

A Note from the Executive Director

Candice A. Geers



So here we are in February — the month of the heart. Yes, it is a great time to take care of our physical hearts by maintaining a healthy diet, exercise, and good sleep, but it also a time to remember our heart connections.

Life is made up of these human connections and the more we can do to grow, nurture, and maintain our relationships, the better. Call a friend you haven't spoken to in a while, forgive petty grievances, send a card or note to someone recuperating from an illness or operation, or just say hello and offer a kind word to those you come into contact with in your travels.

You never know what these small acts of kindness will mean to those you touch — my guess is that your efforts will be well received and will make your heart happy, too!

Wishing you a very happy Heart Healthy month, and inviting you to call the office with any requests or to share any stories about your interactions with our members or volunteers.

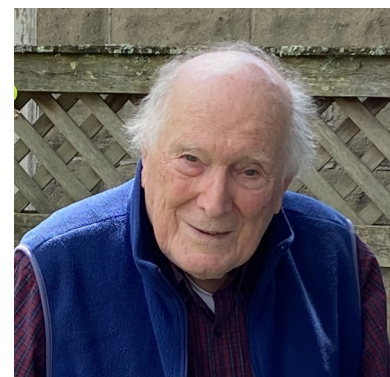
Candice



Member Profile: George Woodwell

By Bill Laberis
NF Board of Directors

Like a growing number of homeowners today, George Woodwell heats his home with clean, renewable energy generated by solar panels. The difference is, Woodwell built the towering solar array next to his home — 42 years ago. The array



uses sheets of grooved metal panels. Water is heated as it cascades down the sun-warmed metal, collects in a rubber-lined tank he built, which then transfers heat via heat exchangers into the baseboards of his home.

It is no surprise that Woodwell was at the forefront of a clean energy solution for his own home. In fact, he stands among a small group of pioneers that first began sounding the klaxons of global climate change and its potential to do irreversible harm to the environment in which all life on earth exists.

As the author of hundreds of articles, research papers, and books, Woodwell is widely recognized as a leading authority on climate change and its growing impact on the earth.

He started the first terrestrial ecology program at the Marine Biological Laboratory in Woods Hole in 1975.

Cont'd Page 3

February Happenings

For transportation or to RSVP please call the Neighborhood Falmouth Office at 508-564-7543.

Virtual Author Talk: Matthew Dallek Monday, February 5 at 7 PM on Zoom

Author Dallek will talk about his nonfiction work **Birchers: How the John Birch Society Radicalized the American Right**. Email fjcoffice@comcast.net to register for event and Zoom info.

Cape Symphony Presents: Kotoko Brass Saturday, February 10 5 PM — 7 PM

Cape Symphony Falmouth Campus, 60 Highfield Dr.

Kotoko Brass melds the complex traditional drumming of Central Ghana, the sturdy bass and keyboards of the Caribbean, and the joyous horns of New Orleans. Tickets available at <https://www.eventbrite.com/e/kotoko-brass-tickets-775825303367>.

NF Member/Volunteer Lunch Wednesday, February 21 at Noon

Silver Lounge, 412 N Falmouth Hwy

Order from the menu; attendees pay for their own. Please RSVP to the office if you plan to attend and/or need a ride: your RSVP is important so the restaurant knows what to prepare for.

In-Person Author Talk: Emily Franklin Thursday, February 29 at 11 AM

Falmouth Jewish Congregation, 7 Hatchville Road

Free talk on **The Lioness of Boston**, a novel about Isabella Stewart Gardner. Register by email to fjcoffice@comcast.net.

Are you a low to moderate income tax payer?

Get Your Taxes Done for FREE

WHERE: Gus Canty Community Center

WHEN: Feb 6 through Apr 11 Tue/Wed/Thu Mornings

Limited appointments: Call 508-540-0196 ASAP

Sponsored by AARP Tax Aide

Peak House Fire Season: Are Your Smoke Detectors Safe?

Working smoke detectors are critical tools for preventing deaths and limiting property damage in the unfortunate event of a fire. Up to 74 percent of home fire deaths result from fires in dwellings with either no smoke alarms or no working smoke alarms.

To function properly, smoke alarms must be maintained. They should be tested monthly using the test button, and smoke alarm batteries should be changed annually.

Because smoke alarms can become less sensitive over time, smoke alarms should be replaced every ten years.

The Home Fire Campaign of the American Red Cross of MA will provide and install up to THREE free 10-year smoke detectors per residence to those who need them.

Request yours at <https://bit.ly/3UdJKhE>
or call **1-800-564-1234**.



LASAGNA LOVE



How about a little loving kindness from your community this month? Have you heard of Lasagna Love? ANYONE can sign up for a free home-cooked lasagna, no questions asked.

How does it work?

1. Sign up or nominate a friend at <https://lasagnalove.org/request/>
2. Get matched to a local volunteer chef (who can work with you on many dietary preferences!)
3. Coordinate a day and time.
4. Get a safe and contactless delivery of your lasagna.
5. Sign up again next month!

George Woodwell, *Continued*

He left MBL in 1985 to start the non-profit Woods Hole Research Center, along with his wife, Katharine, who worked for 25 years as an administrator. Upon his retirement, the center was renamed the Woodwell Climate Research Center. At 95, Woodwell serves as director emeritus of the Center.

“There is no question we have a climate crisis today, and it will get worse at an increasing rate unless we find ways to cool the earth,” Woodwell says.

“Everyone by now should agree that we absolutely must do this. Governments everywhere need to set up pathways to eliminate fossil fuels.”

Woodwell’s passion to study climate change is rooted in his love of botany. After earning his bachelor’s degree at Dartmouth in 1950 and doing a hitch in the US Navy, he received his Ph.D. in Botany at Duke.

“I knew I wanted to be an ecologist, although the idea was very new back then,” Woodwell recalls. He taught botany for a while at Univ. of Maine before accepting an appointment to establish a fledgling ecology department at Brookhaven National Laboratory on Long Island, NY. There he studied the impact of ionizing radiation on forests, while also studying carbon in the atmosphere.

“Prior to any significant influence of human beings, our atmosphere held about 280 parts per million of carbon dioxide,” Woodwell explains. “Today that number is 410 parts per million. CO₂ traps heat, as does water vapor. That is one reason the earth is warming.”

Woodwell explains that another substance that traps heat is methane, which traps *twenty-eight times more heat* than CO₂. Methane is a product of the rapid warming and decay of deep peat soils in the Arctic. Melting of the Arctic is a positive feedback loop: the warming of the Earth feeds further warming of the Earth.

“As the earth warms and ice melts in the Arctic, it exposes the dark land beneath,” he says. “That land contains peat which immediately starts to decompose,

spewing methane as a byproduct into the atmosphere. More heat, more ice melt, more methane. Also, more ocean water is exposed, which further heats and sends water vapor into the atmosphere. The difference between a white body of snow with reflective capacity and a blue body of water that absorbs heat is huge. That is why we say the damage we are doing is accelerating. The Arctic is melting faster than the other parts of the Earth.”

At Brookhaven in the early 1970s, Woodwell and his team managed to get scientists, government officials, and others to attend seminars and symposiums to begin to understand the growing climate crisis.

That is not all Woodwell did at Brookhaven. Reflecting his passion for nature, he began studying the effects of the widely used pesticide DDT on birds on Long Island, which ate DDT-saturated fish. Using his data, Woodwell helped establish the influential Environmental Defense Fund and Natural Resources Defense Council which, along with the Conservation Law Foundation, helped win several critical court cases and eventually convinced the EPA to ban DDT.

He left Brookhaven to start the Ecosystems Center at MBL. The Center’s work, led by Woodwell, won a series of large grants to research climate change and its impact on all natural systems.

“I have to say, we did gloriously well!” he recalls. Today the Woodwell Climate Research Center continues with Woodwell’s dream of undertaking research and science that is ‘urgently needed to propel us toward a more equitable, healthy, and sustainable world,’ as the Center states.

“Failing to address the obvious fact that man is contributing greatly to a warming planet will be an incredible global disaster,” Woodwell warns. Not a major fan of nuclear power to generate electricity, Woodwell believes research and development of hydrogen power as a companion to other renewables may help ease the crisis.

“And please, let us stop destroying our huge forests that sequester carbon and emit oxygen. Restore forests that we have burned. Replace fossil fuels with renewable sources as quickly as possible. And educate the young about the world they are inheriting and the real threats to it.”



February Birthdays

Members

Herk Donahue	Feb	2
Patricia Yoos	Feb	3
Anne Smith	Feb	28

Volunteers

Maureen Ellis	Feb	2
George Brodie	Feb	7
Marcia Easterling	Feb	7
Ilene Barnwell	Feb	8
Mike Denomy	Feb	11
Janet Lauer	Feb	17
Michelle Austin	Feb	22
Theresa Corcoran	Feb	22
Mary Lou Cotter	Feb	23
Ken Peal	Feb	28



A Special THANKS! to Our Sponsors

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- Cape & Islands United Way
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- Cape Cod Healthcare Foundation
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- Falmouth First Congregational Church
- Falmouth Podiatry
- Falmouth Toyota
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- Hermann Foundation
- James E. and Catherine Schea Lloyd Foundation
- Lyndon Paul Lorusso Charitable Foundation
- MacDougalls Cape Cod Marine Service
- Martha's Vineyard Bank
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- Suzanne Gnospelius
- The Bilezikian Family Foundation
- The Cape Cod Foundation
- The Cooperative Bank of Cape Cod Foundation
- The Mildred H. McEvoy Foundation
- Valle Group
- Waquoit Congregational Church
- West Falmouth Market
- Woods Hole Foundation



Our Newest Volunteers:

- Rose Dunn
- Marcie Franzone
- Jim Remillard
- Maureen Remillard
- Christine Way



In Memoriam



For those we lost recently

- Betty McIntosh
- Marilyn McKay
- Arthur Mott

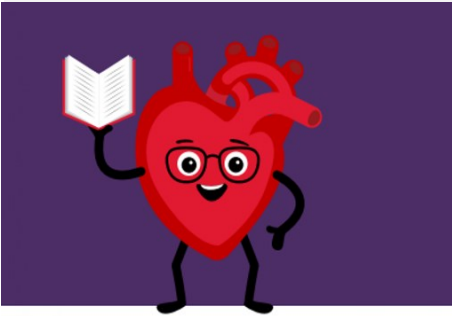


By Dr. Michael Bihari

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 will focus on a health topic of importance for seniors, supply information about Aging in Place, and provide a healthy seasonal recipe.

February is American Heart Month: This Year Give Your Heart a Valentine



February brings us not only Valentine's Day, a time to celebrate love, but also American Heart Month.

Established by the federal government more than 55 years ago to increase awareness of heart health issues, this month is a great time to think about how you can reduce your risk for cardiovascular disease. Heart disease is the leading cause of death in the United States for both men and women. However there is a lot you can do to protect your heart.

Finding the time to care for your health as you go about your daily life can be challenging. But it is easier than you think to show your heart the love it deserves every day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. **And don't forget: volunteering for Neighborhood Falmouth is good for your well being!**

One of the best Valentine gifts you can give loved ones is to stay healthy, SO...on Valentine's Day, smell the roses and eat one piece (or maybe two) of dark chocolate while learning about heart disease prevention from reliable sources. Neighborhood Falmouth offers articles and access to accurate online information that may help you become more aware of heart disease and what you can do to prevent it, whatever your age. Visit our website at: www.neighborhoodfalmouth.org and click on the "heart" icon.

From Dr. Mike's Kitchen: A Sweet and Healthy Recipe for Valentine's Day

This delicious confection is easy to make and surprisingly sophisticated. Enjoy it yourself or make a batch for a loved one. Not only is it mouthwatering but it is healthy for your heart!

Middle Eastern Stuffed Dates

- 12 large Medjool dates, pitted
- 12 walnut halves
- 1/4 cup dark chocolate chips, melted
- 1 tablespoon shredded coconut

Stuff each date with a walnut half. Dip half of the stuffed date into melted chocolate and sprinkle on some coconut. Chill to harden chocolate, then serve at room temperature.

Recipe Health Tip: Dates are a healthy fruit to include in your diet. They are high in several nutrients, fiber, and antioxidants, all of which may provide health benefits. And walnuts are a pint-sized package of protein, fiber, and omega-3 fatty acids that you can take with you on the go.



As we age many of us have concerns about safety, getting around, access to healthcare, isolation, and engaging in community activities. Deciding whether to Age in Place or contemplate alternative living arrangements is a significant choice, one that requires planning and careful consideration of the pros and cons.

Benefits of Aging in Place

Familiarity: Surrounded by the memories and possessions that have shaped our lives can provide a sense of comfort and security.

Independence: Aging in Place lets us call the shots and make our own choices.

Community Engagement: Staying in the same community lets us maintain longstanding relationships and social connections. And by staying connected to our community we contribute to its vitality and social fabric.

Cost-Effectiveness: Aging in Place can be more cost-effective than moving to an assisted living or nursing facility. Often, home modifications and in-home professional services are less expensive than institutional care.

Challenges of Aging in Place

Home Safety: Ensuring that your home is safe and accessible may require investment in home modifications, which can be costly.

Home Maintenance: As we continue to age, maintaining our houses can become physically challenging. Repairs, yard work, and general upkeep may require assistance.

Healthcare Access: Finding healthcare services can be challenging, especially in areas with an aging population and decreasing availability of primary care physicians.

Social Isolation: Many seniors who choose to Age in Place may face increased isolation if they don't have a robust support system and opportunities for social engagement.

Financial Considerations: Funding home modifications and potential home-based healthcare costs can be challenging.

Tips to Keep Your Heart Healthy

According to the National Institutes of Health, self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- Get a daily dose of physical activity, such as a brisk 30-minute walk, a bike ride on the Shining Sea Trail, an online exercise class, or a family dance party.
- Cook delicious, heart-healthy recipes that are low in sodium and unhealthy fats and include mostly plant-based ingredients. Two good heart-healthy diets are D.A.S.H (www.nhlbi.nih.gov/education/dash-eating-plan) and Mediterranean (<https://health.usnews.com/best-diet/mediterranean-diet>)
- Take your medications as prescribed and make that doctor's appointment you've been putting off.
- Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or movie.
- Maintain social connections. Having positive, close relationships and feeling connected to others helps your blood pressure, weight, overall health, and more. Even if it's virtual, that support makes self-care easier and even more effective. For example, text messages can improve self-care. Connect with your friends or family for support. Ask them to text you reminders or encouragement to help you meet your goals. Make new friends who share your goals. Join an online exercise class or a weight- management group to connect with other like-minded people and stay motivated.