



Neighborhood Falmouth
 PO Box 435
 Falmouth, MA 02541

Recipient's Address



April Neighborhood Happenings

THU 10	7:00 PM	Falmouth Jewish Congregation Author Talk by Barry Schwatz Zoom talk on Norman Finkelstein's <i>Study of Overcoming Antisemitism in America</i> . Free to all, register at www.falmouthjewish.org .
MON 14	2:00 PM - 4:00 PM	Volunteer Appreciation Social NF Office April is volunteer appreciation month: join us as we honor our volunteers with a pie and coffee social.
THU 17	12:00 PM - 1:30 PM	Member-Volunteer Meet for Lunch at Pickle Jar Kitchen Join us for our monthly lunch. Order from the menu and pay for your own. RSVP to volunteer@neighborhoodfalmouth.org if you plan to attend and/or need a ride.
WED 23	1:30 PM - 2:45 PM	Library Talk: Amy Sellers Falmouth Public Library: Hermann Room Falmouth Dance, Aqua, Pilates and Group Fitness instructor and Certified Personal Trainer Amy Sellers speaks on fitness for people 60 and above.
FRI 25	5:00 PM - 8:00 PM	Neighborhood Falmouth Spring Soiree Fundraiser Coonamesett Inn Join us for auctions, raffles, and our guest speaker, Olympic Gold Medalist Frank Shorter. Tickets available at neighborhoodfalmouth.org or call the office at 508-927-2678. Special deal for our volunteers!



Neighborhood Falmouth News

April 2025

A Note from the Executive Director: Candice A. Geers

Spring has sprung! It has been a very long, dark, and cold winter, and I am so happy to see my flowering bushes and bulbs starting to come to life. Yes!

In mid-March, we took part in a Community Resource and Volunteer Fair put on by the local organization, No Place For Hate. More than 30 non-profit organizations turned out to talk to attendees about their organizations and volunteer opportunities.

It occurred to me that I was in a room filled with people who only want to do good things for others, and I was delighted to be a part of that crowd. Attendance was robust and I heard a lot of great connections being made. We had a lot of conversations about Neighborhood Falmouth and distributed several volunteer applications. A few people filled out their applications on the spot and are now in the onboarding process. This event truly gave me hope that this is the way we will get through the ever-changing landscape of our new government administration. By staying connected to our community, we will benefit not only ourselves, but others as well, and that feels good and positive.



Members – please let us know if we can help get your home ready for the warmer months. We can get outdoor furniture out and cleaned, help with plantings and/or getting you to the store to buy flowers or plants, and do any other warm weather tasks you may have. We are just a phone call away! In the meantime, open the windows and enjoy the wonderful spring weather.

Candice

Volunteer Profile: Charles Bellone

By Bill Laberis, *Volunteer*



Charles Bellone's life has been one of continuous service to his country, his family, and his fellow men and women since he left the ethnic neighborhood of East Boston in 1961, which, as he put it, was 'just the other side of the tracks.' And as he approaches his 82nd birthday, the youthful looking and bright-eyed Bellone is showing no signs of backing away from his commitment to serving others.

Q: What were the first steps you took that would eventually lead to decades of military and public service?

A: In high school I chose a vocational track, working toward a career as a machinist. There were so many factories and good jobs out there back then for someone with training. But with the Vietnam war getting underway and with the draft, I decided to join the Air Force right out of high school. In a lot of ways, I never looked back.

Q: What were those years like?

A: I was sent to basic training at Lackland AFB in San Antonio, then off to another base in Amarillo (Texas) for 23 weeks of advance training in jet engine mechanics. After that guys were getting posted to bases all over the world. Me? I got to stay in Amarillo for four years! I liked it. Ate great meals, including a lot of rabbit. The place was full of them.

Continued

Q: What was your job?

A: I worked on the big 8-engine B52 bombers as well as these huge KC 135's used as mid-air refueling tankers and cargo carriers. The B52s would be in the air for 10-15 hours a day, getting refueled mid-air to make such a trip possible. After four years I got my honorable discharge and got a job at the General Electric factory in Lynn where they built jet engines. But I only stayed a year.

Q: What happened next?

A: The Massachusetts Air National Guard had an active base at Logan Airport. That base predated the actual airport by decades. They had biplanes there in the 20s. I wanted to work on their jets. To do so I needed to join the state's Air Force National Guard as a reservist and then got the job I wanted as a state employee with the 102nd Fighter Interceptor Wing. Much later those jets were the first scrambled as the news broke of the terrorist attack on 9/11.

Q: Did you like that job and that role?

A: I loved it! Which is why I remained on the state job and in the reserves. I was a senior master sergeant when I retired and had a crew of more than 55 people working for me. I loved the military, and I loved helping keep those jets flying. The F-15 fighter was quite a piece of work.

Q: Did you work in Boston that whole time?

A: No because in 1968 the National Guard wing was moved to Otis AFB. I moved to Falmouth where I met and married my wife, Jo-Ann. We moved to Mashpee where Jo-Ann worked at the Mashpee schools teaching preschool kids with special needs. I retired in 1998 from the state and from the military in 2003 – after 42 years of military service.

Q: But you continued serving others, correct?

A: Of course! I worked with Meals on Wheels, which is a great program. Jo-Ann and I are long-time members of the Council on Aging, where we have been active in the Friendly Visitor program for 20 years. I drove a bus there, too. With Neighborhood Falmouth I work with several men, making regular visits just to talk to them and learn about them. They are walking encyclopedias of history and events in which they participated. I have met deans, scientists, and so many others. I have logged over 1500 hours with these visits. And I have donated more than 100 pints of blood. And I was president of our neighborhood association. My wife and I were also Eucharist Ministers at Christ the King church, while Jo-Ann currently works with St. Vincent de Paul in Falmouth.

Q: I am getting tired just listening to all this activity! Anything else?

A: One memorable project was helping reconstruct a wooden sailboat built by the legendary Crosby boat builders in the 1860s. This project was for the Hyannis Maritime Museum. The boat, the *Sarah*, is still in use for training programs today. Got to shake hands with Sen. Ted Kennedy on that one!

April Birthdays

Members

- Marion Averbuch 4/2
- Elin Kinney 4/3
- Sheila McDonough 4/7
- Kathy Bass 4/9
- Susan Bolton 4/12
- Tony Andrews 4/18
- Marjorie Primavera 4/19
- Virginia Ligotti 4/25
- Betty Perrin 4/28

Volunteers

- Michael Bihari 4/1
- Margherita Perillo 4/4
- Janie Girolamo 4/5
- Dorene Sykes 4/5
- Colleen McGettrick 4/7
- Dan Leader 4/12
- Joanne Steingard 4/13
- Mary Pat Mackenzie 4/20
- Helen Scally 4/20
- Maura Harvey 4/21
- Mary Sholkovitz 4/22
- Kerry Fitzgerald 4/22
- Mary Devlin 4/24
- Holly Sundquist 4/25
- Rob Gregory 4/26
- Christine Way 4/30
- Maggie Megaw 4/30



welcome

New Members

- Jean Duran
- Evelyn Janerico
- John Janerico
- Betty Perrin
- Alvin Roffman

New Volunteers

- Rich Gorab
- Sonia Smith
- Joanne Steingard



special thanks to our sponsors

- Advanced Audiology
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- The Cape Cod Foundation - Mary & Redwood Wright
- Walmart - Falmouth
- Waquoit Congregational Church
- West Falmouth Market
- Woods Hole Foundation



ANNUAL NEIGHBORHOOD FALMOUTH BENEFIT

SPRING SOIREE

Dinner, Auction, and Guest Speaker
Olympic Gold Medalist Frank Shorter

Friday, April 25th at 5 PM
Coonamessett Inn, Falmouth

Tickets on sale now!
www.neighborhoodfalmouth.org
508-927-1678



Spring

TEXTILE COLLECTION

APRIL 5TH-6TH, 2025

Falmouth Senior Center - Gus Cauty Rec Center Parking Lot

DONATION TRAILERS ACCESSIBLE DURING DAYLIGHT HOURS

** Assistance available Saturday 9 AM to 1 PM only **

- | | |
|------------------|----------------------------|
| ACCEPTED | NOT ACCEPTED |
| CLOTHING | X FOAM PRODUCTS |
| SHOES | X MATTRESSES |
| ACCESSORIES | X COUCH/LAWN CUSHIONS |
| HOUSEHOLD LINENS | X CARPET REMNANTS |
| STUFFED ANIMALS | X RUGS LARGER THAN 2' x 4' |

ALL ITEMS MUST BE DRY & BAGGED



In loving memory of

SUE GNOSPELIUS

Cherished Volunteer
and Board Member





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.

Parkinson's Disease

April is Parkinson's Awareness Month. The observance began in April 1997, and since then, it has been recognized by various organizations, communities, and individuals to spread awareness and educate people about the disease. Over one million people in the U.S. have Parkinson's and about 90,000 are diagnosed with the disease each year. Men are 1.5 times more likely to have Parkinson's than women.

April is Parkinson's
Awareness Month



According to the National Institute of Neurological Disorders and Stroke, Parkinson's disease is one type of movement disorder. It happens when nerve cells in your brain don't produce enough of a brain chemical called dopamine. Symptoms begin gradually, often on one side of the body. Later they affect both sides. In its earliest stages it may be difficult for you or a loved one to tell if you have the condition. The Parkinson's Foundation has listed 10 signs that might indicate that you have the disease. If you have more than one of these signs you should meet with your healthcare provider:

1. **Tremor:** Have you noticed a slight shaking or tremor in your finger, thumb, hand, or chin? A tremor while at rest is a common early sign of Parkinson's disease.
2. **Small Handwriting:** You may notice the way you write words on a page has changed, such as letter sizes are smaller and the words are crowded together.
3. **Loss of Smell:** You may seem to have more trouble smelling foods like bananas, dill pickles, or licorice and coffee.
4. **Trouble Sleeping:** Do you thrash around in bed or act out dreams when you are deeply asleep? Sometimes, your partner will notice or may want to move to another bed.
5. **Trouble Moving or Walking:** An early sign might be stiffness or pain in your shoulder or hips. People may say their feet seem "stuck to the floor."
6. **Constipation:** Do you have trouble moving your bowels without straining every day? Straining to move your bowels can be an early sign.
7. **A Soft or Low Voice:** Have other people told you that your voice is very soft or that you sound breathy and/or hoarse? You may wonder if other people are losing their hearing, when really you are speaking more softly.
8. **Masked Face:** Have you been told that you have a serious, depressed or angry look on your face, even when you are not in a bad mood? This is often called facial masking.
9. **Dizziness or Fainting:** Do you notice that you often feel dizzy when you stand up out of a chair? Feeling dizzy or fainting can be signs of low blood pressure, which can be linked to Parkinson's.
10. **Stooping or Hunching:** Are you not standing up as straight as you used to? You or your family or friends may notice that you seem to be stooping, leaning, or slouching when you stand.

Your risk of developing Parkinson's increases with age. Usually, symptoms start around age 50 or older, and the average age of onset is around age 70.

Neighborhood Falmouth recommends the following current and reliable online resources if you'd like to learn more about Parkinson's Disease, including complications and treatment options:

- Parkinson's Foundation (www.parkinson.org)
- The Michael J. Fox Foundation for Parkinson's Research (www.michaeljfox.org)
- MedlinePlus Parkinson's Disease (<https://medlineplus.gov/parkinsonsdisease.html>)

From Dr. Mike's Kitchen

According to Ogden Nash: "Spring has sprung. The grass has ris. I wonder where the birdies is?" Although spring is officially here, the weather in Falmouth can be a bit chilly and rainy through April. This heart warming and healthy recipe is easy to make and is delicious served warm over ice cream or at room temp with yogurt.

Dr. Mike's Dried Fruit Compote with Greek Yogurt

Grated peel of one orange
1/2 cup freshly-squeezed orange juice
1 teaspoon ground cinnamon
1/4 teaspoon ground allspice or cloves
2 tablespoons maple syrup
1/4 cup golden raisins
4 ounces dried apricots
4 ounces dried pitted prunes
4 ounces dried figs (preferably Calamata)
1 tablespoon freshly-squeezed lemon juice, more to taste
1/2 cup chopped walnuts
1 1/2 cups unsweetened plain non-fat Greek Yogurt



Place the orange peel, orange juice, cinnamon and allspice in a saucepan. Add 3/4 cup water, and bring to a boil. Add the maple syrup and raisins and simmer for 3-4 minutes.

Cut each piece of dried fruit in half and add to the pan. Cook for another 2-3 minutes, remove from heat, let cool to room temperature and refrigerate for about 6 hours or overnight depending on serving time.

Remove the compote from the refrigerator about 1 hour before serving and mix in the lemon juice. To serve, divide the compote among six bowls and top each with 1/4 cup yogurt. Sprinkle the walnuts over the yogurt and, if desired, drizzle on a bit of maple syrup over the nuts.

Optional: warm the compote and use as a sauce over a scoop of vanilla ice cream.

Recipe Health Tip: *Dried fruit is a good source of fiber and the yogurt has protein and probiotics for a healthy gut. The recipe makes 6 servings, each with about 290 calories, 6g fiber and 10g protein. And it is delicious!*

Aging in Place - Transportation

Maintaining mobility is a critical element of aging in place, especially if you have a movement disorder such as Parkinson's. As we give up the keys to our cars, access to reliable transportation becomes increasingly important. Limits to our ability to travel for essentials or social activities can significantly impact our quality of life.

Along with living in a safe home environment, reliable and affordable transportation is crucial for an older adult's ability to access essential services such as healthcare appointments, shopping for food, picking up medications, and visiting friends.

One of the benefits of Neighborhood Falmouth membership is access to rides to healthcare appointments, grocery shopping, and social activities. Rides are provided by our volunteers who engage with members in ways different from a paid taxi or Uber driver. In fact, transportation makes up about 65% of all services that are provided by Neighborhood Falmouth. If you need a ride, give the NF office a call and we'll get you on the schedule.

508-564-7543