



Neighborhood Falmouth  
 PO Box 435  
 Falmouth, MA 02541

Recipient's Address



## June Neighborhood Happenings

13	<b>Gardening for Seniors: Raised Beds, Pots, and Comfortable Tools</b> Thu., June 13 1:30 PM Falmouth Public Library	Neighborhood Falmouth and Falmouth Public Library present Mary Pat MacKenzie, Master Gardner and former NF Board member, who will speak about gardening in small spaces. Join us in the Hermann Meeting Room.
14 — 16	<b>Falmouth Arts Alive</b> Fri., June 14 — Sun., June 16 Main Street, Falmouth Fri: 5 PM — 9 PM Sat: 9:45 AM — 9 PM Sun: 11 AM — 5 PM	The weekend features 40 performances by a wide variety of musicians, dancers, and actors, who will perform on the Falmouth Library Lawn and in Peg Noonan Park; 76 artisan vendors selling their wares on Shore Street Ext and in Peg Noonan Park; and a dozen nonprofit organizations (including NF) offering information on the Falmouth Library Lawn.
15	<b>Strawberry Festival</b> Sat, June 15th 10 AM — 2 PM 91 Main Street, Falmouth	The annual Saint Barnabas Church event will feature strawberry shortcake, strawberry jam, lobster rolls, burgers, & dogs, along with a sale of crafts, books, jewelry, and baked goods, plus a silent auction.
26	<b>Member-Volunteer Lunch</b> Wed., June 26 12 PM — 1:30 PM Coonamessett Inn 311 Gifford Street, Falmouth	Order from the menu and pay for your own. To simplify checkout, please bring cash instead of credit/debit cards. RSVP to the office at 508-564-7543 if you plan to attend and/or need a ride. RSVP is key for restaurant setup.



## Neighborhood Falmouth News

June 2024

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



As you read this, Neighborhood Falmouth has officially moved into our new home! We are now located in Queens Buyway, just across the street from Coffee Obsession. We are overjoyed to have this beautiful new space, which will provide us much greater visibility in town. We now have enough room for meetings and gatherings that will help us recruit volunteers and build our community even stronger. And no more stairs! We are now street level, with parking, so we'll be easier for everyone to access. We plan to have an Open House later in June, so keep an eye out for our announcement--though you don't need a formal invitation to visit. Feel free to come by and hang out any time we are there. Find us at 115 Palmer Ave, Unit 2A—that's the space on the end, closest to the parking lot.

Speaking of **home**....our Spring Soiree, themed "There's No Place Like Home", held on May 3rd at the Coonamessett Inn, was an enjoyable success: over 100 guests mixed and mingled while enjoying hors d'oeuvres and cocktails and perusing the vast array of silent-auction items. Guests were treated to some delightful "magic" provided by Darren Yong, our wizard of the evening, and Judy Risch provided lovely piano music.

Thanks to all who helped make our event so successful: that includes the wonderful Events Committee and our volunteers, sponsors, live and silent auction donors, and all who contributed financially. Thanks to the wonderful support, we will be able to cover the cost of moving into our new space, recruit more volunteers, and continue sharing the word about aging in place with our community.

*Candice*

### Board Member Profile: Roger Landry

By Bill Laberis, former NF Board



*It is a long way from Worcester to the position of Chief Flight Surgeon of the United States Air Force. For Roger Landry, the journey took him all over the globe while satisfying two passions. One was a love for traveling. The other was a deep-seeded call to serve others, as preached to him by the Xavierian brothers at St. Johns High School in Shrewsbury and Jesuits at Holy Cross. He continues his service to others, as an authority and author on "healthy longevity."*

#### Q: Why did you join the Air Force after med school?

A: Mainly I wanted to see the world, as did my wife Paula. I also wanted to help those serving. And maybe because my father was a B-17 bombardier in World War II. So, after an internship at Maine Medical Center in Portland, I enlisted. Even though the Vietnam war was winding down, my first posting was to Southeast Asia, in the Philippines.

#### Q: What was your job?

A: As a flight surgeon, I took care of pilots and others in very high-risk environments, keeping them healthy and performing at their best. Originally, I wanted to be a cardiologist, but the work as a flight surgeon was more appealing. I developed a rapport with the pilots by flying and deploying with them, as well as caring for their families. After my enlistment was up, I thought about leaving – until they dangled a European posting, which is where I wanted to go in the first place. Off we went to Germany, and after that training at Harvard and Texas in the field of aerospace medicine.

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**Q: Got a good story that comes to mind from all that Air Force service?**

A: Many! At Clarke AFB in the Philippines, we got a call about a pregnant woman in medical distress aboard an Indian ship, the captain's wife, somewhere in the South China Sea. I boarded a "Jolly Green" helicopter used for search and rescue and we launched with a fixed wing tanker for refueling. In all, we were in the air 7 hours and had to refuel three times, most of that in a bad storm.

**Q: What happened?**

A: We found the ship rolling heavily in the storm. One of our pararescue jumpers, PJs, was lowered to the ship but was injured, so a second PJ was lowered. The woman was bleeding and in need of immediate help. We hoisted her in a basket, followed by the PJs, and headed for Manila. She was soon in active labor and as I was about to deliver her premature boy, the pilot warned us, "We may have to ditch!" Fortunately, he was able to stabilize the helicopter at 100 feet altitude and we limped into Manila with all hands safe, including an additional newborn.

**Q: Other exciting tales?**

A: Our squadron evacuated the last of the Americans and friendly Vietnamese from Saigon just before it fell. I was also aboard another flight when we delivered ammunition to Cambodians fighting against Pol Pot. I was leaning out an open door as we descended, lookout for incoming missiles – not exactly what I expected when I signed up for! In Germany NATO pilots were losing consciousness due to high G-forces in F-16s. I helped set up the first centrifuge training in Holland, the same kind used by our astronauts, to help them better tolerate the Gs. At Edwards AFB in California, I had a role in the first seven Space Shuttle landings and even performed physical exams on Chuck Yeager. Flying to 70,000 feet in a U-2 spy plane was literally a high point. Flying the missions of my patients was a must in order to understand what they experienced.

**Q: How long did you serve in the Air Force?**

A: 23 years. I respected the Air Force's focus on preventive medicine and joined a hospital group in Pennsylvania with a similar preventive mindset. My brother and I founded a company to assist older adults to age in a better way, i.e., healthy longevity. Aging is also a high-risk environment.

**Q: And now?**

A: I'm still involved in the company. I authored a book *Live Long, Die Short*, and many articles, which along with a podcast *The Bright Side of Longevity*, keeps me on the speaking circuit.

**Q: Do you have a short list of suggestions for healthy aging?**

A: First, MOVE! Our predominantly sedentary lifestyle has been found to be as risky as smoking. Walking is under-rated as a healthy habit. Second, keep learning – anything! Learn to draw, learn a language online. Just keep learning. Third, stay connected socially. As we age, social connections can break down. We are better together! And fourth, find your purpose. Purpose evolves with age. Find what gets you out of bed and brings you peace.

**Did You Know?**

Our physical address has changed! Neighborhood Falmouth is now located at:

115 Palmer Ave, #2A, Falmouth

Our mailing address remains PO Box 435, Falmouth, MA 02541

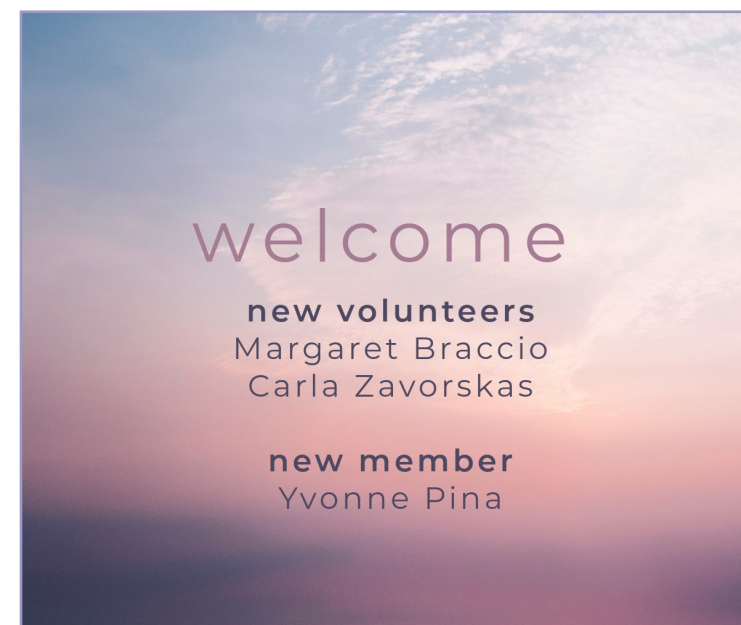


**Volunteers**

Marilyn Sharp	June	2
Gail Ryan	June	3
Jim Remillard	June	4
Glenn English	June	8
Jeremy Brown	June	14
Jeanee Goulet	June	14
Maureen Andwood	June	15
Douglas Ritchey	June	17
Sharon Mello	June	19

**Members**

Claire Averill	June	4
Gussie Keane	June	6
Irene LeFort	June	19
Lucia Kelley	June	27
Eva Reed	June	28
Ben Carnevale	June	29
Anne Botsch	June	30



*In Memoriam*

*Matt Gould, Volunteer*

*Celia Brown, Member*



**A Special THANKS! to Our Sponsors**

- Advanced Audiology
- Atria Woodbriar
- Caithness Foundation
- Cape & Islands United Way
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- Cape Cod Healthcare Foundation
- Falmouth First Congregational Church
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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 Seniors



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 seniors, supply information about Aging in Place, and provide a healthy seasonal recipe.*

## June is Alzheimer's & Brain Awareness Month

This month was established by the federal government to increase awareness of Alzheimer's Disease and other types of dementia. The normal aging of our brains may mean slower processing speeds and more trouble multitasking, but our routine memory, skills, and knowledge are stable and may even improve as we age. It's not unusual to occasionally forget recent events such as where you put your keys or the name of the person you just met.

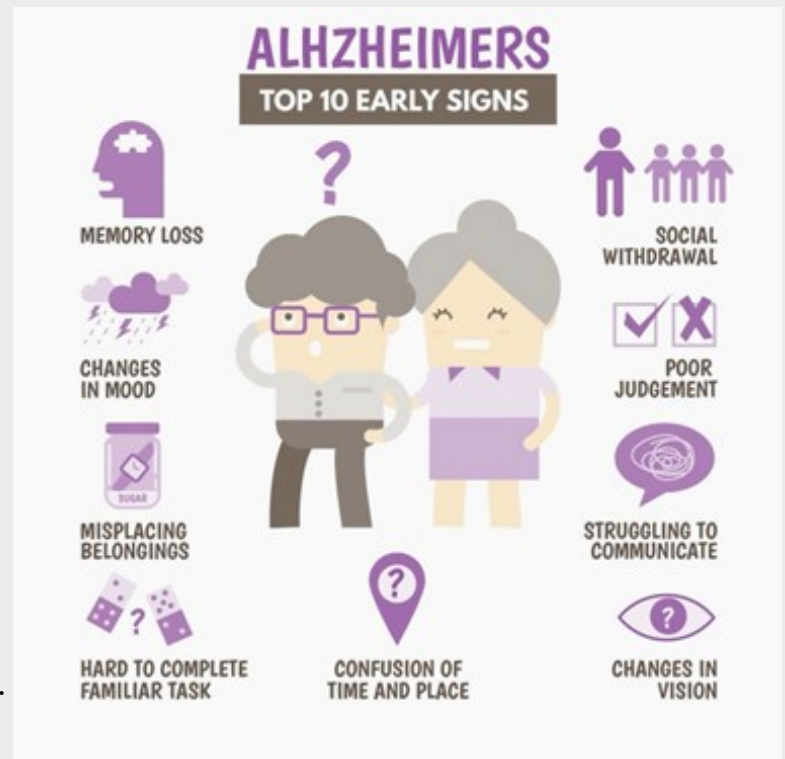
People with dementia have symptoms of cognitive decline that interfere with daily life—including disruptions in language, memory, attention, recognition, problem solving, and decision making. See your health care provider if you have any of the following signs of dementia:

- Not being able to complete tasks without help.
- Trouble naming items or close family members.
- Forgetting the function of items.
- Repeating questions.
- Taking much longer to complete normal tasks.
- Misplacing items often.
- Being unable to retrace steps and getting lost.

### Alzheimer's and Dementia: Online Resources

Although age is the greatest risk factor for dementia, it isn't a normal part of aging. Some people live into their 90s and beyond with no signs of dementia at all.

For access to reliable and up-to-date information about Alzheimer's and different types of dementia, visit the Neighborhood Falmouth website: [www.neighborhoodfalmouth.org/cognitive-disorders](http://www.neighborhoodfalmouth.org/cognitive-disorders). This page provides access to the most accurate, current, and reliable information.



### *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 to your favorite exercise facility, well-being visits, home safety inspections, and access to reliable health information. Need a ride to your primary care provider or neurologist, call us! Need a ride to a local fish store to buy some wild-caught salmon to make this month's recipe, call us! Need some help making this month's recipe? Call us at 508-564-7543.

## From Dr. Mike's Kitchen

Newly published research suggests that a specific diet called the MIND diet may reduce the incidence of brain disease that increases a person's risk in developing Alzheimer's disease. The study shows that the MIND diet lowered the risk of Alzheimer's by as much as 53 percent in participants who adhered to the diet rigorously, and by about 35 percent in those who followed it moderately well. The following recipe includes several of the diet's "brain-healthy food groups" — fish, whole grains, and olive oil:

### Salmon & Barley Salad

1 pound salmon fillet  
 1/2 cup pearl barley, rinsed and drained  
 1 tablespoon fresh lemon juice  
 3 tablespoons olive oil  
 1/2 teaspoon kosher salt  
 black pepper, to taste  
 2 teaspoons chopped fresh dill  
 1/4 cup chopped scallions  
 1 cucumber, peeled, seeds removed and diced



Preheat oven to 450. Place salmon in a small roasting pan and sprinkle with kosher salt and black pepper. Roast the salmon for about 10 minutes or until the fish flakes easily. Remove from the oven and put aside to cool. Put the barley in a medium saucepan with 2 cups water. Bring to a boil, reduce heat, cover, and simmer until barley is tender, about 30-40 minutes. Drain barley and put in a large glass bowl.

Meanwhile, in a small bowl, whisk together the lemon juice, olive oil, salt, pepper, and dill. When cool, break the salmon into medium chunks and add to the barley along with the scallions and cucumbers. Pour over the dressing and toss gently to combine. Divide the salad among 6 plates and garnish with wedges of lemon and dill sprigs.

For more information about the MIND diet go to: [www.consumerreports.org/food/brain-foods/](http://www.consumerreports.org/food/brain-foods/)

### Here are the 10 foods the MIND diet encourages:

- *Green, leafy vegetables: Include kale, spinach, cooked greens, and salads.*
- *All other vegetables: Try to eat another vegetable in addition to the green leafy vegetables at least once per day.*
- *Berries: Eat berries at least twice per week.*
- *Nuts: Try to get five or more servings of nuts each week.*
- *Olive oil: Use olive oil as your main cooking oil.*
- *Whole grains: Choose whole grains like oatmeal, quinoa, brown rice, whole wheat pasta, and 100% whole wheat bread.*
- *Fish: Eat fish at least once per week. It is best to choose fatty fish such as salmon, sardines, trout, tuna, and mackerel for their high amounts of omega-3 fatty acids.*
- *Beans: Include beans in at least four meals per week. This category includes all beans, lentils, and soybeans.*
- *Poultry: Try to eat chicken or turkey at least twice per week.*
- *Wine: Aim for no more than one glass daily. Both red and white wine may benefit your brain.*