



Neighborhood Falmouth  
PO Box 435  
Falmouth, MA 02541

Address Label

December Neighborhood Happenings

SAT 6	4:00 PM— 8:00 PM	<b>Falmouth Village Holiday Stroll—Main Street and Queen’s Buyway</b> Part of Falmouth’s annual Holidays by the Sea Weekend, the festive stroll is 4-8 PM, with the lighting of the Village Green at 6:00 PM. Neighborhood Falmouth will be open and serving refreshments.
SUN 7	12:00 PM	<b>62nd Annual Christmas Parade Main Street</b> Watch the parade in person on Main Street or see the live FCTV broadcast on TV.
TUE 9	12:00 PM— 1:30 PM	<b>Meet for Lunch: Coonamessett Inn 311 Gifford Street</b> All members and volunteers are invited to join together for a lunch out. Order from the menu and pay for your own.
WED 10	2:00 PM	<b>Volunteer Appreciation Social &amp; Cookie Swap NF Office</b> Join us for a simple holiday celebration. We invite volunteers to bring cookies to swap or just share. We’ll provide coffee, tea, & hot chocolate.
WED 17	1:30 PM— 2:45 PM	<b>NF Library Talk: Securing Your Financial and Legal Future Falmouth Public Library Hermann Room</b> Trusts and estates attorney & Falmouth Select Board Chair Bob Mascali talks on preparing for long-term care, the challenges of securing your financial and legal future, and providing for your legacy. Includes planning options for preserving savings and protecting your home.



Neighborhood Falmouth News

December 2025

A Note from the Executive Director: Candice A. Geers



As we are in the midst of this joyful season, I want to take a moment to reflect on the incredible community we share. Neighborhood Falmouth was founded on the simple belief that neighbors supporting neighbors can make all the difference—and every day, you prove that to be true.

This year, our volunteers have offered countless rides, friendly visits, and compassionate support. Our members have shown resilience, kindness, and the spirit of connection that defines this organization. And our supporters, partners, and friends continue to strengthen our mission with their generosity and care.

During the holidays, the importance of community becomes even more meaningful. I am deeply grateful for each of you—your time, your trust, and your belief in the power of helping one another.

On behalf of our entire team, I wish you a warm, peaceful, and joyful holiday season. May the coming year bring good health, renewed energy, and many more moments of connection.

Thank you for being part of the Neighborhood Falmouth family.

With appreciation and best wishes,

Candice

Volunteer Profile: Carol Erhardt

By Bill Laberis, *Volunteer*

*Carol Erhardt’s work has taken her down and back up the eastern US from her native New Jersey. But like countless other “washashores,” she gravitated back to the great memories of summer vacations spent on Cape Cod at a family home in Brewster, as well as camping out in Nickerson State Park. She now lives a short walk to Falmouth’s Surf Drive and its inviting beaches that she frequents. And like so many that choose to retire here, she has taken up the mantle of volunteering in earnest, because “it just feels right to give back to this community.”*

**Q: Is there something about you that others might be surprised to know?**

A: I read at least a book a week, mostly mysteries. I am also on the treadmill here in my condominium every day. And you can find me at water aerobics several days a week at the pool at Atria. I love to knit. I try to keep both mind and body in shape.

**Q: Where was your early life?**

A: I was born and raised in Livingston, New Jersey, a nice suburb and community not too far from Newark and 90 minutes from New York City. I went to high school there – in fact, my 50th reunion is coming up.

**Q: What did you do after high school?**

A: I headed to Virginia and enrolled at Lynchburg College. But eventually I went back to New Jersey and graduated from Montclair State University with honors with a BA in French.



*Continued next page*



**Q: Did you use that degree professionally?**

A: Not really. My first job took me to Stamford, CT, where I worked for a reinsurance company for more than seven years as a marketing office manager. Then I switched over to the emerging mobile communications area for a couple of years as an office manager for Metro Mobile, also in Connecticut. Eventually I moved to what was then Bell Atlantic Mobile as a customer service manager. During that time, I married my husband, Bruce Haslun. We got married on April 1, 1995, by a justice of the peace, just the two of us. When we told friends and family, they assumed it was an April Fool’s joke! Bruce was also involved in the reinsurance business and had one child from a previous marriage and two grandchildren.

**Q: What happened next?**

A: Bell Atlantic became Verizon Wireless, which offered me a position as Director, Customer Service – down in Greenville South Carolina. We moved there and stayed for 17 years. In that time, I served in a variety of roles, finally retiring from the company in 2014 as Manager, Financial Planning Marketing Analysis.

**Q: How was life there?**

A: We really liked it. The climate was nice and so were the people. I remember being asked as a new arrival, “Do you golf? Do you have kids? Have you found a church yet?” It was a thriving place as the US home of BMW, Pepto Bismol, and Michelin’s world headquarters, so it was not a backwoods place. I eventually oversaw nearly one thousand employees in the Southeast region for customer service.

**Q: What was the allure of Falmouth after so many years down south?**

A: I had great memories of summer vacations here. Bruce and I moved to Shore Street into a small condominium in a home that was a ship captain’s house two hundred years earlier. Eventually we bought the adjoining condominium for a much bigger place. Bruce was involved with the local College Light Opera Company for 50 years. When he died, the condominium was too big for me. Now I have this smaller place that I really love.

**Q: How did volunteerism enter the picture for you?**

A: We both started volunteering for Neighborhood Falmouth soon after we arrived here. Helping seniors “age in place” is a great goal. I helped with the planning for the annual gala. Meanwhile, I ended up working as the business manager for the Falmouth Enterprise for nearly ten years. I also served as a trustee at the Falmouth Congregational Church (on the Village Green) and have volunteered at the Service Center fulfilling service orders. I also volunteered at the Hand in Hand Thrift Shop. I am involved with Falmouth Newcomers and have traveled and hiked with a group of women I met there.

Falmouth Jewish Congregation & Waquoit Congregational Church

Free Christmas Dinner

Roasted turkey breast, trimmings, & dessert  
Cooked and individually packaged by Pink Door Catering

RSVP by Dec 15 to 508-566-1322

Pick up at FJC at 7 Hatchville Road on 12/25.  
Leave name, phone number, and # of meals needed.  
Reservation is confirmed when pickup time is assigned.

MEMBERS: A generous volunteer has committed to making up to fifteen deliveries. If you'd like for NF to deliver, please call the member line at 508-564-7543 and we will place the order on your behalf.



Attention Members

Any time an appointment is cancelled or rescheduled, please help us out by calling the office as soon as practical so we can get you rescheduled and/or free up a volunteer to take on other important assignments.

508-564-7543

December Birthdays

Members

Cricket George 12/1  
Alvin Roffman 12/3  
Joyce Stratton 12/14  
Yvonne Pina 12/14  
Becky Griggs 12/17  
Joyce Raposa 12/18  
Susan Marchard 12/21  
Pamela Nelson 12/22  
Carol McKeon 12/25  
Sharon McGrath 12/26

Volunteers

Mercy Grinold 12/2  
Tom Ballou 12/7  
Katherine Pelletreau 12/11  
Vivianne Beller 12/13  
Maureen Santoro 12/14  
Julie Lipkin 12/15  
Heather Coan 12/17  
Theresa Saunders 12/17  
Dina Sousa 12/19  
Margaret Sulanowska 12/20  
Laura Sonnichsen 12/21  
Michael Goldring 12/23  
Dorothy Hatch 12/28  
Maureen Remillard 12/28  
Russ Lemcke 12/30  
Diane Anastasia 12/31

New Members

Marilyn Miller  
Robert Silver  
Charles Stasey  
Martha Stasey

New Volunteers

Valerie Gates  
Rick Paine  
Clare Perry

welcome

special thanks to our sponsors

AARP  
Advanced Audiology  
Beatrice A. Bunker Architecture  
Bilezikian Family Foundation  
Caithness Foundation  
Cape & Islands United Way  
Cape Cod Church  
Cape Cod Healthcare Foundation  
Duncan Hearing  
Falmouth Podiatry  
Falmouth Toyota  
First Congregational Church of Falmouth  
Ghelfi's Candies  
Hermann Foundation  
James E. and Caroline Schea Lloyd 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

HAPPY HOLIDAYS

May the holiday season bring you much warmth and many joyful moments.





# 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.*

## December Is National Impaired Driving Prevention Month

December brings colder nights, holiday gatherings, and, unfortunately, an uptick in impaired driving. That's why this month is National Impaired Driving Prevention Month. It's an important reminder that impaired driving is not just about alcohol or drugs. It includes anything that slows your reaction time, blurs your judgment, or reduces your ability to stay alert behind the wheel.



As we age, our reaction time naturally slows. Vision becomes less sharp, especially at night or in low contrast conditions. Medications—both prescription and over-the-counter—can cause drowsiness, dizziness, blurred vision, or confusion. Mix any of these with winter weather and holiday traffic, and a good driver can suddenly be in a dangerous situation.

When we talk about “impaired driving,” many people think only about drinking. But older adults are more likely to be taking multiple medications including blood pressure drugs, sleep aids, pain relievers, antihistamines and medications to treat anxiety and depression. Many of these medications carry warnings about driving. Combine even a small amount of alcohol with these medications and the likelihood of an accident increases. You may want to skip that glass of champagne to toast the New Year!

You might find the following tips helpful when planning to drive this holiday season:

**Talk with your doctor or pharmacist.** Bring an updated medication list and ask directly: “Do any of these affect my ability to drive?” You may discover the answer is yes—but no one had ever told you.

**Know your limits with alcohol.** Even one drink can have a bigger effect than it used to. If there's any doubt, skip it if you're planning to drive.

**Avoid night driving when possible.** Night vision changes are concerning. Headlights create more glare, depth perception drops, and your reaction time is slower.

**Give yourself more time and space.** Leave earlier, don't rush, and increase following distance. These simple habits dramatically reduce your risk of being involved in a crash.

**Have a backup transportation plan.** Get a ride from a friend or family member, use a taxi service such as Uber, and if you are a member of Neighborhood Falmouth, call the office and have one of our volunteer drivers give you a lift.

**If you are going to attend a Christmas dinner, Hanukkah candle-lighting, or New Years Eve party, make sure to plan ahead.** If having that celebratory drink is important, you might want to plan to spend the night at your host's home.

Snow drifts on the road—  
old hands steady on the wheel,  
winter tests us all.

Icy winds at dusk,  
headlights blur in tired eyes—  
patience keeps us safe.

## 3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



**Take care of your vision and hearing:**  
Schedule routine eye and ear exams.



**Know your limits:**  
If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



**Exercise:**  
Staying strong and flexible can lengthen your driving years.

Interested in learning more about driving safely, especially in the winter? In partnership with AARP New England we've added another **FREE** session of our popular driving refresher. Call the office at 508-927-1678 to reserve a spot and join NF and Grand Prix Driving School:



December 18th

10 AM—Noon

Falmouth Public Library Hermann Room



## From Dr. Mike's Kitchen

*Winter is coming and it's time for some hearty and warming food. You also may have some cans of pumpkin left over from Thanksgiving! This healthy and easy-to-make pumpkin chili is a great luncheon dish or a starter for dinner.*

### Dr. Mike's Pumpkin Chili

1 tablespoon olive oil  
1 cup diced onion  
2 teaspoons minced garlic  
28-ounce can diced tomatoes  
16-ounce can chili beans—any variety of Bush's chili beans  
15-ounce can pureed pumpkin  
1 tablespoon chili powder  
2 teaspoons dried oregano  
2 teaspoons cumin  
1 1/2 teaspoons ground cinnamon

In a medium-size saucepan, warm the olive oil over low-medium heat. Add the diced onion and cook until light brown and fragrant, about 3 to 5 minutes. Add the minced garlic, sauté about 2 to 3 minutes until lightly brown. Make sure it does not burn.

Add the diced tomatoes and pumpkin puree. Mix well to combine. Add the spices and beans. Rinse out tomato can with a small amount of water and add to chili. Add salt, pepper, and cayenne to taste. Mix well.

Over low-medium heat, let the chili simmer for at least 35 to 40 minutes. The flavors will deepen and develop as the chili cooks. Makes 4 servings.



**Recipe Health Tip:** Each serving has about 230 calories, 9 grams protein, 11 grams fiber and is an excellent source of Vitamin A.

### Baby, It's Cold Outside: 5 Tips to Avoid Falls During the Winter

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including falls in ice and snow.

- Make sure your steps and walkways are clear before you walk. Be especially careful if you see wet pavement that could be iced over.
- Clear away snow and salt your walkways at home—or hire someone to do it.
- Wear boots with non-skid soles; this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.



**And, don't forget, if you need help with shoveling snow or making the area around your house safe, give Neighborhood Falmouth a call at 508-564-7543 and we'll try to find you some help.**