



Neighborhood Falmouth
 PO Box 435
 Falmouth, MA 02541

Recipient Address



July Neighborhood Happenings

July 2-6: Irving Berlin's Holiday Inn	College Light Opera Company performs 9 different musicals over 9 weeks with nightly performances and matinees on Wednesdays and Thursdays. We have a special offer on tickets, so call our office at 508-927-1678 for details.
July 9-13: Gypsy	
July 16-20: The New Moon	
July 23-27: Little Shop of Horrors	For info and tickets: http://www.collegelightoperacompany.com
July 27-August 3	33rd Woods Hole Film Festival will be held in Woods Hole. Virtual screenings will also be available on the Festival platform the following week, from Sunday, August 4 through Sunday, August 11. For info and tickets: https://woodsholefilmfestival.org/



Neighborhood Falmouth News

July 2024

A Note from the Executive Director: Candice A. Geers



Karma and Coincidences

Last month I went to a wedding in Ireland of a very close family friend. The wedding was being held in the small village of Westport, on the east coast about 3 hours away from Dublin and 90 minutes north of Galway. In other words, not a huge metropolis. On the day I was leaving, I received an email from the husband of a member informing me of her death earlier that week. I was sad to hear about the passing of this beautiful woman as I had spent some time with her and found her amazing. The email contained her obituary, which I opened immediately. Turns out she was born and raised in Westport, Ireland! I contacted her husband to tell him I was headed to that very town for the weekend and asked if she was associated with a local church there. She was, and I found the church and lit a candle for her and spoke to the vicar of the church to let him know that her US friends and family send along greetings. The experience left me humbled and grateful for this coincidence, and I was glad I was able to represent her in her home country. The rest of my trip was awesome, and a few random and wonderful things happened during the trip which gave me pause to really think about karma.

Karma is actually a Sanskrit word that means "action," "work," or "deed," and it really speaks of the spiritual cycle of cause and effect. The good intentions and deeds you perform result in an addition of good karma, while the bad ones add to the bad karma. So, I choose to believe that good begets good, and recommend to us all that we live in a good and positive way to attract more good karma.

Candice

Member Profile: Kay Paine

By Bill Laberis, Volunteer

Of the many things that have helped Kay Paine get through a long and productive life, there is one thing that did not happen to her that she put in the plus column. "I'm glad I didn't learn shorthand." Had she done so back in high school in the early 1950s, she would have embarked on a career as a secretary or office assistant. Instead, she later exploited her math and science talents to blaze her own trail in the earliest days of computer programming, including a 10-year stint at the once powerful Digital Equipment Corp. (DEC). Today this vibrant and alert 89-year-old once again lives in the town she first called home starting at age 7.



Q: What brought your family to Falmouth in 1942?

A: The war did. My dad worked running the PX (Post Exchange) at Camp Edwards. He loved Falmouth. I settled into school and then graduated Lawrence High School before going on to Univ. of Connecticut for two years. Then I got married. Many years later I got my degree from Leslie College.

Q: How did you get your professional start in those very early years of computing?

A: I got a job at General Electric as an engineering assistant, but found I really enjoyed what passed for programming back then, before the days of the Fortran and Cobol programming languages. I left GE in 1959 when my son was born but kept up my skills in writing machine language.

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Q: You returned to Falmouth then?

A: Yes, with three kids by then. I started working in the late seventies as a contractor for Fisheries in Woods Hole (the federal NOAA program). I was divorced and on my own from age 43. I loved Fisheries and the programming work I did there. I was a data dictionary specialist, and that field was particularly important then. But because at that time I still had only two years of college, advancing there was tough. It had nothing to do with being a woman. That is just the way it was in terms of advancement.

Q: What happened next?

A: My kids were older, so I move to Somerville, like everyone seemed to be doing, and took my first job in DEC in 1983. They just wanted good people, rather than degreed people. I got hired and had 10 great years there in various roles. I supervised a small group of programmers specializing in testing advanced software to run on DEC machines. I worked for a while with the marketing team as well when they started to need good programming talent. I also got to work with so many of the brilliant pioneers in programming. Eventually, as many people know, DEC went into a decline, and I got an exceptionally good early retirement package and left in 1992.

Q: But you did not stop working, right?

A: Correct. I had my own small contracting company and did more work for Fisheries. The work was great, and I got to travel extensively, both in the US and in Europe. Finally in 2000 I decided to retire here in Falmouth.

Q: Why Falmouth?

A: I love the town. Plus, my daughter lives here as does one grandchild: I have seven grandchildren in all and two great grandchildren. I served on the Falmouth School Committee and was a town meeting member. I also was among the early volunteers of Neighborhood Falmouth and served as the group's president for one term. Now years later, I am a member! They help me stay where I want to be - in my home. That means so much to me, and as I get older, I need help getting even routine things done. Between my daughter and Neighborhood Falmouth, I am doing just fine.

Did You Know?



We've moved! We are now located at **115 Palmer Avenue** in Queens Buyway.

You'll find us next to Howlingbird Studios and across the street from Coffee Obsession.

There's parking and easy access, so stop in if you drive or put in a request for a ride if not. We love for you to say hi and take a look at our new home! You can also send in a friend to talk to us about volunteering or membership.

We are here weekdays 9-3, often later. Give us a call at 508-927-1678 if you'd like to make sure!



July Birthdays

Volunteers

Nancy Quigg	July	2
Lynne Gualtieri	July	7
Diane Rego	July	11
Frank Kauffman	July	18
Phil Walker	July	19
Joe Pedulla	July	20
Joan Schultz	July	20
Amy Brothers	July	24
Jane Dunworth-Baker	July	25

Members

Gail Oakes	July	3
Mary Brooks	July	4
Christine Arnold	July	8
Caroline Burgess	July	8
Kathryn Johnson	July	9
Alice Batchelor	July	15
Chrissy Fox	July	16
Lee Rizzo	July	16
Rie Mooney	July	21
Carol Schwamb	July	21
Lauren Sparks	July	22
Jean Bowin	July	23
Rod Hinkle	July	24
Brenda Nolan	July	27

In Memoriam

*Jack Easterling, Board Member and Volunteer
Celia Brown, Member
Nancy Wigley, Member*



A Special THANKS! to Our Sponsors

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- Cape Cod Healthcare Foundation
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- Lyndon Paul Lorusso Charitable Foundation
- Martha's Vineyard Bank
- Paul and Betty G. McDonald Foundation
- Royal Health Group Charitable Foundation
- The Bilezikian Family Foundation
- The Cape Cod Foundation - Mary & Redwood Wright
- Waquoit Congregational Church
- West Falmouth Market
- Woods Hole Foundation

welcome
we are glad you are here

Our Newest Volunteers
Maggie Megaw
Mary Jo Bradley
Susan Carney
Claire Ceccoli
Nancy Quigg
Charles Bellone

Our Newest Members
Helen Ciccolo
Anthony Andrews



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.

Summer Safety Tips for Older Adults

After a long winter cooped up and dealing with the rains of a Cape Cod spring, the arrival of sunny days can make us eager to be outside—gardening, enjoying the trails created by the 300 Committee, and visiting our glorious beaches. But as older adults it's important to remember that over exposure to heat and sun can cause serious health issues.

Older adults are the most sensitive to heat and sun exposure. That's because, as we age, the body's ability to cool itself changes. There are two main ways our body regulates its temperature; one is increasing how much blood flows to the skin, and the other is how much we sweat. Neither of these works as well in older adults, and that makes it more difficult to cool down.

According to the Centers for Disease Control and Prevention, older adults are more susceptible to heat-related illnesses and injury, such as heat syncope, heat cramps, heat rash, heat stroke, and skin or eye damage from sun exposure.

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, especially water. Avoid drinks that contain alcohol or caffeine.
- Do outdoor activities during the coolest part of the day, in the early morning or evening.
- If you live in a home without air conditioning or fans, try to spend time during midday in a place that does have air conditioning. For example, go to the shopping mall, movies, library, senior center, or a friend's home.
- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find someplace you can be active while staying cool indoors.

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Lower Your Risk for Sunburn, Skin Cancer, and Early Skin Aging

Sun damage to your body is caused by invisible ultraviolet (UV) radiation. Spending time in the sun unprotected increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage. You can reduce your risk by:

- Limiting your time in the sun, especially between 10 AM and 2 PM, when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available.
- Using broad-spectrum sunscreens with an SPF value of 30 or higher regularly and as directed. Broad-spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.

In addition:

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips.
- Reapply at least every two hours. Apply more often if you're swimming or sweating. An average-size adult needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation, so other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof. Check the instructions on your sunscreen for information about its water resistance and reapplication instructions if you are sweating or going in the water.



From Dr. Mike's Kitchen

This creamy, tangy and refreshing soup is delicious for a light lunch or take it to the beach or park as part of a healthy picnic. One serving has only 63 calories. And you do not have to use your stove or oven!

Cold Tomato Buttermilk Soup

- 4 cups low-sodium tomato juice
- 2 cups fat-free buttermilk
- 4 teaspoons fresh lemon juice
- 2 tablespoons finely chopped scallions
- 1/4 teaspoon Worcestershire sauce
- 8 dashes hot sauce or cayenne pepper, to taste
- freshly ground black pepper, to taste
- 1 heaping cup arugula, shredded
- 6 thin slices ripe tomato

Combine all the ingredients except for the arugula and tomato slices. Mix well and refrigerate until well chilled. Stir to recombine the soup. Place some arugula in the center of six soup bowls. Divide the soup among the bowls. Float a tomato slice on top of each bowl and serve.

