



Neighborhood Falmouth
 PO Box 435
 Falmouth, MA 02541



Neighborhood Falmouth News

March 2025

Recipient's Address



March Neighborhood Happenings

TUE 4	7:00 PM	Falmouth Jewish Congregation Author Talk with Julie Satow Zoom talk on <i>When Women Ran Fifth Avenue: Glamour and Power at the Dawn of American Fashion</i> . Free to all, register at www.falmouthjewish.org .
SAT 15	1:00 PM - 3:00 PM	Community Resource Volunteer Fair St. Barnabas Church Hall Learn about community resources, groups, and nonprofits.
SAT/SUN 15/16	3:00 PM	Falmouth Chorale: Dvorak's Stabat Mater Falmouth Academy Free tickets for up to 12 members & accompanying volunteers, sponsored by NF volunteers Amy Loewenberg & Elliot Greene. Call the office at 508-564-7543 for info.
TUE 18	12:00 PM - 1:30 PM	Member-Volunteer Meet for Lunch at Quarterdeck Join us for our monthly lunch. Order from the menu and pay for your own. RSVP to volunteer@neighborhoodfalmouth.org if you plan to attend and/or need a ride.
WED 26	1:30 PM - 2:45 PM	Library Talk: Finding Online Health Info and Using AI for Health Decisions Falmouth Public Library: Hermann Room Dr. Michael Bihari discusses how to utilize online resources better.
THU 27	10:00 AM - 11:30 AM	Neighborhood Falmouth Annual Meeting West Falmouth Library All welcome, members encouraged to attend. Call the 508-564-7543 by 3/17 for rides.

A Note from the Executive Director: Candice A. Geers



Last month, I attended a Woods Hole Film Festival screening of a lovely film called *Every Little Thing*. This documentary is about a woman, Terry Masear, who lives in Los Angeles and rehabilitates hummingbirds. She is well known in her community and often works with volunteers in her rehab efforts.

She shared a beautiful sentiment about her volunteers that really moved me when she said "Our volunteers are not paid – not because they are worthless, but because they are priceless."

We feel exactly this way about our volunteers – and we know we can never adequately thank them for the time, energy, compassion, and caring they put into this significant work and this lovely organization of ours.

In these turbulent times, perhaps the best and most important thing we can do is to hold on tight to community and care for one another. Being connected makes us all stronger and happier because we can share experiences and information. It's normal to feel frustrated, isolated, and angry at times, but having people to talk to can certainly ease stress.

So reach out to Neighborhood Falmouth, your family members, friends, and neighbors—and stay involved. You might be surprised just how much people want to provide comfort and assistance, and how much your presence and conversation helps them as well.

Candice

Volunteer Profile: Michael McNaught

By Bill Laberis, *Volunteer*

As a student educated in England, Scotland-born Mike McNaught learned early the curious ways of English teachers when he received a written progress report in Algebra. It read, "If, as the poets tell us, ignorance is bliss, McNaught must have had a supremely happy experience during the past term." Undaunted, he would go on to Trinity College, Oxford and then its University Education Department. Eventually he would land in Connecticut as assistant headmaster at a prestigious private school – as head of the math department no less.

Q: What was life like for you as a young child in England during World War II?

A: My dad was a senior officer in the Royal Scots Fusiliers, and we moved to a base near London when the war broke out. He served in France then was rescued with the remains of the British Expeditionary Force at Dunkirk. He eventually was sent to Burma as a Brigadier General. I was three when he left and did not see him for five years as he was posted directly to Japan after the war to help manage things there.

Q: There is a lot of military history in your family, correct?

A: My grandfather was head of the hospital or clearing station at the major battle of Gallipoli in World War I. And there is a statue in Edinburgh of one of my great-great-great grandfathers, Henry Dundas. He was 1st Viscount Melville, whose military policies made Scotland a major player in global affairs.



Continued

Q: Did the war come close to you and your family at any time?

A: On a trip to London with my mother and sister, the air raid sirens sounded. We were herded into the Picadilly Circus Underground and down to the Bakerloo line, the deepest in London, and sent down eight hundred feet. We slept on the platform while trains continued running through the attack. Another time a German bomber dropped its load early. We looked out in our backyard, and there was this big black thing sticking out of our cabbages. It was a live bomb that didn't detonate, sitting just feet from our house.

Q: What happened when your father returned home?

A: He had a variety of foreign postings, including one in Tanzania where we all lived for three years. Our house was in full view of Mt. Kilimanjaro. It was a fascinating place. At age 13 I left to attend an English boarding school, traveling by plane from East Africa. I was alone, and there was an exceptionally long series of flights and stops and refueling. My plane landed for a refueling in Cairo on the same day that King Farouk was deposed and eventually replaced by Gamel Abdul Nasser. It was quite an experience for a young teen.

Q: How did you end up in America?

A: After graduating Oxford and then getting a teaching degree in 1961, I applied to teach at five US schools and got a position at St. Bernard's in New York. I rode over on the *Queen Mary*, which was wonderful. I met a lovely girl who was also teaching there, a Smith graduate from Pennsylvania, Lyn Foster. To impress her on our first date I took her to the 21 Club. Later we married, and in 1968 moved to the Berkshires, where I was headmaster at a school there. Lyn and I also began our family. We stayed in the Berkshires eight years. I longed to teach, however, so I accepted the role of assistant headmaster at a school in New Canaan, where I was able to work both as an administrator and an English, math, Latin, and history teacher. We stayed there 28 years.

Q: How did Lyn busy herself, apart from family matters?

A: In 1995 she started the Horizons National Student Enrichment program at New Canaan Country School, which brought students from poorer areas into schools to learn college preparation and other skills. That program still exists in 74 affiliates across 24 states and Washington, DC and is run, in part, out of various colleges and universities. Lyn remained on the national advisory board until she died two years ago.

Q: How did you end up here in Falmouth?

A: With summers off, we vacationed in Falmouth, and we all loved the place. Upon retirement in 2004, it was exactly where we wanted to be, so we bought an antique home and did a lot of work on it. This is where I still live. Lyn got involved early as a founder of the Falmouth Education Foundation. She raised \$2 million by never taking "no" to her requests for donations! The Foundation is still going strong. I got involved as a board member of the Oyster Pond Environmental Trust as well as at the Falmouth Historical Society. I also lecture on military history at the library, and I am a board member of Neighborhood Falmouth. Lyn was an avid sailor, swimmer, and snorkeler. I miss her every day.

Alzheimer's Family Support

Last month, Neighborhood Falmouth held a volunteer training with Molly Perdue, Co-Founder and Executive Director of the Alzheimer's Family Support Center, as our featured speaker.

Molly offered tips and insights on cognitive decline and the signs to be aware of. She also provided us an overview of the services and resources they offer, including local support groups, memory screenings, respite and activity programs, grief counseling, agency referrals, and much more.

All services are provided free of charge.

For more information call **508-896-5170**, or visit them online at www.alzfamilysupport.org.

welcome

New Members
 Marcia Easterling
 Nancy Hare

New Volunteers
 Rob Gregory
 Karl Loos
 Kevin MacDonald
 Colleen McGettrick
 Carol Mills
 Valerie Pasts

March Birthdays

Members

Gretchen Rittershaus 3/4
 Carol Suitor 3/4
 Alana Moore 3/8
 Natalie Bowker 3/19
 Kathy Moriarty 3/19
 Noreen Mallen 3/21
 Joanne Blum-Carnevale 3/26
 Lillian Heffernan 3/27

Volunteers

Michael McNaught 3/4
 June Miller 3/9
 Jennie Taddia 3/10
 JoAnn Fishbein 3/11
 Andrea Anderson 3/11
 Ove Asendorf 3/18
 Carol Chittenden 3/25
 Mary Nyland 3/27
 Jim Lingley 3/28
 Chris Polloni 3/29

In Memoriam

John Lively
 Member

Member Reminder

NF is open and staffed during normal business days and hours, Monday - Friday 9 AM - 5 PM. Messages left over the weekend will be answered first thing Monday morning. We ask for at least **three** business days notice for all requests.

Requests with less notice **will** be accepted but have a higher likelihood of going unfulfilled.



**NOTICE
of ANNUAL MEETING**

**Thursday, March 27
10 AM**

All are welcome & members are encouraged to attend. Ballots were mailed to all members. Vote by mail or in person.

**RSVP and let us know if you need a ride by March 17
508-564-7543**

West Falmouth Public Library - Community Room
575 W Falmouth Hwy (28A)
PARKING AVAILABLE

special thanks to our sponsors

- Advanced Audiology
- Atria Woodbriar
- Beatrice A. Bunker Architecture
- Bilezikian Family Foundation
- Caithness Foundation
- Cape & Islands United Way
- Cape Cod Church
- Cape Cod Healthcare Foundation
- Falmouth First Congregational Church
- Falmouth Podiatry
- Falmouth Toyota
- Greater Worcester Community Foundation - Rossley Fund
- Hermann Foundation
- James E. And Catherine Schea Lloyd Foundation
- Leader Bank
- Martha's Vineyard Bank
- Paul and Betty G. McDonald Foundation
- Royal Health Group Charitable Foundation
- TLC Private Home Care
- The Cape Cod Foundation - Mary & Redwood Wright
- Walmart - Falmouth
- 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.

Aging and Kidney Disease

National Kidney Month is observed every March to raise awareness about kidney health and encourage people to take steps to prevent kidney disease. It highlights the importance of early detection, healthy lifestyle choices, and managing risk factors like diabetes and high blood pressure.

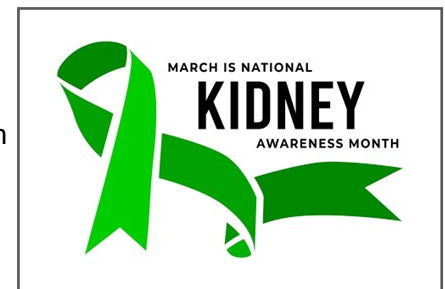
Our kidneys, each about the size of a computer mouse, filter all the blood in our body about every 30 minutes. They remove waste and extra water, which become urine. They also keep the body's chemicals balanced, help control blood pressure, and produce three different hormones, including:

- Erythropoietin, needed by your bone marrow to produce red blood cells
- Renin, helps to regulate your blood pressure
- Calcitriol, helps your body absorb calcium from food, important for bone health

According to the National Kidney Foundation, “more than 37 Million Americans —1 in 7 adults—have chronic kidney disease and most don't know it.” Risk factors for kidney disease include: a family history of kidney failure, high blood pressure, diabetes, prolonged use of over-the-counter pain medications such as ibuprofen and naproxen, obesity, and being over the age of 60.

Although kidney disease can develop at any time, those of us over age 60 are more likely to develop kidney disease. As we age, so do our kidneys! And older adults are more likely to have diabetes or high blood pressure and consume NSAIDs to treat pain related to arthritis.

Chronic kidney disease often begins without any noticeable symptoms. It's important to know your risk factors and be checked by your health care providers. The website of the National Kidney Foundation (www.kidney.org) has a *Know Your Risk* quiz. I took the quiz and as a man in my 80s with high blood pressure and type 2 diabetes, I am at high risk for developing chronic kidney disease. My primary care doctor is on top of this, and at least once a year I have blood and urine tests to check my kidney function.



7 Tips to Help Prevent Chronic Kidney Disease

Stay hydrated: Drink enough water to keep your kidneys flushing out waste effectively

Eat a kidney-friendly diet: Limit salt & processed foods: too much sodium can raise blood pressure and strain your kidneys; eat more fresh fruits & vegetables, especially those rich in antioxidants, such as berries, leafy greens, and apples.

Manage blood pressure & blood sugar: High blood pressure and diabetes are the leading causes of CKD!

Exercise regularly: Stay active for at least 30 minutes most days. Walking, swimming, or yoga can help maintain a healthy weight and circulation.

Avoid overuse of NSAID painkillers: Frequent use of ibuprofen, naproxen, or other NSAIDs can damage kidneys over time. Talk to your PCP about safer alternatives if you take pain relievers often.

Quit smoking & limit alcohol: Smoking reduces blood flow to the kidneys, and too much alcohol can raise blood pressure and dehydrate the body, both of which stress the kidneys.

Get Regular Kidney Checkups: If you have high blood pressure, diabetes, or a family history of kidney disease, talk to your PCP about having kidney function tests at least once a year.

From Dr. Mike's Kitchen

Eating more plant-based foods such as vegetables and grains in place of animal-based foods such as red meat is not only good for your overall health but may be healthy for your kidneys as well. The following recipe is delicious and low in sodium, phosphorous, and potassium (which can be a problem if you have chronic kidney disease).

Dr. Mike's Very Lemony Hummus

2 cans (15 ounce) low-salt or salt-free chickpeas, rinsed and drained

Zest from 1 lemon

1/4 cup lemon juice (more, to taste)

1/4 cup extra-virgin olive oil

2-3 garlic cloves, peeled and sliced

2 tablespoons tahini

Freshly ground pepper, to taste

Place all the ingredients in a food processor. Process until the mixture is creamy and smooth. If the mixture seems too coarse, add a bit more olive oil. Taste the hummus and add more lemon juice or garlic, to taste.

Recipe Health Tip: Chickpeas are an excellent source of fiber and plant-based protein. The recipe makes 12 servings, each with about 120 calories.



Finding Accurate Health Information Online

The internet provides a treasure trove of health information and some of the most reliable and accurate resources come from the National Institutes of Health (NIH). Recently, however, content on some of the NIH sites has become politicized, leading to the potential removal of information important for the health and welfare of the public. My go-to government health information site is MedlinePlus a service of the National Library of Medicine; to date the information remains accurate and appropriate. However, if you become concerned about internet disinformation, there are many excellent sites that have been developed by universities, health systems, and foundations, including for example:

- KidsHealth (<https://kidshealth.org>) Advice on children's health, behavior, and growth – from before birth through the teen years.
- Family Doctor (<https://familydoctor.org>) Trusted medical advice from the American Academy of Family Physicians.
- Mayo Clinic Health Library (www.mayoclinic.org)
- Cleveland Clinic Health Library (<https://my.clevelandclinic.org>)
- National Council on Aging - Aging Well (www.ncoa.org)
- Health in Aging (www.healthinaging.org) Expert health information for older adults from the American Geriatrics Society

These are just a few of the organizations you can trust and rely on for accurate and current health information!

Join us at 1:30 PM on March 26th at the Falmouth Public Library for a presentation and discussion led by Dr. Michael Bihari. The talk will include details about how to find reliable health-related information online and the way AI is changing how we find and use information.

Neighborhood Falmouth will also provide a list of recommended sites that are safe and reliable. And we will play "Health Information Trivia" for fun and perhaps some prizes!