



Neighborhood Falmouth  
 PO Box 435  
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# Neighborhood Falmouth News

November 2024

Recipient's Address



## November Neighborhood Happenings

THU 7	11 AM	<p><b>Author Talk:</b> Hasia Diner on <i>Opening Doors: The Unlikely Alliance Between the Irish and the Jews in America</i>          Falmouth Jewish Congregation, 7 Hatchville Road, East Falmouth</p> <p>Award-Winning Historian Hasia Diner is a professor of American Jewish History and is the former chair of the Irish Studies Program at NYU. She is the author of numerous books on Jewish and Irish histories in America.</p> <p>Everyone is welcome. Free for FJC members / \$5 General Admission. Advance registration required at <a href="mailto:fjcoffice@comcast.net">fjcoffice@comcast.net</a>.</p>
FRI 8	1:30 PM - 2:30 PM	<p><b>Holiday Decorating with Greens</b>          Falmouth Public Library</p> <p>Presentation will cover sourcing materials, selecting designs for your space, design techniques and shapes, tools, and professional tips.</p> <p>Free. Register via <a href="mailto:info@falmouthpubliclibrary.org">info@falmouthpubliclibrary.org</a> or call adult services at 508-457-2555 x7.</p>
MON 11	11 AM	<p><b>Falmouth Veterans Day Ceremony</b>          Falmouth Main Public Library Front Lawn</p> <p>The annual town of Falmouth Veterans Day ceremony kicks off from the Town Green at 11. Speakers include: Major General Virginia I. Gaglio and Reverend Nell Fields of Waquoit Congregational Church and NF Board of Directors.</p>

### A Note from the Executive Director: Candice A. Geers



In the spirit of Thanksgiving, let me start by saying thank you to everyone reading this. I feel blessed to be part of this organization, which is based on nothing more than love, compassion, and kindness for others. I can't thank the volunteers enough for their time spent with our members. I often hear from volunteers that they feel they get more out of their time with members than the members do. I'm pretty sure the members would not agree as I hear from members almost daily how wonderful our volunteers are. I also thank our wonderful Board of Directors for their insight, guidance, and support of our mission.

I also want to thank the great community of Falmouth. Recently, we did a fundraiser at the College Light Opera Company rehearsal space. It was a lovely event and all attendees enjoyed themselves. I was very moved when, after the performance, our attendees actually stacked the chairs they were sitting on! Without being asked – amazing! The Shining Sea Strummers, BSide, Annie Hart Cool, Adrienne Baumann, and Sally Love Banks were

on hand to share stories, comedy, and music. This event was the first in what will be an annual event in early fall, so stay tuned!

Two other events we participated in last month were the Jazz Stroll and the Scarecrow Competition. It is wonderful to be a part of this community because that is what it is all about – connection, community, and collaboration.

**Note to members:** We still have two Knox boxes up for grabs on a first-come basis. Call the office if you want one. Lastly – anybody have any Christmas ornaments and/or a tree stand you want to part with? We will put them to good use in our new space!

*Candice*

### Volunteer Profile: Karen Roberts

By Bill Laberis, *Volunteer*

*If there were an award for a demonstrated ability to juggle multiple important tasks simultaneously and successfully, Karen Roberts would get the blue ribbon. Throughout her professional and personal life, she has managed a complex work life; helped raise two sons while staying closely involved in their school and extracurricular affairs; made a home – several actually – for her boys and husband Jeff; helped care for others; and now serves as Treasurer and a member of the Board of Directors for Neighborhood Falmouth. And she does it all with a smile and confidence that seem to say, "I got this."*



**Q: Why did you get involved with Neighborhood Falmouth?**

A: My parents "aged early," with my mother falling ill to cancer and dying at 71, while my father struggled with congestive heart failure. It was clear to me that as people age or become ill, it gets harder for them to meet basic needs, like shopping or doing chores. When we moved to Falmouth, I learned how Neighborhood Falmouth helps fill those and other needs. I really wanted to give back to my new community, which is also my husband's hometown.

**Q: You did not start off as a board member, right?**

A: I began providing rides to medical appointments, markets, and other places. You get to know the members well. In one case I noticed that the windows in this member's home had not been cleaned in years, and it made the place gloomy. So, I washed them for her. That really opened her home with beautiful light and made a big difference for her. Later, with my business and financial experience, I became more valuable to the organization as a board member and treasurer. I also sit on various management committees.

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**Q: When did your interest in business and accounting begin?**

A: I graduated in the late 70's from Salem State College with a degree in accounting and business administration, at a time when there were not a lot of women going in that direction. I had done work for a local CPA firm during college and, after graduation, took a job with Dennison in Framingham (venerable manufacturer of business products). Dennison merged with Avery to create Avery Dennison, and eventually I moved on to the biotech sector. I also got married and started a family while working the whole time. We also moved around a few times as Jeff's work for Raytheon changed.

**Q: Did you stop working once you had your two sons?**

A: I continued to work full time and held senior financial positions at Cambridge-based biotechnology companies until I moved to Falmouth. Living on the Cape, I found a more flexible solution, which was to work as a "fractional chief financial officer" for new and emerging companies that weren't ready for a full-time CFO. My clients were various biotechnology companies, primarily in the Boston and Cambridge area, though some involved travel. With one engagement I would spend a full week per month in California.

**Q: Are you finally retired?**

A: Mostly, although I am on the advisory board of a company that manages clinical trials for the medical community. I still consider other roles, but they need to have a "life expectancy," rather than a long-term role for me.

**Q: With your sons grown and out of the house and your professional life gearing down, how do you like to spend your spare time?**

A: We love Falmouth and go to the beach often, mostly in the off season. We had a large boat but downsized to a 17-footer that I can take out on my own in Waquoit Bay and Vineyard Sound. I still ski, as we did when our boys were young. I play golf in a couple of women's leagues as well. And I enjoy walking and spending time with friends.

**Q: Is there anything about you that might surprise people?**

A: Yes, I am trained to perform reiki. It is a widely recognized Japanese healing technique that uses gentle touch to promote well-being and healing. I believe strongly in the power of human touch.

**Common Scams To Avoid**

By Candice A. Geers

During a recent trip to my bank, I saw a sign alerting customers to a new scam going around. Apparently, people are calling and identifying themselves as bank employees. They go on to say that there is a scam going on at the bank, and that the listener is not to call the bank as the employees who answer may be involved. The caller then asks for account information to "secure" the account. Their main goal is to get info so they can access your account and get your money. So, NEVER give any account information to anyone who calls you out of the blue. Tell the caller that you will verify and call the company back or simply hang up.

Here are some other common scams:

- **Invoice or Payment/Delivery Phishing:** You get an email that claims you have an outstanding invoice or delayed package and prompts you to click on the invoice/delivery info attached. DO NOT do this. If you recognize this company, call them or look up your account information online to make sure nothing is owed. Most times, the company is not clearly identified or is unfamiliar, so delete the email immediately.
- **IRS Phishing:** The IRS will never email, text, or contact you via social media.
- **Quishing:** This is when someone sends or shows you a fake QR code and asks you to scan it. The code takes you to a fake website and asks for personal information to "set up an account."

A good rule of thumb is to never open an email or text if you do not know exactly who it is from and NEVER click an attachment in either. It is best to delete anything that looks remotely suspicious. Never give out **any** info if someone you do not know calls you on the phone.

**PROTECT YOUR INFORMATION!**

**November Birthdays**

*Members*

- Barbara Gaffron 11/7
- Rick Mallen 11/12
- Katharine Woodwell 11/17
- Kathy Boothroyd 11/20
- Lisa Dunne 11/28
- Pia Munro 11/28

*Volunteers*

- Richard Fagan 11/1
- Ruthann Katzen 11/1
- Winnie Dick 11/3
- Martha Tarafa 11/5
- Sara Dalton 11/18
- Judy Allen 11/27
- George Wheeler 11/27
- Karen Crichton 11/28



*Welcome*

*New Members*

- Tess Clarkin
- Bobbie Miner
- Bob Schreiter

*New Volunteers*

- Reta Andrews
- Vivianne Beller
- Mary Devlin
- Linda Kay
- Mary Nyland
- Michael Nyland
- Kathleen Sherman
- Richard Sherman

*special thanks to our sponsors*

- Advanced Audiology
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- Cape & Islands United Way
- Cape Cod Church
- Cape Cod Healthcare Foundation
- Falmouth First Congregational Church
- Falmouth Podiatry
- Falmouth Toyota
- Greater Worcester Community Foundation
- 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
- 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.*

### November is Diabetes Awareness Month

Type 2 diabetes, diagnosed in more than 25% of adults age 65 and over, is a disease in which your blood glucose, or blood sugar, levels are too high. Glucose is the main source of energy for your body's cells. The hormone insulin, which is produced in your pancreas, helps the glucose get into your cells to give them the energy they need to function. If you have diabetes, your body doesn't make enough insulin or doesn't use insulin properly. The glucose then stays in your blood and not enough goes into your cells.



Over time, having too much glucose in your blood can cause serious health problems, including heart disease, stroke, kidney disease, eye problems, and nerve damage that may lead to amputation.

Your chance of getting type 2 diabetes is higher if you are overweight, inactive, or have a family history of diabetes. Women with a history of gestational diabetes (a type of diabetes that develops during pregnancy) also have a greater chance of developing type 2 diabetes later in life.

If you have diabetes, or are at risk for it, it's important to know how you can manage the condition and help prevent complications. For accurate and current information about diabetes, Neighborhood Falmouth recommends the following resource from the National Library of Medicine: <https://medlineplus.gov/diabetestype2.html>

### Tips for a Healthy Thanksgiving

Thanksgiving is a time for family, food, and celebration, but it can also bring some health challenges, especially for older adults. Here are some tips to stay healthy and make the most of your holiday:

**Mindful Eating:** Thanksgiving meals can be heavy, so balance your portions. Start with smaller servings and go for healthier options like vegetables, salads, and lean proteins such as turkey without the skin. If you have any dietary restrictions for conditions like diabetes or heart disease, plan your meals accordingly. You might want to bring a dish that fits your needs to share.

**Hydrate:** Drink plenty of water, especially if you're consuming more salty or rich foods and watch your alcohol intake.

**Stay Active:** A short walk before or after the meal can help with digestion, reduce stress, and boost mood.

**Manage Stress:** Find a quiet place to rest or relax if you feel tired. If you're hosting or helping with meal preparation, don't hesitate to ask for assistance. And it is probably a good idea to avoid talking about politics regardless of the outcome of the election!

**Food Safety:** Make sure that leftovers are properly stored and avoid foods that have been left out for too long to minimize the risk of foodborne illness.

## From Dr. Mike's Kitchen

This easy-to-make soup can be on your table in no time. It is wonderful for lunch on a brisk autumn day. The recipe can easily be doubled or even tripled if you're expecting a crowd.

### Baked Bean Soup

Two 16-ounce cans vegetarian baked beans

14.5-ounce can stewed tomatoes

1 cup chopped celery with lots of leaves

1 1/4 cups chopped onion

3 large garlic cloves

pepper & hot sauce, to taste

*Place all ingredients in a blender or food processor and puree until smooth. Heat to boiling and simmer 15-20 minutes. Great for dunking whole grain bread. I like mine spicy so I add a lot of hot sauce!*

*Recipe Health Tip:* Beans are a great source of both protein and fiber. A one-cup serving of this soup has about 175 calories and 7 grams of both fiber and protein.



## Have You Gotten Your Shots?

Hopefully, most of you have gotten the vaccines recommended to help prevent you from getting the flu, Covid-19, and RSV.

Although many of us are by now familiar with Covid-19 and flu shots, some of us are less knowledgeable about RSV. The CDC recommends the RSV vaccine for all adults 75 and older or adults ages 60-74 who are at risk of severe RSV. To learn more about RSV in older adults visit the following CDC site:

<https://www.cdc.gov/rsv/older-adults/>



## 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 appointments or your favorite exercise facility, well-being visits, home safety inspections, and reliable health information.