



Neighborhood Falmouth
 PO Box 435
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Recipient's Address



August Neighborhood Happenings

6	<p>AUTHOR TALK: Colonization and the Wampanoag Story with Author Linda Coombs Falmouth Public Library Lawn 4:30 PM This all-ages event offers an Indigenous perspective on the impact of European settlement and colonization in Southern New England.</p>
6-10	<p>College Light Opera Company's summer season continues with Legally Blonde. Matinee deal with code: <i>neighborhoodfalmouth</i>. For info and tickets: http://www.collegelightoperacompany.com.</p>
13-17	<p>College Light Opera Company ends the summer season with A Little Night Music. Matinee deal with code: <i>neighborhoodfalmouth</i>. For info and tickets: http://www.collegelightoperacompany.com.</p>
14	<p>AUTHOR TALK: Sharks Don't Sink—Adventures of a Rogue Shark Scientist with Jasmin Graham Falmouth Public Library Hermann Room 4:00 PM Jasmin Graham is a marine biologist in the field of elasmobranch ecology and evolution, currently specializing in smalltooth sawfish and hammerhead sharks. She is co-founder of Minorities in Shark Sciences (MISS), an organization providing support for women of color in the field of shark biology and ecology, in order to foster greater diversity in marine science.</p>



Neighborhood Falmouth News

August 2024

A Note from the Executive Director: Candice A. Geers



Next Generation

I was delighted earlier this summer to get emails from a few different high school students interested in volunteer opportunities with us. Lane Kimball lives in the Washington DC area and goes to St. Johns School, Kaileigh Ferrero lives in Newton and attends Newton Country Day, and Jackson Chang lives in New Jersey and attends the Dwight Englewood School.

Community service hours are a requirement for graduation at each of their schools. These students all make Falmouth their home for the summer, and all wanted to do their hours here with us. One of the students actually sought us out after reading our own Dr. Mike Bihari's Falmouth Enterprise article about loneliness. The topic was relatable, I was told, because

teenagers have had some of the same issues, especially since the pandemic. I find the empathy, compassion, and interest in public service very hopeful for our society and want to do anything I can do to support these efforts.

I have spent some time with the students and they are very eager to be helpful and to make connections with our members. They are available for friendly visits, walks around the neighborhood, grocery shopping or other errands as needed. They have already been helpful around the office and have made a few enjoyable visits to members.

Members — Please let the office know if you would like a visit from one of our interns. **Volunteers** — let us know if you are willing to take one with you to do a request. We will happily arrange a convenient time to introduce the two of you so you can make your plans. By spending quality time with the next generation, we can learn a lot — and of course, we can teach them a thing or two as well.

Candice

Board Member Profile: Joe Andrews

By Bill Laberis, *Volunteer*

“Be part of the community and give back to the community.” These simple but powerful words said and repeated by his mother would serve as guideposts for Joe Andrews’ personal and professional life – and they still do. As the second youngest of seven sons of Marina and Tony Andrews, Joe grew up on the family farm – the locally famous Andrews Farm. He later spearheaded the effort with the town and the 300 Committee to place the 60+ acre farm into perpetual conservation land. It is still farmed today – by Jeff Andrews, Joe’s youngest brother. And on that farm stands the fruit and vegetable stand that, starting as a 12-year-old, Joe managed until his college graduation in 1978 – when he and his brothers weren’t hawking fresh corn door-to-door throughout Falmouth from the back of a pickup truck.

Q: The messages of giving back and humility started for you at an early age, correct?

A: My dad came here penniless in 1928 and started the farm, not as a business but to survive, for subsistence. He married my mother when she was a teenager – two Cape Verdean immigrants. Despite the struggles and seven boys, my mother found time to serve as town meeting member, volunteer at the Senior Center, at Falmouth Hospital, and various other non-profits and volunteer groups. Dad taught us all how to work hard, and the message was clear: if you do, you will have what you want.



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Q: For you that meant picking strawberries, corn, and an assortment of other vegetables under the broiling sun and managing the stand starting at age 12?

A: Yes, but the stand was frequented by so many wonderful summer residents and locals, like professors, teachers, executives. I had this natural curiosity, so I spoke to as many as I could, and they responded by listening and offering their own advice. I was surprised at first that so many people were happy to take the time to talk to me. They knew I was curious and naturally inquisitive. And a rather good listener! I already knew from my parents that there was a standard, being an Andrews, to be part and give back. And we all did.

Q: As a person of color in Falmouth, did you ever feel any prejudice?

A: Never, not here in Falmouth. It has always been a great community, accepting of everyone. There also has been a supportive Cape Verdean community here. At Falmouth High I was president of the Key Club. Our mission was to serve the community through food drives, by visiting nursing homes, and doing what we could as students to give back to the town. I was also president of the senior class. I was treated no differently than anyone else. Of course, much of this was due to my family's participation in the community.

Q: How did you feel when, as a teenager, you had three brothers fighting in Vietnam at the same time?

A: Just very proud of them. My brother Gene was a Green Beret. Interesting fact: he radioed for a helicopter extraction and who showed up piloting the helicopter but my brother Anthony! Gene later got his Ph.D. and taught at West Point, and then had a career working with Jack Welch at General Electric. Anthony went on to start his own company selling products to the Army. All of my brothers value and participate in the act of giving in the communities they live in and serve.

Q: During your notable career in human resources at several major Boston area companies (including General Electric, Digital Equipment, Polaroid, NEC, and Progress Software) did you keep up the "giving back to community" mantra?

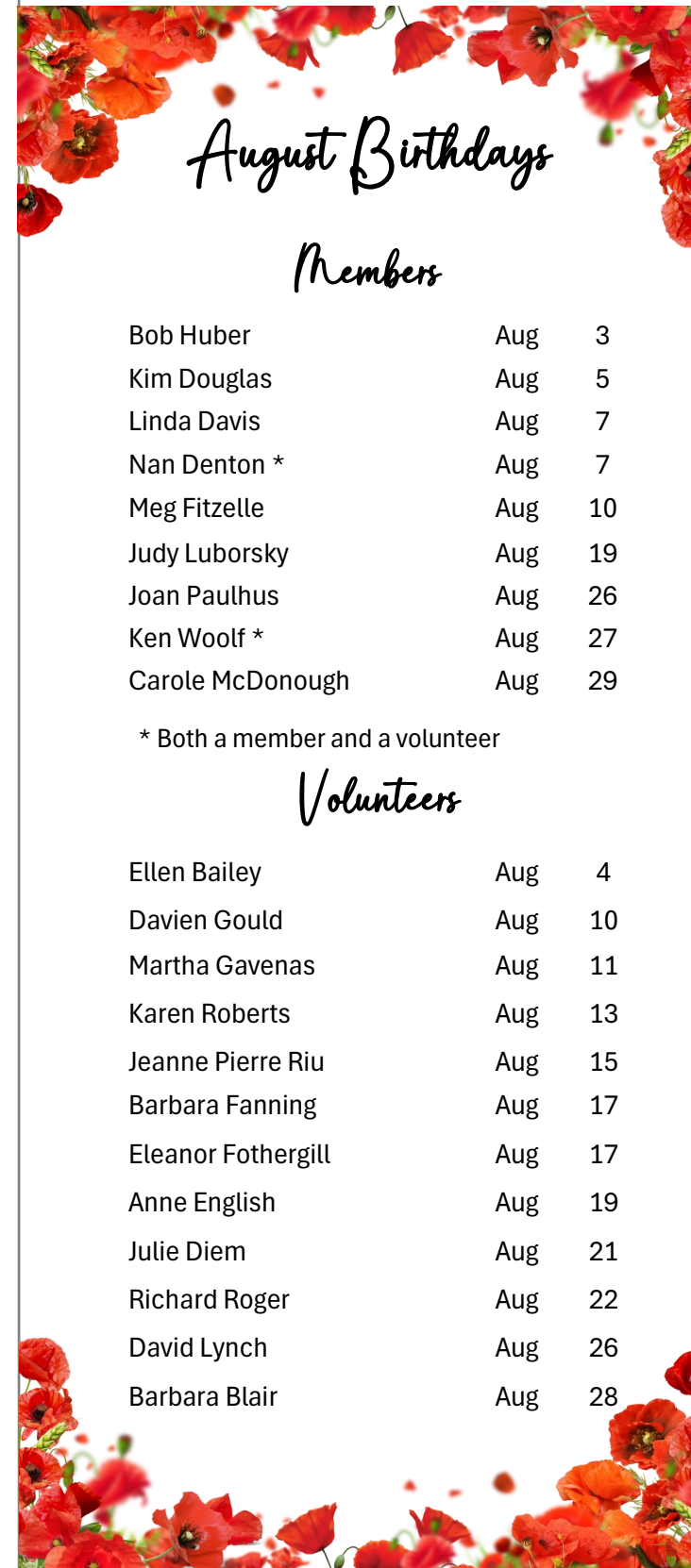
A: While raising two sons (Jake and Neil) in Bedford, I was highly active in youth sports. We had no youth football league, so I led the effort to start one. I also led Progress's Contribution Committee, which exceeded my expectation in regard to the happiness we created for those we served.

Q: After you retired at the ripe age of fifty-seven, you moved back to Falmouth. Why?

A: I feel like I never left. We have a close family, and I visited my parents often, as well as other family members and friends. Falmouth was always home. I live on beautiful Green Pond, love boating, riding my bike, and playing in the Cape Codgers softball league. As you'll hear me often say "I feel blessed with the life I have and the people I've met." I brokered the deal to keep the farm in the town hands. I serve now as vice president of the board of Neighborhood Falmouth. And I was recently nominated and have accepted to serve on The 300 Committee Board of Directors, which I'm thrilled about. That message from my parents never faded – be a part and give back.

Did you know?

If your IRA or annuity is requiring you to take an annual mandatory withdrawal that you a) don't really need and b) will have to pay taxes on, consider gifting this disbursement to Neighborhood Falmouth. You will not pay any tax on this, nor will we. This is called a Qualified Charitable Donation, and your financial advisor can facilitate this process. Call our office for more info: 508-927-1678.



August Birthdays

Members

Bob Huber	Aug	3
Kim Douglas	Aug	5
Linda Davis	Aug	7
Nan Denton *	Aug	7
Meg Fitzelle	Aug	10
Judy Luborsky	Aug	19
Joan Paulhus	Aug	26
Ken Woolf *	Aug	27
Carole McDonough	Aug	29

* Both a member and a volunteer

Volunteers

Ellen Bailey	Aug	4
Davien Gould	Aug	10
Martha Gavenas	Aug	11
Karen Roberts	Aug	13
Jeanne Pierre Riu	Aug	15
Barbara Fanning	Aug	17
Eleanor Fothergill	Aug	17
Anne English	Aug	19
Julie Diem	Aug	21
Richard Roger	Aug	22
David Lynch	Aug	26
Barbara Blair	Aug	28



In Memoriam

George Woodwell, Member
Barbara Douglass, Member

WELCOME

New Members

Eleanor Baldic
Linda Davis
Gloria Girod
Judith Sacco

New Volunteers

Maura Harvey
Pamela Morrone
Kerri Sperzel
Maureen Santoro



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The Bilezikian Family 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.

August is National Immunization Awareness Month — Do You Need a Shot?

National Immunization Awareness Month (NIAM) is an annual observance held each August to highlight the importance of vaccination for people of all ages. As we age, our immune system is less able to fight off infections, which makes people ages 65 and older more at risk for diseases like influenza, COVID-19, pneumonia, and shingles.

Older adults are also at a higher risk for serious complications related to these diseases compared to younger populations. The flu in a 40-year-old is very different than in an 80-year-old. The following six vaccines are important to consider if you are an older adult:

- COVID-19 Vaccine
- Influenza (flu) Vaccine
- RSV Vaccine
- Pneumonia Vaccine
- Shingles Vaccine
- Tetanus and Pertussis Vaccine



National Immunization Awareness Month

Speak with your primary care provider about the vaccines you need and when you should have them. I recently had an annual checkup with my PCP, and she advised me to get a COVID booster, a flu shot, the new updated version of the pneumonia vaccine, and the RSV vaccine. They are available at my local pharmacy and I will start getting them in September.

To learn more about vaccines for older adults, the following resources are accurate, up-to-date, and trustworthy:

- **National Institute on Aging:** www.nia.nih.gov/health/immunizations-and-vaccines/vaccinations-and-older-adults
- **HealthinAging.org:** www.healthinaging.org/vaccinations-older-adults
- **CDC:** www.cdc.gov/vaccinesafety/vaccines/index.html

Getting vaccinated also protects other people. When you get a vaccine, you don't just protect yourself — you also protect others. This is known as community (or herd) immunity. According to the CDC, "Germs can travel quickly through a community and make a lot of people sick. If enough people get sick, it can lead to an outbreak. But when enough people are vaccinated against a certain disease, the germs can't travel as easily from person to person, and the entire community is less likely to get the disease.

That means even people who can't get vaccinated will have some protection from getting sick. And if a person does get sick, there's less chance of an outbreak because it's harder for the disease to spread. Eventually, the disease becomes rare — and sometimes, it's wiped out altogether."



Block Tick Bites—Don't Let Ticks Make You Sick

One of the joys of living in your home in Falmouth is doing some gardening or walking on some of the trails developed by the 300 Committee. But, along with being in the outdoors we have to put up with the “ticks of Cape Cod”, most notably the Deer Tick, the Dog Tick, and the Lone Star Tick, the bite of which can cause an allergy to red meat consumption. About 80 percent of tick caused illness is Lyme disease, spread by the Deer Tick.

When outside:

- Treat clothing and gear with products containing permethrin.
- Use repellents containing DEET, as directed.
- Avoid areas where ticks hide, including high grass and leaf litter.
- Tuck pants into your socks.
- Wear light clothing so ticks are easily spotted.



When back indoors:

- Change your clothes when you come inside.
- Put clothes into a hot dryer for 20 minutes.
- Check your whole body for ticks. Ticks can be as small as a poppy seed.
- Shower within two hours after coming indoors to wash away ticks before they latch on.

Remember to check your pets for ticks too! You can also get them tick repellent products.

If you do get a tick, remove it with fine tipped tweezers; pull upward with steady, even pressure. Save and date the tick for later identification if you suspect you have Lyme Disease or another tick-borne illness.

For more information about ticks, visit the TickEncounter from the University of Rhode Island. This resource is an in-depth look at the tick problem in New England: <https://web.uri.edu/tickencounter/>

From Dr. Mike's Kitchen

This month's recipe is dedicated to Jack Easterling, a long-time member of the Neighborhood Falmouth Board of Directors, who died in June. Jack submitted this recipe to be included in the Neighborhood Falmouth Cookbook. This was one of his favorite lunch sandwiches. It is easy to make and a good dish when it's too hot to turn on the oven. And who doesn't love egg salad?

Marcia's Great Egg Salad

- 1 extra-large or jumbo hardboiled egg, finely chopped
- 1/4 teaspoon Dijon mustard
- 1 tablespoon mayonnaise
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon dried parsley
- 1 tablespoon capers, drained and chopped
- Pinch of salt
- Freshly ground black pepper, to taste

Mix all the ingredients together. Ready for a sandwich or to serve on a bed of greens. Instead of the capers you can use 3 small pimento-stuffed olives, finely chopped. The recipe yields one serving. It can be doubled, tripled, quadrupled, or even more!



Recipe Health Tip: Eggs are a good source of protein with one egg having up to 7 grams. Eating an egg a few times each week is consistent with the Mediterranean diet.