

## A Note from the Executive Director

Candice A. Geers



Happy 2024 to all!

We hope your holiday season was comfortable and peaceful.

With the New Year upon us, this is a great time to take stock and do some things we really love.

My goal this year is to learn another language and Italian is what I have chosen. My father's side is from Italy and I am almost embarrassed to say how little I know about my heritage and the country itself. It really is amazing how much info we can get these days on the internet and I am excited to delve into this subject matter further. If anyone knows Italian and wants to have a conversation, let me know.

January is also a great time to discard things that no longer bring us joy. What we may not need might be just the thing someone else has been hoping for. We can help with organizing and there are a few really terrific thrift stores and an excellent swap shop here in Falmouth where we can bring your items so they can find new homes.

All it takes is a phone call and we will do what we can to assist.

Ciao, bellas!



## Member Profile:

Ian Nisbet

By Bill Laberis  
NF Board of Directors



*What does a child prodigy (IQ of 180) raised in England during and in the grim aftermath of WW2 with a penchant for math, a Ph.D. by age 22, and a deep and abiding love of birds do to make his mark on the world? In the case of Ian Nisbet, you become an expert on toxic chemicals in the environment; you help lead the charge to ban the environmentally disastrous DDT pesticide; you become one of the world's experts on terns. At age 89, he still enjoys watching the multitude of birdlife in the estuary of the Wild Harbor River outside his living room window in North Falmouth.*

**Q: Where did you start on the unconventional road you travelled in your professional life?**

A: I was born near London but at age five my family was evacuated to southwest England for the rest of the war. I was packed off to a boarding school in rain-soaked Wales at age 9. Life after the war was quite spartan because most US aid went to other nations. I can't say I had a happy childhood.

**Q: Did you do well there?**

A: I graduated at 16 at the top of my class after getting a double promotion and earned a scholarship to Cambridge University. I studied physics but was much better in math. Nonetheless by age 22 I got a Ph.D. in fluid mechanics and earned a Fulbright Scholarship to attend Cornell and MIT for one year each.

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## January NF Happenings

*If you need transportation to a Neighborhood Falmouth Happening, or to RSVP, please call the NF Office at 508-564-7543.*

### Author Talk: Karen Fine

**Thursday, January 11th at 11 AM**

Falmouth Jewish Congregation, 7 Hatchville Rd.

Holistic veterinarian and author on "The Other Family Doctor: A Veterinarian Explores What Animals Can Teach Us About Love, Life, and Mortality". Free and open to the public. Advance registration required. Email [fjcoffice@comcast.net](mailto:fjcoffice@comcast.net).

### Author Talk: Jeremy Dauber

**Monday, January 22nd at 7 PM via Zoom**

Falmouth Jewish Congregation presents author on "Mel Brooks: Disobedient Jew". Free and open to the public. Advance registration is required. Email [fjcoffice@comcast.net](mailto:fjcoffice@comcast.net).

### Member/Volunteer Lunch

**Thursday, January 25th at Noon**

La Cucina Sul Mare, 237 Main Street

Order from the menu; attendees pay for their own. Please RSVP to the office if you plan to attend and/or need a ride: your RSVP is important so the restaurant knows what to prepare for.

## DID YOU KNOW?

Like to read? Did you know that the library has a service that delivers books and other materials to the home of anyone who is homebound due to illness or physical disability?

Select books by title or have the librarian provide you with a selection based on your own reading interests and preferences.

For additional information or to schedule a delivery, contact the Homebound Librarian at 508-457-2555 ext. 2910. You can also call NF at 508-927-1678 for our assistance in setting up this service.



## Memory Loss: 7 Tips to Improve Your Memory

Can't find your car keys? Forget your grocery list? Can't remember the name of the personal trainer you liked at the gym? You're not alone. Everyone forgets things once in a while. Although there are no guarantees when it comes to preventing memory loss, some activities might help. The Mayo Clinic suggests these simple ways to improve your memory.

- 1. Be physically active every day.** Physical activity raises blood flow to the whole body, including the brain and can help keep your memory sharp.
- 2. Stay mentally active.** Just as physical activity keeps your body in shape, activities that engage your mind help keep your brain in shape, which might help prevent some memory loss. Do crossword puzzles. Read. Play games. Try a new hobby. Volunteer with a community group, such as Neighborhood Falmouth!
- 3. Spend time with others.** Social interaction helps ward off depression and stress. Both of those can contribute to memory loss. Get together with loved ones, friends, and other people, especially if you live alone.
- 4. Stay organized.** You're more likely to forget things if your home is cluttered. Keep track of appointments and other events in a notebook, calendar, or electronic planner. Keep your wallet, keys, glasses, and other items in a set place in your home so they are easy to find.
- 5. Sleep well.** Not getting enough sleep has been linked to memory loss. Make getting enough healthy sleep a priority. Adults should sleep 7 to 9 hours a night on a regular basis.
- 6. Eat a healthy diet.** A healthy diet is good for your brain. Eat more fruits, vegetables, and whole grains, and avoid highly processed foods. Too much alcohol can lead to confusion and memory loss.
- 7. Manage chronic health problems.** Follow your health care provider's advice for dealing with medical conditions, such as high blood pressure, diabetes, depression, and hearing loss. The better you take care of yourself, the better your memory is likely to be. Review the medicines you take with your health care provider. Some medicines can affect memory.

## Ian Nisbet, *Continued*

### **Q: Was fluid mechanics your sweet spot?**

A: Oh no! I was far more interested in birds. I returned to Cambridge for a couple of years, got married to my wife Shirley, and started looking for a job. She eventually became a well-known artist. We decided to head overseas to Malaysia where I taught at the university there for five years. I taught physics but studied birds as well.

### **Q: Where did that all lead?**

A: Actually, back to the USA. I was offered a position as Assistant Director of Science at the Mass Audubon Society in Lincoln. It was the perfect job for me. We moved with our two boys to a house near the Audubon site and we stayed there until our children graduated from high school.

### **Q: Why was it the perfect job?**

A: I flourished there and among other projects started investigating the impact of pesticides on the environment. DDT had been in very widespread use, and it had become clear it was having a devastating impact on birds and other wildlife. I reviewed scientific data, and I took part in the hearings before the newly formed EPA that eventually led to a complete ban on uses of DDT. I helped write a brief for the Environmental Defense Fund that supported this decision. I also served on several expert committees of the National Academy of Sciences. The 1970s saw an awakening to manmade environmental damage, and many of our most important environmental laws were passed during the Nixon administration.

### **Q: You didn't stop with DDT, correct?**

A: I became an expert in other toxic chemicals in the environment, especially PCBs which had been widely used in the manufacture of electrical components. Although manufacture of PCBs had been stopped in 1970, by then they were distributed throughout the environment and posed significant

hazards to people and wildlife. The work I and many others did in the 1970s supported clean-up efforts and measures to reduce human exposure.

### **Q: Did you spend a lot of time in Washington?**

A: Yes, Shirley and I lived there from 1982 to 1987. I had started a consulting company there in 1978 which was doing well by 1982 and Shirley's painting career took off too. Eventually the company was absorbed into a larger firm, and we moved back to Lincoln in 1987, but we retained a condo in Virginia for several years. In 1993 we came to North Falmouth. I did freelance consulting while Shirley and I set off for extensive travel throughout the world. I studied terns on Bird Island in Marion for 41 years, and I also spent 10 years studying penguins in Australia. I continue to write up my studies of terns for scientific journals.

### **Q: How important is it for you to continue to age in place in your own home?**

A: I never want to leave here! Shirley passed away six years ago, and I get help with some things now. This is where I want to be.



### ***Our Newest Members:***

Natalie Bowker  
Joan Watkins

### ***Our Newest Volunteers:***

Lisa Clifford  
John Gualteri  
Lynne Gualteri  
Sharon Mello  
Joe Pedulla  
Elaine Teixeira  
Maureen Whiting



# January Birthdays

## Members

Alice Liljestrand	Jan	5
Donna Scheer	Jan	7
Eleanor Ericson	Jan	8
Noreen Greetham	Jan	8
Maggie Reynolds	Jan	8
Elizabeth O'Sullivan	Jan	10
Judith Pugh	Jan	10
Edith Ross	Jan	11
Nancy Wigley	Jan	14
Nancy Tucker	Jan	19
Marilyn Mugno	Jan	20
Kirstin Moritz	Jan	22
Jacqueline Pratt	Jan	22
Martha Kim	Jan	26
Carl Bowin	Jan	30
Louise Clark	Jan	31

## Volunteers

Jennifer Cattin	Jan	1
Vivian Esswein-Leary	Jan	2
Sarah Rogalewski	Jan	4
Eleanore Scavotto	Jan	6
Wendy Faxon	Jan	10
Jodi Freedman	Jan	10
John Ferullo	Jan	14
Rhona Carlton-Foss	Jan	16
Mary Jo Benjamin	Jan	18
Janice Forrester	Jan	19
John Donovan	Jan	20
Katherine Jansen	Jan	22
Jacqueline Pratt	Jan	22
Don Nelson	Jan	23
Marsha Zafiriou	Jan	23
David Crichton	Jan	25
Bob Spadafora	Jan	25
Elliot Greene	Jan	31
John Tavares	Jan	31



## 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
- Falmouth Podiatry
- Falmouth Toyota
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- Hermann Foundation
- James E. and Catherine Schea Lloyd Foundation
- Lyndon Paul Lorusso Charitable Foundation
- MacDougalls Cape Cod Marine Service
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- 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



## *In Memoriam*



*Former Volunteer*

**Bruce Zimmerli**





**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.*

## Aging in Place

Starting this month and continuing monthly, the Falmouth Enterprise will publish a series of articles from Neighborhood Falmouth about Aging in Place. The following information is from the first article: “Aging in Place —Navigating the Benefits and Challenges.”

Many of us want the same thing as we get older: to stay in our own home, maintain independence for as long as possible, and live in a community that supports its older residents. According to a study done by AARP, “90 percent of people age 65 and over would prefer to stay in their own homes as they get older and not go to a nursing home or assisted living facility.” Staying in your own home as you get older is known as aging in place.

The U.S. Centers for Disease Control and Prevention (CDC) defines Aging in Place as “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level.”

However, as we age many of us have concerns about safety, getting around, access to healthcare, isolation, and engaging in community activities. Aging in place requires careful consideration and planning, including adapting your home to accommodate changing needs and engaging with a community-based network to promote your well-being and independence. A desired outcome is growing older in a place where you feel a sense of connection, familiarity, and security. Today, there are many things you can do to help you achieve your goal of getting older while maintaining your quality of life.

Future articles will focus on specifics of aging in place planning and the community services available in Falmouth to support your ability to stay in your home. Neighborhood Falmouth is developing a Falmouth-based Aging in Place Resource Guide and MAPP: My Aging in Place Plan.

## Home Safety Tip for January

Prevent unnecessary falls and improve your safety by making yourself aware of hazards. Many falls happen on staircases. This month take action to remove fall risks from your home:

- Install secure handrails and bright lights with switches at the top and bottom of stairways.
- Repair loose or uneven steps. Check stairs for worn or loose carpeting and install anti-slip treads.
- Always wear shoes with traction and make sure throw rugs have non-skid backing.



January is the coldest month of the year and a time that often brings snow and ice. The following tips will help keep you safe through the winter:

- Avoid slipping on ice
- Dress for warmth
- Fight wintertime depression
- Keep your car tuned up
- Prepare for power outages
- Eat a varied diet
- Prevent carbon monoxide poisoning

To learn more about these safety tips, the following resources are reliable and provide more details:

**Cold Weather Safety for Older Adults:** [www.nia.nih.gov/health/safety/cold-weather-safety-older-adults](http://www.nia.nih.gov/health/safety/cold-weather-safety-older-adults)

**Tip Sheet Winter Safety For Older Adults:** [www.healthinaging.org/tools-and-tips/tip-sheet-winter-safety-older-adults](http://www.healthinaging.org/tools-and-tips/tip-sheet-winter-safety-older-adults)

**7 winter safety tips for seniors and their caregivers:** [www.care.com/c/winter-safety-tips-for-seniors/](http://www.care.com/c/winter-safety-tips-for-seniors/)

### *From Dr. Mike's Kitchen*

The first month of the year is cold and a time that often brings snow and ice. After taking a brisk walk with friends or just watching the snow fall and listening to the winds howl, sitting down to a hearty bowl of homemade chili can warm your tummy and your soul! This plant-based chili is easy to make in the microwave.

### New Mexican Microwave Meatless Chili

- 1 cup chopped onions
- 1 cup chopped green pepper
- 1 tsp minced garlic
- 2 cans pinto or kidney beans drained  
(save some liquid)
- 28-oz can stewed tomatoes
- 8-oz can tomato sauce
- 6-oz can tomato paste
- 2/3 cup bulgur
- 1/2 cup water
- 4-oz jar chopped green chilies
- 1-2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon Mexican oregano



Put onion, green pepper, garlic and 2-3 tablespoons bean liquid in a 3 quart microwave casserole. Stir to mix. Cover and microwave on high for 4–5 minutes until vegetables tender.

Stir in remaining ingredients. Cover and cook for 25-30 minutes, stirring several times, until bulgur tender. Cover and let stand 10 minutes.