



Neighborhood Falmouth
PO Box 435
Falmouth, MA 02541

Address Label



November Neighborhood Happenings

TUE 11	8:00 AM— 10:00 AM	11th Annual Veterans Tribute Breakfast Flying Bridge, Scranton Ave. Veterans and up to one guest. Space is limited. RSVP to Falmouth Chamber of Commerce at 508-548-8500.
WED 12	11:30 AM	Meet for Lunch: Crabapples Note that we will start earlier than usual to allow everyone to park and get situated before the busiest lunch time. Order from the menu, pay for your own, cash is preferred for splitting checks. RSVP to the office and let us know if you need a ride.
WED 19	1:30 PM— 2:45 PM	NF Library Talk: Financial Scams and Fraud Prevention Falmouth Public Library Hermann Room Speaker series presented by Neighborhood Falmouth and the Falmouth Public Library . This month's speaker will be Jennifer Ray from the Marthas Vineyard Savings Bank. Free and open to the public. Register at http://bit.ly/48DQL2z .
TUE 25	10:00 AM— 2:00 PM	Falmouth Farmers' Harvest Market Marine Park, Scranton Ave. Stock up for holiday dinners with local fruits and vegetables, seafood, cheese, bread and pastries, flowers, and more.
SAT 29	7:00 AM —	Small Business Saturday Annual community event encourages people to shop at the small businesses that invest in your own town. Shop or dine at a small business and show your support!



Neighborhood Falmouth News

November 2025

A Note from the Executive Director: Candice A. Geers



Keeping Our Community Safe at Home and on the Road

As you know by now, our mission is to help older adults remain safe, comfortable, and independent in their own homes. To that end I want to update you on a few safety initiatives we started earlier this fall: our Home Safety initiative and our Safe Drive Refresher.

We've completed several free home safety assessments so far, conducted by a Certified Aging-in-Place Specialist. Each one revealed important safety concerns, many of which were easy and inexpensive to address. At each visit, homeowners receive a list of recommended changes to reduce risks and improve safety.

To complement these assessments, all members received a *Safe At Home* booklet, filled with practical tips and local resources to help prevent falls—one of the leading causes of injury and death among older adults. These booklets are available to the public as well.

Our goal is to expand this program and encourage more members to schedule an assessment. It's a simple, proactive step that can make a big difference in staying safe at home.

Another important part of staying safe and independent is confident driving. We've held two successful Safe Driving Refresher sessions at the Falmouth Public Library and plan to host more later this year. These workshops are free and open to the public, and we encourage all older drivers to attend. You'll get helpful updates and reminders about night driving, rotary driving, intersection safety, stop sign protocol, driving in inclement weather and more. Whether you're an everyday driver or just want to brush up on your skills, these sessions are a great opportunity to stay informed and safe behind the wheel.

If you'd like to schedule a home assessment or learn more about upcoming driving sessions, please reach out to us. Let's work together to keep Falmouth a safe, supportive place for older adults to thrive.

Candice

Volunteer Profile: Marion Bihari

By Bill Laberis, *Volunteer*

Asked to name something about her that would surprise people, Marion Bihari responds, "I'm a worrier." Most people who know her might well reply, "With all the volunteer work she does, how does she find time to worry?" Indeed, her volunteer resume runs deep and long, reflecting her beliefs in serving the community and giving back. Plus, as she says, "I'm a volunteer at heart."

Q: Can you list all your volunteer roles, past and present?

A: Shortly after moving to Falmouth (2001), my husband Mike was commuting four days a week to Boston. I was alone and didn't know anyone here. I joined the Newcomers Club and before long I was asked to chair the organization's program committee. I served on the Board of Directors and for 14 years ran the popular Meet the Authors program. Later I became president of Encore of Falmouth Newcomers.



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Q: That’s not all, right?

A: I started volunteering at the Falmouth Service Center in 2004 and did so for 16 years. I oversaw the donations program and continued there until Covid. For three years I was a member of the Women’s Healthcare Task Force, an advisory group in Falmouth Hospital advancing good health for women. I served on the board of Samaritans of Cape Cod and on the Falmouth Educational Foundation’s Gala Committee. In 2020, I started to volunteer at Neighborhood Falmouth and shortly thereafter joined the Board of Directors where I serve on the Governance and Gala committees and arrange educational programs with guest speakers at the library. I am an active member of No Place for Hate and serve on the Social Justice Committee at the Falmouth Jewish Congregation. In 2023 I created a healthy living support group for women, which has 24 members and meets weekly. I think that’s it!

Q: And in your spare time you are a worrier. Why?

A: It started with my parents, who worried about everything. But that’s because they both left Europe to escape the Holocaust. How could they not be worriers? My mother fled from Grebenstein (Germany) and and my father from Danzig (now Gdansk, Poland) in 1938 and were lucky because they had sponsors in Chicago. Their parents, my grandparents, were murdered in the Holocaust. My paternal grandfather died in the Warsaw ghetto. My mother’s parents attempted to flee but were caught and sent to a German concentration camp. My dad lost everything he had before arriving in Chicago.

Q: How did your parents meet?

A: It was at a Passover Seder. They married and started their family. We lived in Hyde Park until I was in fourth grade and then moved to South Shore in Chicago, where I attended high school. Due to family financial issues, I needed to go to work after high school. I worked at a local community hospital and trained as a hematology technician. When older, I attended Lehman College and the Parsons School of Design, both in New York. The latter experience led to my own interior design business.

Q: How did you meet the future Dr. Michael Bihari?

A: During my hospital training, a handsome 3rd year med student walked into the cafeteria and sat at my table. We dated for three months – then he ghosted me! Five years later, we reconnected and were married in September 1969 on an army base in San Antonio. Mike was in the army, and we spent two years at Fort Benning in Columbus Georgia. I continued working as a blood bank technician in a local hospital. Needless to say, it was a very “interesting” experience living in the south in the 1960s!

Q: Then what?

A: After a stint in Chicago, we moved just north of New York City where I had our son, Jonathan. He now is in his 50s and has twin 20-year-old daughters, our wonderful grandkids. When Jonathan started school, I took a job at the Montefiore Medical Center and stayed for 14 years, 10 of them as a financial manager and later as administrator of a health center. In 1990, I changed careers and, until we moved to Falmouth in 2001, I sold real estate in Westchester County.

Q: How did you both pick Falmouth to settle at the end of your work careers?

A: Mike and I were still working when we moved and we were not ready to retire. He was looking for a change and discovered Falmouth on his way home from a business trip to Boston. I came to Falmouth kicking and screaming, but now, 24 years later, I admit it was a great move!

Attention Members

There is still time to request any or all of the following:

- Home safety assessment
- Emergency response wearable device (such as Apple Watch)
- Knox Box outside wall-mounted key safe accessible to 1st responders

All are free of charge to our members. Call the office at 508-927-1678 to request yours or learn more.

November Birthdays

Members

Tess Clarkin 11/5
Nancy Hare 11/6
Barbara Gaffron 11/7
Kathy Boothroyd 11/20
Pia Munro 11/28
Lisa Dunne 11/28

Volunteers

Ruthann Katzen 11/1
Rich Fagan 11/1
Winnie Dick 11/3
Martha Tarafa 11/5
Allison Rodin 11/8
Max Ito 11/11
Sara Dalton 11/18
Talia Luening 11/24
George Wheeler 11/27
Karen Crichton 11/28



In loving memory

SUE TWITCHELL
MARGARET MURPHY

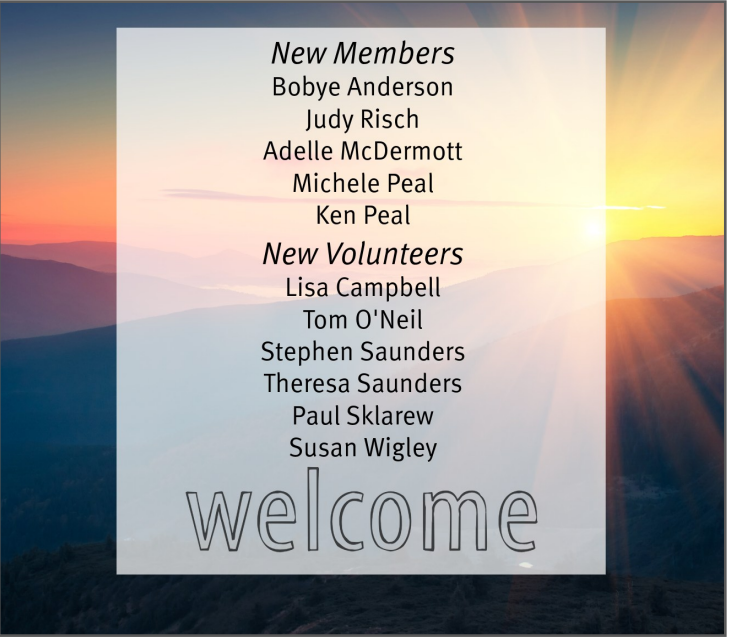
New Members

Boby Anderson
Judy Risch
Adelle McDermott
Michele Peal
Ken Peal

New Volunteers

Lisa Campbell
Tom O'Neil
Stephen Saunders
Theresa Saunders
Paul Sklarew
Susan Wigley

welcome



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Walmart - Falmouth
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WISHING YOU
A JOYFUL
THANKSGIVING





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.



Neighborhood Falmouth has been promoting prevention of falls by giving presentations for the public, publishing a booklet on preventing and managing falls (available on the Neighborhood Falmouth website at bit.ly/4oI7XZr, and implementing a grant-funded home safety inspection program. The following information is from the National Council on Aging.

10 Common Myths About Falls in Older Adults

Many of us think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the ability to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Myth 1: Falling happens to other people, not to me.

Reality: The truth is that 1 in 4 older adults fall every year in the U.S. And, more than 800,000 are hospitalized!

Myth 2: Falling is something normal that happens as you get older.

Reality: Everyone falls. But strength and balance exercises, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over 60% of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program—becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Medications affect people in many different ways and some can make you dizzy or sleepy. Be careful when starting a new medication.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is a key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falls and injury. People with vision problems are over twice as likely to fall as those without visual impairment.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my fall risk.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, installing safety features like grab bars or walk-in bathtubs, or setting up a vision exam.



From Dr. Mike's Kitchen

Thanksgiving is coming and the holiday meal traditionally includes cranberry sauce. This year, don't open a can, make this delicious recipe from Marcia Easterling, a dear friend and former member of the NF Board of Directors.

Cranberry Sauce Easterling

1 cup water

1 cup sugar

12 ounces fresh or frozen cranberries

1/2 cup vinegar

1/2 cup raisins

1/2 cup peeled, diced apple

1/4 teaspoon each: allspice, ginger, cinnamon

1/8 teaspoon cloves

Combine water and sugar in a medium saucepan. Bring to a boil over medium heat. Add remaining ingredients; return to a boil. Reduce heat and simmer 15 minutes or until apples tender. Pour into a glass mixing bowl. Place a piece of plastic wrap directly on sauce. Cool to room temperature and refrigerate overnight to allow flavors to blend. Best served at room temperature.



Some Fun Facts About Cranberries

- Henry Hall, a Revolutionary War veteran, planted the first commercial cranberry bed in Dennis, MA in 1816.
- Cranberries are native only to North America.
- Southeastern Massachusetts is the birthplace of the commercial cranberry industry.
- Cranberries are the top food crop in Massachusetts. The industry supports nearly 6,400 jobs and contributes \$1.7 billion annually to the economy.
- Cranberry growers farm more than 11,500 acres of cranberry bogs in southeastern Massachusetts.
- One-fifth of the nation's commercial cranberry crop is grown in the Buzzards Bay region.

Becoming Visible—A Poem About Aging

The world turns its gaze
toward the shiny and the new,
forgetting who built the ground it stands on.
We kept building truth,
quietly,
patiently,
as we always have.

These lines on my face—
they are not a surrender,
but a map of where I've been.
Each crease holds laughter,
grief,
and the long-earned calm of knowing what matters.

Listen when we speak.
Our stories are not relics;
they are compasses,
guiding the world that comes next.

Cranberries – plants whose native habitat was low-lying troughs between dunes where the groundwater table was exposed – were essential to the Wampanoag diet and are now cultivated in carefully maintained bogs.

One such bog can be viewed from the Shining Sea Bikeway near Mile Marker 9 in West Falmouth. This privately-owned site is one of the oldest cultivated and working cranberry bogs in Falmouth, on the Cape, and in Massachusetts, dating to the 1860s.

