It seemed many of them grew up in continuous domestic violence.

Q: What was it like to sit across a table in a facility like California's Corcoran prison and talk to these people?

A: You had to gain a measure of trust with them and be careful not to show any judgment about them or what they did. Then they would start to open up. In some cases, they were handcuffed but often, not. I never sought to minimize the awful things they had done. At the same time, they are human beings, and I believe there can be value in understanding the causes and conditions of someone's behavior.

Q: Any surprises that come to mind regarding hardcore prison life?

A: In the beginning of my career, I asked an inmate in San Quentin about the difficulty getting hold of contraband, like drugs. He said, "It's about as difficult as you putting on your makeup every morning!" I was also surprised at those inmates facing life in prison that manage to turn their lives around while inside. Many take advantage of educational programs and act as positive mentors to younger inmates. Some turn to religion. And others are just non-plussed about their criminal lives, and can be very manipulative, including female inmates.

Q: Got a good example?

A: Yes, Christa Pike, who when she was eighteen brutally killed another teen. Pike became the youngest woman on death row, and many would say she is a psychopath. But she seemed to have sway in the Tennessee prison where she is incarcerated and was regarded by many other inmates like a queen.

Q: Any other unusual prison stories that stick out?

A: In the series *Jailbirds* about incarcerated women, the inmates devise a simple but effective way of using the toilet plumbing both to communicate with one another on different floors, and to exchange contraband by effectively emptying the water from the drainpipes. They call it "toilet talking". A number of women told us, "I fell in love over the toilet" so many romantic relationships started by using this system. We got it all on camera.

Q: Isn't it ironic that your California apartment building was so close to where Whitey Bulger lived?

A: After he was arrested, I learned that he and I went to the same hairdresser, though I never saw him, to my knowledge. So unfortunately, no, I did not get the \$2 million reward for helping law enforcement find him.

Q: With all the stress of your work, where does Falmouth and volunteerism fit into your life?

A: My parents retired here in 1989, and my dad was an active volunteer, including Meals on Wheels. I signed up to volunteer for Neighborhood Falmouth and previously did volunteer work in California for an AIDS project and for a foster care program. Falmouth is just wonderful with friendly, sweet people and a real sense of community. I love it

Did you know we can lend you a Knox Box?

A Knox Box is a small safe that is wall-mounted outside your home to hold keys that fire departments and emergency medical services can access using a master key. This allows non-destructive entry into the building in emergency situations. We have a limited number available. If you're interested, just call the office and let us know, and we will arrange to have one mounted.

508-927-1678

September Birthdays

Members

- Boby Anderson 9/5
- Barbara Gillis 9/2
- Nancy Bucken 9/3
- *Victoria Lowell 9/3
- Annie Outlaw 9/5
- Jim O'Connor 9/8
- Judy Risch 9/8
- Nancy Walbek 9/8
- Lisa Maiella 9/10
- Bob O'Donnell 9/10
- Mia Bluestein 9/12
- Rich Corner 9/12
- *Kit O'Connor 9/14
- Deb Siegert 9/16
- *Susan Loucks 9/17
- Kathleen Mosesian 9/20
- Tom Sbarra 9/20
- Gina Gonsalves 9/22
- John Souza 9/24
- Grace Leva 9/27
- Martha Murphy 9/27
- Elaine Teixeira 9/27
- *Margaret Gifford 9/28
- Ned Pride 9/30

**Board Members*

Volunteers

- Denise Backus 9/5
- Kay Paine 9/8
- Cynthia Ogden 9/12
- Barbara Fletcher 9/13
- Mary Rice 9/13
- Nancy Kaye 9/14
- Tanya White 9/14
- Lee Turner 9/16
- Ian Nisbet 9/16
- Judith Ziss 9/17
- Betsy Boze 9/18
- Joyce Neil 9/21
- Lois Kendall 9/28

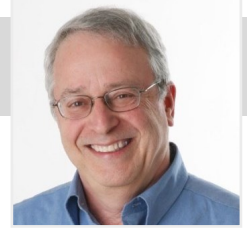
A Special THANKS! to Our Sponsors

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- Cape Cod Healthcare Foundation
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- Martha's Vineyard Bank
- Paul and Betty G. McDonald Foundation
- Royal Health Group Charitable Foundation
- The Bilezikian Family Foundation
- 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.

September is Healthy Aging Month

In the late 90s, the U.S. Senate passed a resolution declaring September as Healthy Aging Month, an annual observance designed to focus national attention on the positive aspects of growing old. As we age, our minds and bodies change. Having a healthy lifestyle can help you deal with those changes.

With many of the summer tourists gone and the onset of the Cape's beautiful fall weather, September is an ideal time to re-invent yourself physically, socially, and mentally. It's a great time to do something positive for yourself. A healthy lifestyle for older adults includes:

Eat a healthy diet. As we age, our dietary needs may change. We may need fewer calories, but still need to get enough nutrients. A healthy eating plan includes eating foods that give you lots of nutrients without a lot of extra calories. This includes fruits and vegetables, whole grains, lean meats, low-fat dairy, nuts, and seeds. Avoid highly processed foods.

Get regular physical activity. Being physically active may help you maintain a healthy weight and avoid chronic health problems. How much exercise you need depends on your age and health. Check with your primary care provider on what is right for you.

Maintain a healthy weight. Being either overweight or underweight can lead to health problems. Ask your primary care provider what a healthy weight for you may be.

Make your mental health a priority. Work to improve your mental health, for example by practicing meditation, using relaxation techniques, or gratitude. Know the warning signs of a problem and ask for help if you are struggling.

Participate in activities you enjoy. People who are involved in hobbies and social and leisure activities may be at lower risk for some health problems. Doing things that you enjoy may help you feel happier and improve your thinking abilities.

Play an active role in your health care. Make sure you get regular checkups and the health screenings that you need. You should know all the medications you are taking, why you need them, and how to take them properly.

Take steps to prevent falls. Older adults have a much higher risk of falling, and you are also more likely to fracture a bone if you fall. To lower your risk of falling, get regular eye checkups, stay physically active and make your house safer.

Participate actively in your community. Volunteering is one of the best things you can do for your physical and mental health. There are numerous volunteer opportunities in Falmouth.

Aging in Place—Need Some Help? Call Us!

Some of the Aging-in-Place benefits of Neighborhood Falmouth membership are: access to rides to healthcare and other appointments or your favorite exercise facility, well-being visits, home safety inspections, and access to reliable health information. Need a ride to your primary care provider or neurologist? Call us!

Need a ride to the Falmouth Farmer's market for freshly picked apples or your favorite supermarket to buy ingredients to make this month's recipe. Call us! Need some help making this month's recipe? Call us! 508-564-7543

From Dr. Mike's Kitchen

It's September—Time to Go Apple Picking!

This easy to make and healthy applesauce is delicious. The slow cooking brings out the sweetness of the apples and you will not need any additional sugar. So go apple picking and bring in the Crockpot from the garage!

Slow Cooker Applesauce

- 3 lbs apples (mixed)
- 1/4 cup water or no sugar-added juice
- 2 tablespoons lemon juice
- 2 cinnamon sticks
- A pinch of salt

Peel, core, and slice the apples, placing them in the slow cooker. Toss with lemon juice, then add water, salt, and cinnamon sticks. Cook on high for 2-2.5 hours or 4-4.5 hours on low, or until apples are tender and cooked through. Use a potato masher or a stick blender to reach desired consistency. Store in fridge for up to two weeks or freeze.



Recipe Health Tip: an apple-a-day may not keep the doctor away, but apples are a great addition to a healthy diet. Each serving of this recipe provides about 80 calories and 2 grams fiber. Great for your gut microbiome!

Free Help Line for Mental Health Support

The Massachusetts Behavioral Health Help Line will help you or your loved ones get the clinical care needed when and where you require it. They will guide you through the process to figure out which care is needed in your situation. This line is free and confidential, with no health insurance required and can accommodate 200 plus languages. Additionally, there is a special line for people who are hard of hearing (711).

GET HELP NOW - 24/7 SUPPORT

**MASSACHUSETTS
BEHAVIORAL
HEALTH
HELP LINE**

**Call or Text 833-773-2445
Visit www.masshelpline.com to chat**

Below are some common reasons many Massachusetts residents reach out to this help line.

If you or your loved ones experience anything listed below, know that this line is open 24/7 with trained staff members who will work to make your and your family's lives easier:

- Having trouble sleeping
- Feeling anxious or worried
- Substance use concerns
- Feeling trapped or hopeless
- General sadness