



Neighborhood Falmouth
PO Box 435
Falmouth, MA 02541

Address Label



October Neighborhood Happenings

SAT 4	10:00 AM— 2:00PM	Open House & Wampanoag Culture Celebration Highfield Hall Enjoy a vibrant day of cultural celebration honoring the rich heritage of the Wampanoag people. FREE admission to Highfield Hall for this community event filled with activities for all ages. Attend educational panels that highlight Wampanoag whaling traditions, shop authentic handmade goods from Native vendors, and watch a live performance at 12:30 by the Wampanoag Nation Singers and Dancers .
THU 16	7:00 PM	Author Talk— Marilyn Rothstein on Who Loves You Best Falmouth Jewish Congregation Free in-person talk about a story of a grandmother’s love and personal strivings.
FRI 24	12:00 PM	NF Fall Member Luncheon First Congregational Church Free. Members and volunteers welcome. If you plan to come, please RSVP to 508-564-7543 and let us know if you need a ride.
WED 29	1:30 PM— 2:45 PM	NF Library Talk— Staying Safe: Preventing Falls in Older Adults Falmouth Public Library: Hermann Room Falls are the leading cause of fatal and nonfatal injuries in persons older than 65 years. Dr. Michael Bihari discusses ways to prevent falls with an emphasis on medications and balance issues. Dr. Bihari is a retired pediatrician, health educator, and healthcare consultant. He is the current President of the Board of Directors of Neighborhood Falmouth, co-chair of the Falmouth Human Services Committee, and President Emeritus of the Community Health Center. Free and open to the public. Register at http://bit.ly/428rXvB .



Neighborhood Falmouth News

October 2025

A Note from the Executive Director: Candice A. Geers



Gratitude. I’ve been thinking a lot about this word lately, and I continue to see many examples of it in action.

The other day, a member called after making a donation to us. She shared that her gift was in honor of a treasured volunteer who has helped her with small tasks around her home—things she simply couldn’t do on her own. Another member sent in her renewal accompanied by a handwritten note, expressing her deep thanks and saying she couldn’t get along without our wonderful volunteers.

We’ve also completed a number of home safety assessments recently. When conducting these assessments, our aging-in-place specialist suggests that before getting out of bed in the morning, we should pause, sit on the edge of the bed, and express gratitude for the blessings we have. Research shows that gratitude and a positive attitude contribute to a longer, healthier, and happier life. Great and heartfelt advice for sure.

So let’s be thankful for what we have. “Thank you” is truly an expression to live by.

On another note, this fall we are dedicating our efforts to Home Safety and Falls Prevention. Falls among older adults account for a significant number of injuries and deaths each year, and it is our mission to help reduce those risks.

Our website contains valuable information on fall prevention, and in the next few weeks, each member and volunteer will receive a booklet filled with practical tips to help you stay safe at home. We also invite you to join us at Falmouth Public Library for our 10/29 Falls Prevention Discussion by Dr. Michael Bihari.

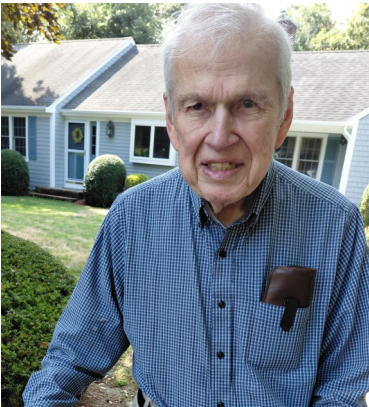
Together, let’s work toward a fall-free fall!

Candice

Member Profile: Bob Huber

By Bill Laberis, *Volunteer*

Bob Huber, 91, grew up in the late 1930s and 1940s in Jamaica Plain, or JP to the locals, many of Irish descent. The family apartment was in a two-decker building with an attic. His family’s apartment consisted of two bedrooms, a kitchen and a living room – all for the princely sum of \$28 per month. Recently the attic and second floor went on the market as a condominium. The price? \$950,000!



Q: Things were a lot different when you were young?

A: Oh yes. My father’s parents immigrated here in the 1880s and they occupied one floor of a three-decker in Roxbury. There were nine children, all on one floor, and the building had one bathroom – in the basement. There were five kids from another family on the second floor and maybe three on the third. I attended a Catholic grammar school, and we had sixty-three kids per classroom, with two classes per grade. I then went to St. Thomas Aquinas High School where I played football and baseball.

Q: What did you do after high school?

A: I enrolled as a commuting student at Boston College and got a bachelor’s degree there. I also joined the national guard as a senior and later earned an MBA in accounting by going nights. For a while I served as an active-duty soldier at Fort Bragg in an artillery unit.

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Q: Where did you start your career?

A: I joined a company called National Research that engineered and built specialized vacuum equipment used in various scientific applications. Because the company was in Newton, I moved to Acton with my first wife, Janet. We had four children and stayed in Acton for 25 years. I coached youth hockey and little league baseball and still miss kids playing sports. Sadly, she passed away fairly young from breast cancer. Today my children live in Sammamish, WA as well as Holliston, Lowell, and Littleton MA. I have five grandkids that I see often. My grandson is attending college in Washington after just two years of high school.

Q: You were single then for a long time?

A: Not long at all. I attended a high school reunion and there I met a girl I knew from way back in grammar school. Catherine and I were married in the early 1990s and after retiring, we built the house I still live in in West Falmouth. We just loved the easy access to Falmouth from the Boston area, and the beaches here are the best. We stayed because Falmouth is a wonderful place to live. I worked part time as an accountant for many years with The Seacrest, helping them with payroll. There are good services for seniors here in town, including the Gus Canty Center, Meals on Wheels, and Neighborhood Falmouth. Unfortunately, Catherine passed away in 2018, but I still go to the Gus Canty Center three times a week to join up with an indoor walking group.

Q: How is the Falmouth community helping you age in place in your own home?

A: Neighborhood Falmouth has been a huge help. One volunteer comes for social visits, which is great. I stopped driving recently, so they also help me get to and from my local medical visits, while the VA (Veterans Administration) gets me to other appointments. I also have a girlfriend, Gail, and we talk every day on the phone and see each other on Sundays. I was active in St. Vincent DePaul Society. You must keep moving! I am a lector at St. Elizabeth Seton church. Gail and I are also greeters there on Sundays. I served for two years as president of the Boston College Club of Cape Cod and more than 20 years as treasurer of the Irish American Club of Cape Cod. And I was a member of the German American Club of Cape Cod.

ATTENTION MEMBERS

If you have a confirmed ride with a Neighborhood Falmouth volunteer, **please call us right away if your appointment is canceled or rescheduled.** This helps us respect our volunteers’ time and make rides available to other members.

Still available to help keep you safe at home:

- KnoxBoxes
- Emergency Detection wearable devices (such as Apple Watch)

Call us at 508-927-1678 to request one or both.

Beginning the week of October 6, members with a valid email address on file with us will receive a confirmation email once a volunteer has been matched to their request. **You will still receive confirmation phone calls—this email is simply an added reminder.**

Exciting News!

Neighborhood Falmouth is pleased to announce a partnership with the Falmouth Police Department enhancing community engagement and support for older residents.

Through this collaboration, officers will be fulfilling social visit and small home task requests for our members. This will strengthen communication between seniors and local law enforcement and will assist Neighborhood Falmouth in serving more older residents.

This initiative reflects a shared commitment to fostering trust, safety, and connection across the Falmouth community.



October Birthdays

Members

John Janerico 10/2
Bobbie Miner 10/4
Jack Hurley 10/14
Volker Ulbrich 10/16
Linda Blumer 10/17
Sheila Chisolm 10/17
Mary Hollis 10/17
Bob Dinsmore 10/20
Jack George 10/25
Pennie Hare 10/28

Volunteers

Melissa O'Brien 10/5
Susan McCourt 10/6
Frances DiRusso 10/9
Jim Newman 10/15
Dennis Ryan 10/22
Pamela Morrone 10/23
Marion Bihari 10/24
Skip Corcoran 10/24
Tom Maine 10/24
Chip Chandler 10/25
Linda Kay 10/25
Mary Jo Bradley 10/26
Martha Asendorf 10/26
Lyndsey Lefebvre 10/29
Ed Sholkovitz 10/31

New Members

Lena D'alleva
Cricket George
Steven Murphy
Craig Taylor
Val Tillman
Grace Watt

New Volunteers

Max Ito
Eileen Logan
Tess Strassel

welcome

In loving memory

BRIAN O'ROURKE

special thanks to our sponsors

AARP
Advanced Audiology
Beatrice A. Bunker Architecture
Bilezikian Family Foundation
Caithness Foundation
Cape & Islands United Way
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Falmouth Podiatry
Falmouth Toyota
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Hermann Foundation
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Martha's Vineyard Bank
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Royal Health Group Charitable Foundation
Dr. Gerald Roan, DMD
The Rossley Fund
TLC Private Home Care
Walmart - Falmouth
Waquoit Congregational Church
Woods Hole Foundation
Mary & Redwood Wright Foundation

PLEASE JOIN US

Fall
Member Luncheon

Friday 10/24
at
Noon

First Congregational Church
68 Main Street, Falmouth
Please RSVP to 508-564-7543
and let us know if you need a ride!



Healthy Living for Older Adults

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 focuses on a health topic of importance for older adults, supplies information about Aging in Place, and provides a healthy seasonal recipe.

Brush Up on Your Dental Hygiene!

October is National Dental Hygiene Month, a time to celebrate the work of dental hygienists and raise awareness of the importance of good oral health. According to the Harvard School of Dental Medicine—from a recent guide for dental health—"Good dental health not only protects against gum disease, gum inflammation, and tooth loss, but also can protect against many other age-related diseases."

The following are common oral health issues in older adults.

Dry Mouth

Older adults are more at risk for dry mouth. Saliva plays an important role in maintaining oral health. It protects our teeth from decay and helps our gums stay healthy.

As we age our mouths produce a bit less saliva. Several medical issues common in older adults may cause dry mouth:

- Many medications, such as some used to treat high blood pressure, high cholesterol, pain, and depression, can reduce the amount of saliva you produce. This is probably the most likely cause of dry mouth in older adults.
- Health conditions such as diabetes, stroke, and Sjögren syndrome can affect your ability to produce saliva.



When the salivary glands don't produce enough saliva, it can increase your risk for problems tasting, chewing, and swallowing; mouth sores; gum disease and tooth decay; and yeast infections (oral thrush).

Gum Problems

Receding gums—common in older adults—is when your gum tissue pulls away from the tooth, exposing the base, or root, of the tooth. This makes it easy for bacteria to build up and cause inflammation and decay.

Periodontal disease is the most common cause of receding gums. Gingivitis, an early type of gum disease, occurs when plaque and tartar build up and irritate and inflame your gums. Severe gum disease is called periodontitis, which can lead to loss of teeth. Some conditions and diseases put you at risk for periodontal disease, including not brushing and flossing every day, not getting regular dental care, smoking, diabetes, and dry mouth.

Cavities

Dental cavities occur when bacteria in your mouth change sugars and

starch from food into acid. This acid attacks the tooth enamel and can lead to cavities. Because older adults often have receding gums, cavities are more likely to develop at the root of the tooth. Dry mouth can also cause bacteria to build up in your mouth more easily, increasing the likelihood of tooth decay.

Oral Cancer

Oral cancer is more common in people older than age 50 and is almost three times greater in men than in women. Smoking and other types of tobacco use are the most common cause of oral cancer. Drinking alcohol in excess along with tobacco use greatly increases the risk for oral cancer.

Rinse, Brush, & Floss

Prevention is the best medicine when it comes to your teeth and gums—investing in dental care is not expensive but dental treatments, especially pulling teeth and having an implant or bridge can be very costly!

See your dentist every six months for a check-up, x-rays as needed, and cleanings. In between visits, follow a daily dental hygiene routine to reduce plaque buildup, gingivitis, and cavities. There are three basic steps that you should do twice a day: rinse, brush, and floss.



From Dr. Mike's Kitchen

Summer is over and the fall season is in full swing—a perfect time for soup! This soup is healthy, easy to make, and different from the usual cool weather fare. This soup is also relatively inexpensive, a plus given the stubbornly high cost of groceries.

Dr. Mike's African-Inspired Peanut Soup

1 tablespoon extra-virgin olive oil
2 medium onions, diced (about 2 cups)
2 large red or green bell peppers, chopped small
6 garlic cloves, minced
1 (28 -ounce) can crushed tomatoes
4 cups low-sodium vegetable broth
½ teaspoon black pepper
½ teaspoon chili powder or red pepper flakes
¾ cup extra crunchy natural peanut butter (I use Teddie Peanut Butter)
1 tablespoon fresh cilantro, chopped
Salt, to taste

Heat the olive oil in a large pot over medium heat. Cook onions and bell peppers until lightly browned and tender, adding in garlic at the end to prevent burning.

Stir in the tomatoes, vegetable broth, pepper, and chili powder. Reduce heat to low, and simmer uncovered for 15 minutes. Stir in peanut butter until well blended and incorporated into the liquid. Stir in the cilantro.

Taste and adjust seasoning, adding salt if needed.

Recipe Health Tip: The recipe makes 6 servings each with 250 calories, 6 grams fiber and 10 grams protein. Serve with some crusty bread for dipping or add a heaping tablespoon of cooked brown rice.



Six Reasons Peanut Butter Is Good For You!

Here are six reliable reasons peanut butter is good for you—just remember it should be eaten in moderation, ideally natural versions without added sugar or hydrogenated oils:

Rich in plant-based protein: Peanut butter packs about 7–8 grams of protein per two-tablespoon serving. That makes it a great option for building and repairing muscle, especially important for older adults who need to protect against age-related muscle loss.

Heart-healthy fats: It's full of monounsaturated and polyunsaturated fats—the same kind found in olive oil and avocados. These healthy fats can help lower LDL (“bad”) cholesterol and raise HDL (“good”) cholesterol, supporting cardiovascular health.

Nutrient-dense: Peanut butter isn't just about protein and fat. It contains vitamins and minerals like vitamin E (an antioxidant), magnesium (important for muscles and nerves), potassium (helps control blood pressure), and zinc (for immunity and healing).

Fiber for digestive health: Two tablespoons provide about 2 grams of dietary fiber. That's not a huge amount, but every bit helps keep digestion regular and supports gut health.

Blood sugar friendly (in moderation): Despite being calorie-dense, peanut butter has a lower glycemic index. When eaten with whole grains or fruit, it helps stabilize blood sugar and keep energy levels steady.

Satiety and weight management: Because of its mix of protein, fat, and fiber, peanut butter helps you feel full and satisfied. Used wisely, it can curb overeating and reduce cravings for less healthy snacks.