



Neighborhood Falmouth
PO Box 435
Falmouth, MA 02541

Recipient's Address



October Neighborhood Happenings

SAT 5	3-8 PM	Arts Falmouth Jazz Stroll Enjoy free this annual free live music at locations along Main Street, Palmer Ave., and in Queen's Buyway. Neighborhood Falmouth with Howlingbird Studio will host Fred Clayton Band and provide refreshments from 4:30 to 5:45 PM.
SUN 6	4-6 PM	Off Our Rockers! A FUNdraiser for Neighborhood Falmouth College Light Opera Campus at 54 Chapoquoit Road, West Falmouth Join us for an afternoon of music, stories, & comedy. Tickets \$50, available by calling the office at 508-927-1678 or online at www.neighborhoodfalmouth.org .
WED 16	1:30 PM - 2:45 PM	Author Talk: New Stories about Old Bells Falmouth Public Library Author Ken Peal (Bells of Falmouth) discusses Falmouth history through the stories of bells he has investigated since the release of his 2023 book. Event is free and open to the public. Register at info@falmouthpubliclibrary.org or call adult services at 508-457-2555 x7.
SAT 26	12-1:30 PM	Member & Volunteer Luncheon First Congregational Church Free buffet lunch. Come share the day with other volunteers, members, board members, and staff. RSVP to 508-564-7543. Let us know if you need a ride!



Neighborhood Falmouth News

October 2024

A Note from the Executive Director: Candice A. Geers



Happy Fall Y'all!

October is such a great month here on Cape Cod. The start of sweater weather, mums galore, that first pot of yummy warm soup, football games, and much more.

Another awesome thing in October is National Make A Difference Day. It is an annual event celebrated on the fourth Saturday in October – this year on 10/26. Created in 1992 by USA Weekend magazine, this extraordinary day aims to inspire people from all walks of life to step up, take action, and make a positive difference in their communities. Simple things like paying someone a compliment or holding the door for someone else could brighten their day. You never know who might be struggling and could use a friendly word or gesture. Of course, we can all make EVERY day of the year Make A Difference Day if we put our minds to it!

Members – a few reminders. This edition of the newsletter has valuable information about some options for voting. Please, please exercise your right to vote. Your voice makes a difference and Neighborhood Falmouth can certainly get you to the polls or help you with mail-in ballots!

Lastly, please note that you can make a request for a ride or anything else at ANY time. While we do ask for a three business day minimum for requests, you don't have to wait to call in a request. For example, if you have an appointment in two weeks, please let us know and we will put it on the list of requests immediately. Chances are you will hear from a volunteer once they pick up the request and then again the day before the actual appointment. What could be easier?

Candice

Volunteer Profile: Janie Girolamo

By Bill Laberis, *Volunteer*

In retirement many people choose to gear down and take things a bit slower. Then there is Janie Girolamo, a retired career educator and administrator-turned-inveterate global traveler, volunteer, and gym regular. That is what you might expect from a woman who participated in gymnastics, badminton and field hockey in high school then went on to play field hockey in college. High energy and independent, Girolamo also served as an assistant field hockey coach while studying Sports Psychology in graduate school at Michigan State University. Today she brings her joie de vivre to a full and active life that includes volunteering for Neighborhood Falmouth.

Q: What are the roots of your high energy lifestyle?

A: Sports and athletics were always a big part of my life from my early days growing up on Long Island, New York. There were several sports and physical fitness activities I enjoyed and was lucky to have numerous opportunities to participate at various levels. I carried my love of sports into college at Hofstra University where I played field hockey. I majored in Physical Education and minored in Psychology.

Q: What did you do after undergraduate college?

A: I went to Michigan State and entered a two-year program in Sports Psychology. That is where I also served as an assistant coach with the field hockey program. As a graduate assistant I also taught undergraduate activity courses and worked for the Youth Sports Institute. I have always been drawn to athletics as well as to education.



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Q: Where did that interest lead you?

A: To Watertown, New York – 30 miles from the Canadian border! The good news was there was always lasting snow, so I could step out my door most of the winter and head out on cross-country skis. It was remote, but I stayed for about 15 years working initially at the Board of Cooperative Educational Services (BOCES), first as a grant writer to secure funds to plan a Regional High School of Excellence Program for students talented in science and math. We received funding, developed the program, and then I was named coordinator of that program. An opportunity later arose to become the Curriculum Coordinator for the BOCES, facilitating curriculum-writing efforts for the eighteen school districts under the auspices of that BOCES. I embraced that challenge. Lastly, at that BOCES, I served as the Coordinator of Adult Education, offering the community various leisure-time and vocational skills courses, including a high school equivalency GED program. GED opportunities included on-site classes, an at-home packet-based program through the mail, GED on TV in partnership with the local Public Television Station, and GED classes for inmates at the local jail. There was always interesting and important work to do. After my positions at the BOCES, I became an Assistant Principal at Watertown High School in that region of New York's North Country.

Q: When did you “wash ashore” here on Cape Cod?

A: In 2000 an Assistant Principal position opened in the Harwich Public Schools. I was appointed to that position and never looked back. Harwich schools later merged with Chatham schools to become Monomoy Regional School District, where I continued as Assistant Principal. Finally, in 2020 – after 36 years in education – I retired.

Q: But you did not slow down much, did you?

A: Not really! I go to some strenuous structured exercise classes four or so times a week. We have a new puppy. I participate in several volunteer activities. And I have a passion for world travel, especially to exotic places.

Q: Where has the travel bug taken you?

A: Along with my partner, I took a multi-week barge trip throughout Provence in southeastern France. We were most recently in Scotland and the British Isles for a three-week trip that included lots of hiking and other adventures. We have travelled to British Columbia, Vancouver, and Victoria. One memorable trip was to Scandinavia, where we donned parkas, boots, and gloves, and went to an ice bar in Sweden. The entire place – from seats to tables to the bar – is made of solid ice! At the opposite end of the travel spectrum, we went to Morocco and circled the entire country, which included personal home visits where I experienced the Muslim culture up close and personal. We have done a river cruise through Austria and Germany, and then New Zealand - my retirement trip – where we visited and sailed fjords in the southern island and dined on delicious green-lipped mussels.

Q: Are you running out of destinations?

A: Oh no! We are booked for a trip to Slovenia and Croatia and have plans this December to visit Patagonia (southern Chile) where, if the weather permits, we will navigate by boat around Cape Horn at the bottom of South America. The December trip will include a stop at Iguazu Falls in Argentina/Brazil. At some point, I would love to visit Antarctica, do a safari in Africa, and visit India and Japan.

Q: What are your favored volunteer activities, and why do you volunteer?

A: On the Cape, I work with the Meals on Wheels program delivering healthy lunches, mostly to seniors who often cannot easily get out to shop. I also work with the Harwich Children’s Fund, which comprises educators and other community members to serve the basic needs for clothing and toys and the like. But it was in having my mom live with me for many years before she died at age 95 that made me realize just how much help seniors need as they age when they really want to stay at home. They need assistance with so many things and those needs change. That is where Neighborhood Falmouth comes in and does so much to help.

October Birthdays

Members

- Jack Hurley 10/14
- Linda Blumer 10/17
- Mary Hollis 10/17
- Bob Dinsmore 10/20
- Shirley Hart 10/21
- Jack George 10/25
- Pennie Hare 10/28
- Shirley Hines 10/31

Volunteers

- Cathy Kligler 10/3
- Bobbie Miner 10/4
- Melissa O'Brien 10/5
- Jennifer Walker 10/7
- 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
- Mary Jo Bradley 10/26
- Lyndsey Lefebvre 10/29
- Ed Sholkovitz 10/31

In loving memory of
FRANCINE REED



welcome

New Members

- Margaret Gifford
- Pennie Hare
- Sue Twitchell
- Noreen & Rick Mallen
- Pauline Gradeski

New Volunteers

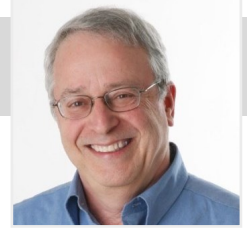
- Winnie Dick
- Nancy Barnett
- George Taylor
- John Towsey
- Lyndsey Lefebvre
- Vivianne Beller
- Jenny Putnam
- Rick Putnam

special thanks to our sponsors

- Advanced Audiology
- Atria Woodbriar
- Beatrice A. Bunker Architecture
- Caithness Foundation
- Cape & Islands United Way
- Cape Cod Church
- Cape Cod Healthcare Foundation
- Falmouth First Congregational Church
- Falmouth Toyota
- Falmouth Podiatry
- Greater Worcester Community Foundation
- Hermann Foundation
- James E. And Catherine Schea Lloyd Foundation
- 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.

October is Health Literacy Month

For more than 20 years, October has been recognized as Health Literacy Month. Health literacy involves the information that you and other people need to be able to make good decisions about your health. There are two parts:

Personal health literacy is about how well you can find and understand the health information and services you need. It is also about using information and services to make good health decisions.

Organizational health literacy is about how well organizations (such as your doctor's office, hospital, pharmacy, or community health center) help people find the health information and services they need.

According to the National Library of Medicine, "Nearly 9 out of 10 adults struggle with health literacy. Even people with high literacy skills may have low health literacy skills in certain situations. For example, someone who is stressed and sick when they're accessing health information may have trouble remembering, understanding, and using that information."



Health literacy is important because it can affect your ability to:

- Make good decisions about your health.
- Get the medical care you need, including preventative care such as screening tests and flu shots.
- Take your medicines correctly.
- Manage a disease, especially a chronic disease such as diabetes.
- Understand how to maintain a healthy lifestyle, including the role of exercise and diet.

One important thing you can do is to make sure that you communicate well with your doctor and other health care providers. If you don't understand something a provider tells you, ask them to explain it to you in language you do understand. The following tips can help you talk to your doctor or healthcare provider and make the most of your appointment:

- Write down a list of questions and concerns before your appointment. Since your time may be limited, focus on the things that are most important to you.
- Bring a close friend or family member with you.
- Take notes about what your health care provider says or ask a friend or family member to take notes for you.
- Learn how to access your medical records so you can keep track of your test results, diagnoses, treatments plans, and medications. You may be able to find this information online in your patient portal.
- Ask your healthcare provider about their preferred method of communication. Most local providers have patient portals where you can find information about your recent visit and also ask questions.
- Remember that your pharmacist is a good source of information about medications.

For more information read *Be More Engaged in Your Healthcare* (www.ahrq.gov/questions/be-engaged/index.html).

From Dr. Mike's Kitchen

Take a ride over to Falmouth's own Tony Andrews Farm and pick up some pumpkins to help celebrate the Cape's beautiful fall weather and Halloween.

This easy to make and healthy dish is a different take on using pumpkin. You can make it in less than 30 minutes and will enjoy it as a sauce on pasta, a baked potato or steamed vegetables.

Creamy Pumpkin Pasta Sauce

- 1 tablespoon olive oil
- 4 cloves garlic grated or finely minced (or more to taste!)
- 15 oz can pumpkin puree
- 2 tablespoons tomato paste
- 1 tablespoon apple cider vinegar
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon ground turmeric: optional
- ¼ teaspoon red pepper flakes (more or less, to taste): optional
- 1 cup whole cow's milk or non-dairy milk of choice

Mince or grate garlic. Warm oil in a large pan and sauté garlic over low heat for about 30-60 seconds, until fragrant, but not brown.

Add vinegar, pumpkin puree, tomato paste, and seasonings. Stir to combine. Stir in the milk, then cook over low heat for about 5 minutes. Taste to adjust seasoning as desired.

Serve with pasta—just add cooked pasta to the sauce and stir gently. Or, pour the sauce over a baked potato or steamed cauliflower.



Recipe Health Tip: From supporting eye health to aiding in weight management, pumpkin is a nutritious addition to your diet. Each serving of this provides about 100 calories and is rich in vitamins, fiber, and B-carotene. This sauce is great for your gut microbiome!!

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, your favorite exercise facility, well-being visits, home safety inspections, and access to reliable health information.

Neighborhood Falmouth can help you with health literacy by having a volunteer accompany you to a doctor's visit to take notes and help you remember what the doctor said. We can also give you a ride to Tony Andrews Farm for freshly picked pumpkins or your favorite supermarket to buy ingredients to make this month's recipe. Need some help making this month's recipe? Call us!

The secret to living well and longer is:

Eat half.
Walk double.
Laugh triple.
And love without measure.

Tibetan Proverb

Falmouth
VOTER
2024 info

ELECTION DAY IS NOVEMBER 5

★ VOTE EARLY
IN-PERSON OCT 19 - NOV 1

★ VOTE BY MAIL
Request ballot by 5PM Oct 29
Drop off or postmark by 8PM Nov 5

REGISTRATION DEADLINE

Postmark by Oct 26
Online by 11:59 PM

Register, update address,
or check your registration status at
<https://www.sec.state.ma.us/OVR/>

For assistance or a ride to VOTE,
call Neighborhood Falmouth at:
508-564-7543

Did You Know?

There are several important ways to proactively assist our Falmouth Police and Fire Departments and EMS in the event their help is needed.

Silver Alerts are for any adult with a heightened risk of wandering off, for example due to medications or a medical condition such as dementia or traumatic brain injury. If this applies to you or to a loved one, you can fill out the Silver Alert form and provide a photo that will be used to assist with visual identification in the event help is needed to locate a missing person.

Disability Indicators alert Police and Fire personnel to anyone in the home with any disability that would make it difficult to get out of the house in the event of an emergency. Examples include: hearing, sight, or speech impairment, wheelchair use or other mobility impairment, or life support system requirement.

When a call is made for a phone number or address provided in the disability indicator form, the disability information displays to 911 operators, who then alert first responders to that call.

The Silver Alert and Disability Indicator forms can be found at: <https://www.falmouthma.gov/formcenter> and can be submitted electronically, or they can be printed and dropped off at either the police or fire department. You can also call Neighborhood Falmouth if you would like some help in getting these forms, completing them, and/or getting them filed with Falmouth Police/Fire.

File of Life is another key tool that provides first responders with critical current medical information. Keep an up-to-date File of Life in a prominent spot in your home such as on the refrigerator or front door, so your first responders have information such as allergies, medications, and contact persons. Call NF if you'd like a File of Life card: they are available in the office. Note that we encourage the use of pencil in filling out these cards so they can be updated as needed.

Access 911 Silently






If you need 911 and cannot or do not want to speak, consider these two important ways to communicate.

- 1) Text 911 on a cellphone. A text response will be immediate.
- 2) Call and utilize the **Silent Call Procedure**, which makes it possible to communicate with the 911 Operator by pressing numbers on the phone's keypad.

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

#1 If you need police 	If the 9-1-1 dispatcher asks questions, press
#2 If you need fire 	
#3 If you need an ambulance 	
#4 For YES 	
#5 For NO 	

Source: MA State 911 Department and the Executive Office of Public Safety and Security www.mass.gov/e911