



Neighborhood Falmouth
 PO Box 435
 Falmouth, MA 02541

Address Label

March Neighborhood Happenings

TUE 24	12:00 PM— 1:30 PM	Meet for Lunch: Tap City Grille 285 Main Street Join us for some March food and friendship. Order from the menu, pay for your own, cash is preferred for ease of splitting checks. RSVP to the office if you plan to attend. Members, let us know if you need a ride!
WED 25	9:00 AM— 10:00 AM	Monthly Brew: Volunteer Connections NF Office Stop by for coffee, tea, and assorted breakfast items. Grab and go or stay to chat and share ideas. Bring a member, a friend, or a neighbor—all are welcome!
WED 25	1:30 PM— 2:45 PM	NF Library Talk — Road Scholar’s Libby Hearne on Travel for Seniors Falmouth Public Library Hermann Room



Neighborhood Falmouth News

March 2026

A Note from the Office

By Sarah Stevenson, Director of Operations



March is such an enigmatic month. Predictable, yes, in its unpredictability! One minute, you’re basking in what feels like early summer, and the next, you’re searching for your snow boots and wondering if your umbrella migrated south for the winter.

Just when we get into a routine, March shows up to give us a laugh, or a cry, and reminds us that Mother Nature moves to the beat of her own drum.

If there’s one thing this time of year teaches us, it’s flexibility. We find ourselves tweaking routines just to keep up. This recent storm, the blizzard of ’26 in its profound inconvenience, has also brought neighbors together in mutual support, gathering in the streets and having phone conversations with extended family members to deepen already established connections. Sometimes, knowing someone else is weathering the same storm literally makes everything seem a little less daunting.

Staying grounded becomes essential. Some like to keep a journal, others rely on deep breathing, and some simply find comfort in their favorite cup of tea. Personally, some good music and a cozy chair are my anchors when life feels off kilter. It’s about finding small rituals that bring you back to center, no matter what’s happening outside.

Let’s not forget the power of reaching out to each other. Asking for help during these unpredictable moments isn’t just practical, it’s a reminder that we’re not alone.

Neighborhood Falmouth is always just a phone call away, to seek reassurance, or to hear a friendly and familiar voice. By leaning on community and embracing our adaptability, we can turn chaos into connections and hopefully gain stories, laughter, and a new appreciation for the strength in our wonderful village.

Until next time, when the flowers are in bloom.

~Sarah

Digital Assets & Older Adults: The Basics

By Dr. Michael Bihari

Digital assets, which include a wide range of items, from online banking accounts and social media profiles to digital photos and documents, can greatly simplify daily tasks and improve the quality of life for older adults. In fact, digital assets are a key component to help all of us age in place.

Digital assets refers to personal information that you store electronically on a computer or an online “cloud” server account. If you use email, have a password protected smart phone, use social media, make online purchases, stream a movie from Netflix, or pay bills or bank online, you have digital assets. The following is a list of some of the types of digital assets often owned by older adults:

Electronic devices: Gadgets such as smartphones, tablets, laptops, desktops, and external hard drives that are password protected.

Email accounts: Includes Gmail, AOL, Outlook, Hotmail, Apple Mail, and work email accounts, among others.

Health-related: Includes insurance, medical records, health facility portals and online wellness programs.

Financial accounts: Includes bank accounts, retirement savings, credit cards, PayPal, Social Security, digital wallets like Apple Pay, and access to home, auto, and life insurance. Also covers online tax services such as TurboTax and H&R Block.

Online shopping: Accounts for online purchases from sites like Amazon, eBay, Etsy, Zappos, and Walmart.

Social media: Online platforms that enable you to create and share content and participate in social networking, including Facebook, Instagram, TikTok, LinkedIn, and Pinterest.

Publications & subscriptions: Online subscriptions to newspapers, news services, magazines, streaming services, podcasts, and learning platforms.

Photo & music storage: Platforms for saving photos, such as iCloud, Google Photos, Amazon Photos, and Flickr. Music sites that provide access to music libraries and personalized playlists, including Apple Music, Amazon Music, YouTube Music, and Spotify.

Continued next page

Additionally, there are numerous other categories of digital assets that may have monetary or personal value. These include organization/club membership; airline, hotel and retailer reward programs; online document storage (Google Drive, Dropbox, iCloud, and others); and, digital currencies with real-world value, such as Bitcoin.

Digital Assets Benefit Older Adults

Digital assets offer numerous benefits for older adults, helping to make life more convenient, connected, and organized. You can manage your finances and pay bills without visiting physical locations, access entertainment such as movies, books, and music from home, and safely store important documents without physical clutter. Digital tools also foster connection by enabling you to stay in touch with family and friends through video calls and social media; join online communities for hobbies or support groups; and share memories using cloud-based photo albums. Digital assets help preserve family photos and videos for future generations and provide a platform for writing and saving personal stories, recipes, or memoirs.

Challenges of Managing Digital Assets

Despite their advantages, managing digital assets can present challenges. A common obstacle is the learning curve, as some older adults may find it difficult to navigate new technologies or use non-intuitive interfaces. Security risks are another concern, as older adults are often targeted by phishing scams and identity theft, while weak or reused passwords can compromise accounts. Access issues can arise if you forget passwords, potentially locking you out of vital services. And importantly, without proper planning, family members may face difficulties accessing your digital assets if you become incapacitated or die.

Tips for Managing Digital Assets

To address these challenges, you can take steps to simplify and secure your digital life. Use a password manager (such as 1Password) to store login information securely, and maintain a written backup in a safe location. And for better security, enable two-factor authentication (2FA) and regularly update your passwords with strong, unique ones. Planning for the future is crucial; to assure a smooth transition, create a digital estate plan that documents account details and assigns a trusted person to manage them.

Setting Up a Digital Estate Plan

A digital estate plan ensures that your digital assets are accessible and secure if you become incapacitated or after you pass away. Here are some steps you can take to get started:

Inventory Your Digital Assets:

- Make a list of your digital accounts including access details such as usernames, email addresses, passwords and answers to security questions. You can access an example of a digital assets worksheet at: <https://www.wisbar.org/NewsPublications/WisconsinLawyer/Documents/wl-2021-03-101-estate-planning-pitfalls-avoid-digital-assets-inventory-worksheet.pdf>
- Choose a digital executor: Appoint a trusted family member, friend, or legal representative to manage your digital assets. Provide clear instructions on how to handle each asset (e.g., close, transfer, memorialize). The executor can be the same person you selected for your will or power of attorney.
- Share access securely: Use a password manager with a “sharing” feature to allow your executor easy access to accounts. Reliable examples include: 1Password (<https://1password.com>) and Bitwarden (<https://bitwarden.com>).
- Legal preparation: Update your will and power of attorney to include a statement about digital assets.



March Birthdays

Members

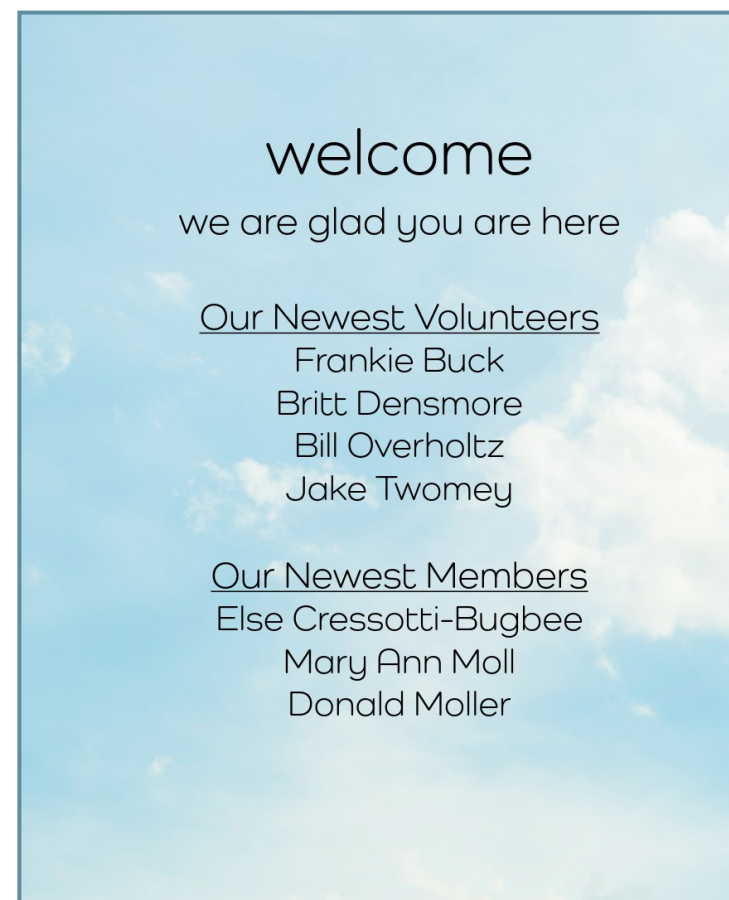
- Gretchen Rittershaus 3/4
- Carol Suitor 3/4
- Alana Moore 3/8
- Pat Dinsmore 3/17
- Kathy Moriarty 3/19
- Natalie Bowker 3/19
- Carol Chittenden 3/25
- Joanne Blum-Carnevale 3/26
- Steven Murphy 3/30

Volunteers

- Michael McNaught 3/4
- June Miller 3/6
- JoAnn Fishbein 3/10
- Andrea Anderson 3/11
- Ove Asendorf 3/18
- Mary Nyland 3/27
- Chris Polloni 3/29

special thanks to our sponsors

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- Caithness Foundation
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- Cape Cod Church
- Cape Cod Healthcare Foundation
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- Falmouth Podiatry
- Falmouth Toyota
- First Congregational Church of Falmouth
- Ghelfi's Candies
- Hermann Foundation
- James E. and Caroline Schea Lloyd Foundation
- Lyndon Lorusso Charitable Foundation
- Martha's Vineyard Bank
- Paul and Betty G. McDonald Foundation
- Royal Health Group Charitable Foundation
- Dr. Gerald Roan, DMD
- The Rossley Fund
- TLC Private Home Care
- Walmart - Falmouth
- Waquoit Congregational Church
- Woods Hole Foundation
- Mary & Redwood Wright Foundation



welcome

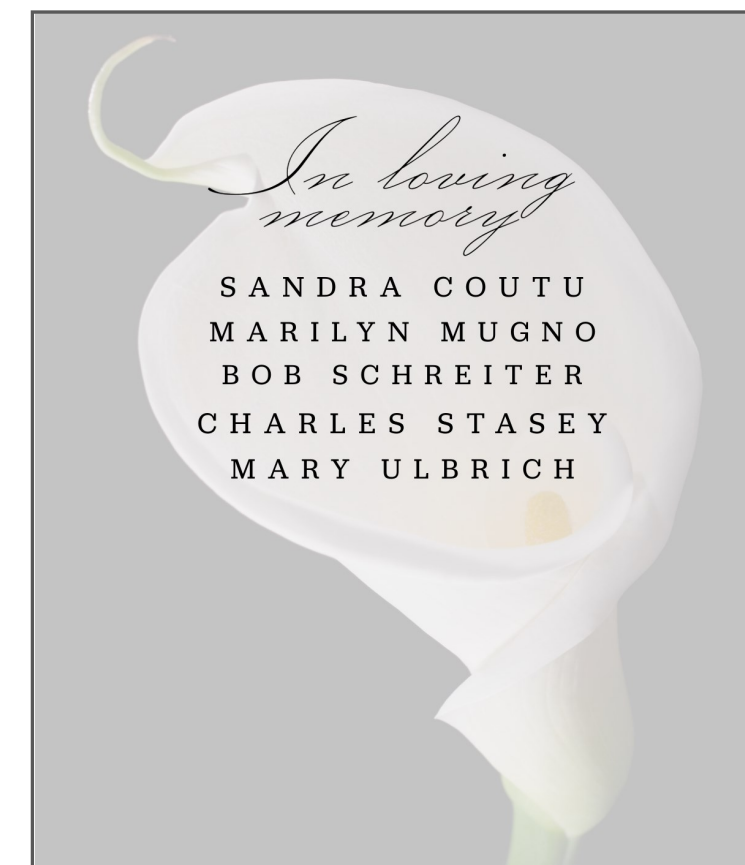
we are glad you are here

Our Newest Volunteers

- Frankie Buck
- Britt Densmore
- Bill Overholtz
- Jake Twomey

Our Newest Members

- Else Cressotti-Bugbee
- Mary Ann Moll
- Donald Moller



In loving memory

- SANDRA COUTU
- MARILYN MUGNO
- BOB SCHREITER
- CHARLES STASEY
- MARY ULBRICH





Healthy Living for Older Adults



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 focuses on a health topic of importance for older adults, supplies information about Aging in Place, and provides a healthy seasonal recipe.

Brain Injury: What an Older Adult Needs to Know

March is Brain Injury Awareness Month, a time to highlight a serious but sometimes overlooked health risk for older adults. Traumatic brain injury (TBI), commonly caused by a blow or jolt to the head, can have lasting effects on memory, independence, and quality of life. For adults over age 65, the risk is higher—and the consequences are often more severe.

The leading cause of brain injury in older adults is simple: falls, which account for the majority of TBIs in seniors. As we age, changes in our balance, muscle strength, vision, and reaction time increase the likelihood of falling. In addition, many older adults take medications such as blood thinners, which can increase the risk of bleeding in the brain even after a minor head injury.

One of the concerning aspects of brain injury in older adults is that symptoms may not be immediately obvious. Warning signs include headache, dizziness, confusion, fatigue, memory problems, and difficulty concentrating. In some cases, bleeding around the brain develops slowly over days or weeks, causing gradual changes in thinking, personality, or physical function.

Prompt medical attention after a fall—especially one involving your head—is essential. Even if you feel fine initially, evaluation by a healthcare professional can detect complications early and prevent more serious outcomes.

Brain injuries can have long-term consequences. Some older adults experience persistent problems with memory, mobility, or emotional well-being. Others may lose confidence in their ability to move safely, leading to reduced activity and increased isolation. In severe cases, brain injury can result in permanent disability or loss of independence.

Many brain injuries are preventable and the most effective strategy is fall prevention. Regular physical activity, particularly exercises that improve balance and strength, can significantly reduce fall risk. Tai chi, walking, and simple strength exercises may be excellent options for you. Reviewing medications with your healthcare provider can help identify drugs that may cause dizziness or drowsiness. Regular vision and hearing checks are also important.

An important step is to make your home safer. Removing loose rugs, improving lighting, installing grab bars in bathrooms, and using non-slip mats can greatly reduce hazards. Wearing well-fitting, supportive footwear instead of loose slippers also improves stability.

For more information about preventing falls stop by the Neighborhood Falmouth office and pick up a copy of our home safety brochure.

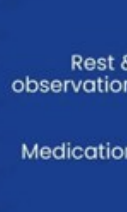
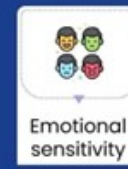
Physical Symptoms of Traumatic Brain Injuries



Cognitive Symptoms of Traumatic Brain Injuries



Emotional Symptoms of Traumatic Brain Injuries



During March we welcome Daylight Savings Time, but even though the days are longer the weather can still be cold and raw. The following heart-warming Indian recipe is from the Neighborhood Falmouth Cookbook.

Slow Cooker Aloo Gobi

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 1/2 teaspoons cumin seeds
- 3-4 garlic cloves, minced
- 1 tablespoon grated fresh ginger
- 2 teaspoons ground turmeric
- 1 teaspoon ground coriander
- 3/4 teaspoon ground cinnamon
- 1 teaspoon chili powder, more to taste (optional)
- 4 cups peeled Yukon Gold potatoes, cut in 1-inch chunks
- 4 cups small cauliflower florets
- 1 cup water
- 1 14.5-ounce can diced tomatoes



Heat the oil in a sauce pan. Once hot add the onions and sauté until translucent, about 5-6 minutes. Stir in the cumin seeds, sauté for 3 minutes. Add the garlic, ginger, tumeric, coriander and cardamom and sauté for another 3 minutes. Add to the slow cooker along with the remaining ingredients. Cook on low for about 8 hours. Add salt and freshly ground black pepper to taste. Serve with steamed white or brown rice. Makes 4 servings.

Recipe Health Tip: *This plant-based dish is high in fiber and is a moderate source of protein. Each serving has approximately 235 calories.*

Resources for Traumatic Brain Injury

If you fall and hit your head, the most important steps are:

1. Immediate medical evaluation (even if your symptoms seem mild)
2. Early rehabilitation referral if needed
3. Balance and fall prevention therapy
4. Home safety assessment
5. Ongoing strength and balance exercise

Recovery outcome improves dramatically if you start rehabilitation early.

One outstanding local resource is Spaulding Rehabilitation Hospital in East Sandwich. The facility, part of the Massachusetts General Hospital System, provides: specialized outpatient and inpatient neurological rehabilitation, brain injury recovery programs, and balance and gait retraining. Your PCP may also refer you to one of the excellent physical therapy programs in the Falmouth area.

Trusted online resources include:

- Brain Injury Association of America (www.biausa.org)
- Brain Injury Association of Massachusetts (<https://biama.org>)
- National Council on Aging – Falls Prevention (www.ncoa.org/older-adults/health/prevention/falls-prevention/)
- Concussions and Aging (<https://concussionawarenessnow.org/news/concussions-aging-what-older-adults-need-to-know>)
- Understanding Traumatic Brain Injury (<https://msktc.org/tbi/factsheets/understanding-traumatic-brain-injury>)

