



Neighborhood Falmouth
PO Box 435
Falmouth, MA 02541

Recipient’s Address



August Neighborhood Happenings

TUE 5	7:30 PM	Summer Jewish Film Festival: Falmouth Jewish Congregation, 7 Hatchville Rd., East Falmouth The final film of the 2025 festival, <i>Running on Sand</i> is about refugees and deportation that tells both a specifically Israeli story and a universal tale that resonates in the current moment. Tickets available at: falmouthjewish.org/events/running-on-sand
TUE - SAT 5-9	7:30 PM	College Light Opera Company: La Cage aux Folles Highfield Theatre, 58 Highfield Drive, Falmouth Prepare for a fabulous night of laughs, love, and drag queens in Herman and Fierstein’s vibrant musical. Follow a pair of nightclub owners as they navigate family, acceptance, and outrageous antics with glamorous flair. Matinees at 2:00 PM on Wednesday and Thursday. Tickets and schedule at CollegeLightOperaCompany.com .
TUE - SAT 12-16	9:00 AM - 5:00 PM	College Light Opera Company: Footloose Highfield Theatre, 58 Highfield Drive, Falmouth Get ready to dance and break free! This high-energy musical follows a rebellious teenager who sparks a revolution of music and movement in a small town where dancing is banned. With unforgettable songs and heart-pumping energy, it’s a celebration of fun, freedom, and finding your rhythm! Matinees at 2:00 PM on Wednesday and Thursday. Tickets and schedule at CollegeLightOperaCompany.com .



Neighborhood Falmouth News

August 2025

A Note from the Executive Director: Candice A. Geers



Choosing love over hate is a powerful act of courage and compassion that has the potential to change lives and shape a better world. While hate often arises from fear, pain, or deep-seated misunderstanding, love invites healing, empathy, and connection. It is easy to react with anger when we are hurt or wronged, but choosing love means pausing, reflecting, and responding with intention rather than impulse. It requires strength to listen when we want to shout, to forgive when we feel betrayed, and to reach out when others push us away.

Love does not mean turning a blind eye to injustice or harm—it means confronting those realities with a commitment to unity, fairness, and humanity. Where hate divides and isolates, love builds bridges, fosters dialogue, and opens hearts. In times of conflict and division, love becomes an act of resistance—one that dares to believe in hope, in change, and in the potential for people to grow beyond their worst moments. Ultimately, choosing love over hate transforms not only the world around us, but the very core of who we are. It allows us to live with purpose, with peace, and with the deep satisfaction that comes from nurturing the good in ourselves and others.

We are fortunate to call Falmouth home—a supportive and compassionate community where care for one another is a shared value. While we may not all see the world in exactly the same way, there is a strong sense of unity rooted in mutual respect and concern for the well-being of our neighbors. This spirit of kindness and understanding is what makes Falmouth not just a place to live, but a place to thrive. As we continue to extend empathy and generosity in our everyday lives, we help preserve the peaceful, welcoming character of our seaside town. With hope in our hearts, kindness as our guide, and a little bit of luck, Falmouth will remain a haven of harmony for generations to come.

Candice

Volunteer Profile: Bob Mascali

By Bill Laberis, *Volunteer*

For many of us, volunteerism and public service picks up steam when we retire. For others, it’s been in their DNA for a lot longer. This is surely the case with Bob Mascali, whose adult life has been a balancing act between the demands of legal practice and service to his community. Currently the Chairperson of the Falmouth Select Board, Mascali, at 74, continues working as a practicing attorney focusing on special needs planning for people with disabilities and their families. He’s been on various Town of Falmouth committees, despite being a recent full-time ‘wash-ashore’ in 2017.



Q: Where did your life and your journey to Falmouth begin?

A: I was raised outside New York City and pretty much stayed in that area for college and law school. I got my undergraduate degree in History at St. John’s in Queens (NYC borough), and then my Juris Doctor (or law degree) at St. John’s as well. I then worked for 12 years starting in 1981 as a founding partner in a firm in Scarsdale. I continued with several other law firms in the Greater New York area, often focusing on real estate land use law. That experience is serving me well today on the Selectboard, with all the development going on here.

Continued next page

Q: When did your professional life and community service life start to intersect?

A: In 1997 I started an eleven-year stint with the New York State Office of Mental Retardation and Development (now known as the New York State Office for Persons with Developmental Disabilities). I followed that up as counsel to a statewide organization providing oversight and care for individuals with developmental and intellectual disabilities known as NYSARC where I worked with programs dealing with supplemental needs trusts for special needs children and their families. I also served on the Statewide Guardianship Committee. This and other work during this time really stimulated my interests in public service.

Q: Did all this experience with the legal issues around special needs stick with you?

A: Yes, very much. After leaving the State of New York and NYSARC, I worked for other private firms on various estate planning matters and focused primarily on the development of special needs trusts. Before moving to Falmouth, I served at a Latham, NY firm as the chair of its special needs planning practice. I continued focusing on these areas when I joined the Bourget Law Group of North Falmouth, helping families with the intricacies of estate planning, probate and trust administration, and special needs planning, and I continue with this type of practice to this day with a Worcester-based firm.

Q: You seemed to always find the time for many other volunteer and service activities in Greater Falmouth, correct?

A: I served on the Town of Falmouth Cable TV Advisory Committee and the Commission on Disabilities. I served as president of the Rotary Club of Falmouth and currently serve as a board member of the Rotary Foundation. I have served as a member of the Cape Cod Commission; I currently serve as a board member of the ARC of Plymouth and the Upper Cape (serving the needs of families with special needs children); the Board of Directors of the Friends of Nobska Lighthouse; and with the Cape Cod Regional Transit Authority. In June I was elected as the Chair of the Falmouth Select Board. I also teach a business law class at the Barnstable County House of Correction. I do pro bono work with Sheriff Buckley’s office as well. And, of course, I make as much time as I can with my three daughters, one son, and four grandchildren.

Q: And you found time to join the board of directors at Neighborhood Falmouth as well, right?

A: It’s a great organization, dedicated to helping Falmouth’s seniors age in place in their own homes. I feel I bring considerable experience to NF and its core mission.



HOME SAFETY PROGRAM

Members

To schedule a home evaluation for fall prevention, call us at 508-927-1678 or email director@neighborhoodfalmouth.org.

An aging-in-place specialist will visit your home, accompanied by a Neighborhood Falmouth volunteer.



Members! We still have emergency response devices available—at no cost to you!

Call the office at 508-927-1678 for more info or to request a device for yourself. We will help you set it up and teach you how to use it.

August Birthdays

Volunteers

Ellen Bailey 8/4
Caryn Montella 8/4
Davien Gould 8/10
Martha Gavenas 8/11
John Towsey 8/11
Jenny Putnam 8/13
Karen Roberts 8/13
Jean Pierre Riu 8/15
Barbara Fanning 8/17
Eleanor Fothergill 8/17
Anne English 8/19
Julie Diem 8/21
Kerri Smith 8/21
Kevin MacDonald 8/22
Rich Rodger 8/22
David Lynch 8/26

Members

Bob Huber 8/3
Evelyn Janerico 8/4
Linda Davis 8/7
David Ross 8/8
Meg Fitzelle 8/10
Betsy Giles 8/10
Judy Luborsky 8/19
Ken Woolf 8/27
Nancy Young 8/28
Carole McDonough 8/29

SCAM ALERT

Call us in the office at 508-927-1678 to get your free copy of **Savvy Seniors: How to Avoid Financial Scams**, courtesy of a partnership between NF and Martha’s Vineyard Bank.

special thanks to our sponsors

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Mary & Redwood Wright Foundation
Dr. Gerald Roan, DMD
Walmart - Falmouth
Waquoit Congregational Church
Woods Hole Foundation

welcome

we are glad you are here

Our Newest Volunteers
Barbara Bloom
Josh Kramer
Susanne Mann
Phil Towle

Our Newest Members
Susan Marshard
Carol & Richard McKeon
Kevin O'Brien



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.

Tick Talk: Staying Safe on Cape Cod this Summer

According to a recent Boston Globe headline: “Northeast sees worst summer surge in tick bites in years, CDC says.”

One of the delights of living in or visiting Falmouth is enjoying the outdoors—going to the beach, doing some gardening or walking on some of the trails developed by the 300 Committee. But, along with these activities we have to put up with the “ticks of Cape Cod” — most notably the Black-legged Tick (also called a Deer Tick), the Dog Tick and the Lone Star Tick, the bite of which can cause an allergy to red meat consumption.

About 80 percent of tick-caused illness is Lyme disease, spread by the Deer Tick. Older adults may be at increased risk for serious illness or delayed recovery if infected.

Don’t Let Ticks Make You Sick—the best defense is prevention

When outside:

- Dress smart: Wear long sleeves, long pants, and socks when walking through grassy or wooded areas. Tuck pants into socks. Light-colored clothing makes it easier to spot ticks.
- Treat clothing and gear with products containing permethrin.
- Apply EPA-registered insect repellents containing DEET, picaridin, or oil of lemon eucalyptus to exposed skin.
- Avoid areas where ticks hide, including high grass and leaf litter.
- Stay on trails: Try not to brush against tall grass or bushes. Stick to the center of trails during walks.

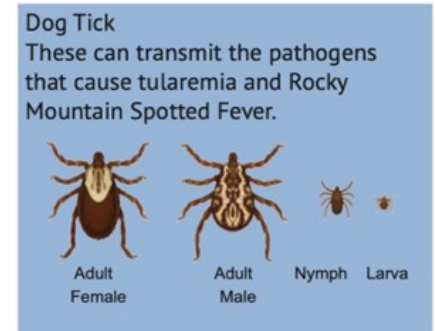
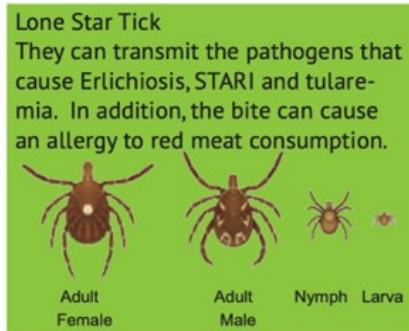
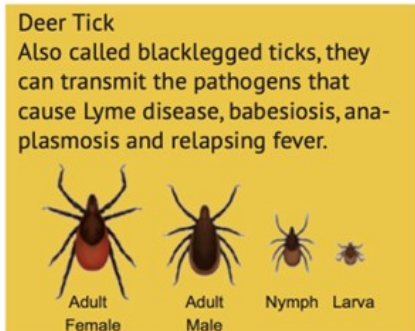
When back indoors:

- Check yourself: After spending time outdoors, check your entire body for ticks. Pay special attention to behind the knees, underarms, hairline, waistline, and groin area—even under the toes!
- Shower soon after coming indoors: This can help remove ticks before they attach.
- Toss your clothes in the dryer: A hot cycle for 10–15 minutes kills any ticks clinging to clothing.
- Remember to check your pets for ticks too! You can also get them tick-repellant products.

If a tick is attached:

- Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible.
- Pull upward with steady, even pressure. Don’t twist or jerk—it may cause parts to break off.
- Clean the bite area with soap and water or rubbing alcohol.
- Save the tick in a plastic bag or container, labeled with the date. This can help if you need to identify it later.
- Call your doctor, especially if the tick was attached for more than 24 hours or you develop a rash, fever, or flu-like symptoms.

For more information about Ticks, visit TickEncounter from the University of Rhode Island. This resource provides an in-depth look at the tick problem in New England: <https://web.uri.edu/tickencounter/>. The CDC page What to Do After a Tick Bite (www.cdc.gov/ticks/after-a-tick-bite/index.html) is also a good resource.



Dr. Mike's Easy Blueberry Pie

Although summer on the Cape brings the burden of ticks, it also brings the bounty of blueberries. This blueberry recipe is an easy-to-make pie that is delicious and not too sweet.

CRUST

2 cups vanilla wafer crumbs
1/2 cup melted unsalted butter
1/3 cup sugar

In a bowl, combine crust ingredients; press over bottom and sides of a 9-inch glass or metal pie plate. Bake at 400 degrees for ten minutes. Cool.

PIE FILLING

6 cups fresh blueberries
1/4 cup sugar
2 tablespoons water
2 tablespoons cornstarch
1/4 cup cold water
1 tablespoon unsalted butter
1 tablespoon freshly squeezed lemon juice

Combine 2 cups berries, sugar, and 2 tablespoons water in a large saucepan; bring to a boil.

Dissolve cornstarch in 1/4 cup cold water; add to blueberry mixture.

Return to the boil, stirring constantly. Reduce heat to low and cook, stirring for 2 minutes. Remove from heat and stir in butter, lemon juice, and remaining 4 cups blueberries.

Spoon into the crumb crust. Let stand at least 3-4 hours until set. Serve with some whipped cream or some sweetened nonfat Greek yogurt. Makes 8 generous portions.



Blueberries Deserve a Place on Your Plate!

Don't let their size fool you—blueberries are loaded with nutrients that support healthy aging. "In the juices of blueberries, flow the essences of health." Here's why they're one of the best foods you can eat, especially as you get older:

Good for Your Brain. Blueberries get their deep blue color from natural compounds called anthocyanins. These powerful antioxidants can cross into the brain, where they reduce inflammation and help brain cells communicate better. Studies show that regularly eating blueberries may slow memory loss and support sharper thinking.

Heart-Healthy. Blueberries have been shown to lower blood pressure and reduce "bad" LDL cholesterol. Their antioxidants also help reduce inflammation, which lowers the risk of heart disease and heart attacks.

Blood Sugar Support. Even though they taste sweet, blueberries won't spike your blood sugar. They have a low glycemic index and can help improve insulin sensitivity—good news if you have type 2 diabetes or prediabetes.

Immune Boosting. With a healthy dose of vitamin C, flavonoids, and resveratrol, blueberries help your immune system fight off illness and reduce chronic inflammation, which is linked to many age-related diseases.

Bone Support. Blueberries contain small amounts of calcium, vitamin K, and manganese—nutrients that help keep bones strong as we age.

Good for Your Gut. Blueberries are a good source of fiber, which keeps digestion regular and feeds the good bacteria in your gut. A healthy gut supports your immunity, mood, and nutrient absorption.

How to Eat Them. Fresh or frozen, blueberries are a simple and delicious way to boost your nutrition. Aim for ½ to 1 cup a day. Sprinkle them on oatmeal, toss them into a smoothie, or add them to a salad. However you enjoy them, your body will thank you.