



Neighborhood Falmouth
PO Box 435
Falmouth, MA 02541

Address Label



September Neighborhood Happenings

SAT 6	7:00 PM	Meghan Farrell in Concert: Waquoit Congregational Church Enjoy a free special evening with singer-songwriter Meghan Farrell in the historic sanctuary. Attendees are invited to bring donations of new hats and gloves to support unhoused neighbors as cooler weather approaches.
WED 17	12:00 PM	Member-Volunteer Meet for Lunch: Coonamessett Inn Join us at a different local establishment each month for food, fun, and friendship. Please plan to bring cash. Everyone pays their own tab, and most restaurants do not separate checks, so please bring cash. RSVP to officemanager@neighborhoodfalmouth.org .
THU 18	12:00 PM	Falmouth Jewish Congregation Author Talk: Ayelet Tsabari Virtual talk with the author on <i>Songs for the Brokenhearted: A Novel</i> , a beautiful, award-winning novel about forbidden and found love among Yemeni immigrants to Israel in the 1950s and today. Free to all, register at www.falmouthjewish.org .
WED 24	1:30 PM— 2:45 PM	NF Library Talk: Trusts and Estates Attorney Robert Mascali Falmouth Public Library: Hermann Room NF Board Member and Falmouth Select Board Chairperson Bob Mascali discusses estate planning strategies, focusing on advanced planning, the probate process, and how trusts can simplify the administration of an estate for heirs.

Did you know?

There’s a dedicated appointment line for RMV customers who are at least 65.

857-368-8005



Neighborhood Falmouth News

September 2025

A Note from the Executive Director: Candice A. Geers



In these uncertain times, small, unexpected gestures of goodwill can have an outsized impact. Random acts of kindness — from holding the door for a stranger to paying for someone’s coffee — are simple, often cost nothing, and yet carry a ripple effect far beyond the moment.

Kindness works because it is both universal and deeply personal. A smile to a weary cashier, an encouraging note left on a coworker’s desk, or a bag of groceries for a struggling neighbor can instantly shift someone’s day. Studies even suggest that giving kindness boosts the giver’s mood as much as the receiver’s, creating a quiet cycle of positivity.

What makes these acts so special is their unpredictability. They are not tied to birthdays, holidays, or obligations; they happen simply because someone chose to care in that moment.

And that’s the magic — kindness without expectation, without fanfare, purely for its own sake.

The beauty is that anyone can start. It doesn’t require wealth, influence, or elaborate planning. It asks only for a moment of awareness and the willingness to make someone’s path a little lighter.

In a world that can sometimes feel divided, these small sparks of generosity remind us of our shared humanity. One kind act may not change the whole world, but it can change someone’s world — and that’s a start worth making.

Candice

Volunteer Profile: Vivianne Beller

By Bill Laberis, *Volunteer*

Boston, being a cool place, has several “sister cities,” a dozen in all. One of them is Strasbourg in the Alsace region of France, a small and picturesque area bordered by the Vosges mountains on the west; the Rhine River to the east; and Switzerland to the south. The city is also home to part-time Falmouth fan Vivianne Beller, who for the last fifteen years has divided her time in both places, and also oversees the sister city relations between the two cities. Springfield, Mass-born, Beller has lived in Strasbourg for 48 years, working there as a professional tour guide while raising three children. Recently in her “spare time” and to further link the cities, she wrote a children’s book about a curious stork whose wanderlust takes him from his birthplace in Strasbourg to adventures in Boston, where you will discover Nobska lighthouse also figures prominently.



Q: Springfield to Strasbourg – is there a story there?

A: My dad was a World War II GI, and my mom was a war bride from France. When I was fifteen, we visited the Alps and that is where I met Jean Paul. Three years later, after high school, I got a note saying he was arriving at JFK Airport on the way to Minneapolis and he wanted to see me. I drove to JFK to pick him up and he stayed with my family for three weeks. I went back to France to see him that summer and two years later married this budding medical school student. We have been together for 48 years.

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Q: What happened next?
A: He completed medical school studies as an anesthesiologist, and I got busy with raising our growing family. It was a struggle looking back on it, but that was life back then and we did our best. Eventually he got a job at the university hospital in Strasbourg, and we settled into life there.

Q: How and why did you get started as a tour guide?
A: As our children grew, I picked up a career as a professional tour guide for English and French speaking tourists. I got to know Strasbourg and the region of Alsace with all its wonderful sites and rich history, including its famous cathedral, the Black Forest, charming villages, and rich history. I would usually lead relatively small groups because the Alsace wasn't on the main French tourist routes. It was fun and kept me learning and sharing. That's why I did this for so long after gaining all the proper certifications needed for my profession as well as the exams to get them.

Q: Did the profession change?
A: The Rhine borders the eastern Alsace. Eventually that brought river boats – lots of them. It was a few at first, but then that trade really picked up steam. There are sometimes a dozen boats in town, and with about 200 tourists each, that's a lot of groups, so after a while a profession became a job, and now that I have reached a certain age, I have slowed my pace. Basically, I can choose the tours I want to lead, and do so less frequently. I do still enjoy taking small groups of people around.

Q: Did you miss home?
A: Yes of course. But as time passed we were able to visit my first home and family regularly. Our children grew. Our oldest son and his wife are architects currently living in Madagascar, where they are raising two children. Another architect son lives in Paris with his family. And a third lives near Strasbourg as a landscaper.

Q: And Falmouth?
A: We love Falmouth. We bought a place in East Falmouth that needed quite a bit of work and have fixed it up a lot during the last 15 years. We come here often during the year and definitely consider it our other hometown. My work as Sister City coordinator in France keeps us quite connected too. I have my feet planted on two continents.

Q: How have you found the time to volunteer for Neighborhood Falmouth?
A: I love Falmouth and wanted to give back to the community. The whole concept of Neighborhood Falmouth – helping seniors to age in place at home – was very appealing. I discovered I could do this and commit time only when I am living here, which is part time. I was welcomed with open arms and have volunteered with them for a year now.

Vivianne's children's book *The Journey of Blue* is available at the So French store on Main Street.



The Falmouth Community Emergency Response Team (CERT) is now accepting applications for CERT training. Volunteers assist first responders during emergencies and non-emergency events on Cape Cod, including road races and festivals.

Free classes begin September 23rd and meet Tuesdays until November 4th. The classes will be held 6 PM —8 PM in the 2nd floor training room at the Falmouth Fire and Rescue Headquarters at 399 Main Street.

Email FalmouthCERT.MA@gmail.com for an application.



September Birthdays

Volunteers

Barbara Gillis 9/2
Victoria Lowell 9/3
Priscilla Ruegg 9/4
Annie Outlaw 9/5
Jim O'Connor 9/8
Judy Risch 9/8
Nancy Walbek9/8
Bob O'Donnell 9/8
Lisa Maiella 9/10
Rich Corner 9/12
Kit O'Connor 9/14
Dani Toole 9/15
Lee Turner 9/16
Deb Siegert 9/16
Susan Loucks 9/17
Kathleen Mosesian 9/20
Tom Sbarra 9/20
Gina Gonsalves 9/22
John Souza 9/22
Michael Nyland 9/26
Grace Leva 9/27
Martha Murphy 9/27
Elaine Teixeira 9/27
Margaret Gifford 9/28
Ned Pride 9/30

Members

Jean Duran 9/1
Denise Backus 9/5
Kay Paine 9/8
Cyndy Ogden 9/12
Bob Schreiter 9/12
Mary Rice 9/13
Barbara Fletcher 9/13
Nancy Kaye 9/14
Tanya White 9/14
Ian Nisbet 9/16
Judith Ziss 9/17
Betsy Boze 9/18
Joyce Neill 9/21

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Paul and Betty G. McDonald Foundation
Royal Health Group Charitable Foundation
The Rossley Fund
TLC Private Home Care
Mary & Redwood Wright Foundation
Dr. Gerald Roan, DMD
Walmart - Falmouth
Waquoit Congregational Church
Woods Hole Foundation

Fall Member Luncheon

Save the Date

Friday 10 / 24

First Congregational Church
Details coming soon!



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.

Every Time You Eat, Have a Plant!

September is National Fruits & Veggies Month. This campaign reminds us that eating more fruits and vegetables isn't just good advice—it's one of the simplest and most important things we can do for better health at any age.



According to the American Heart Association, “A diet rich in fruits and vegetables can help lower blood pressure, prevent certain cancers, and reduce the risk of strokes and heart disease.” Even though 80% of cardiovascular events are preventable with diet and lifestyle changes, heart disease is still the leading cause of death in the United States for both men and women.

Fruits and vegetables are a major source of nutrients that are strongly linked to good health, particularly the health of the heart and blood vessels: potassium, magnesium, fiber, and polyphenols (antioxidant plant compounds).

Despite these benefits, many of us are not reaching the recommended daily intake for either fruits or vegetables.

How to Eat More Fruits and Vegetables

Start the day with produce. Add berries, banana slices, or chopped apples to cereal, oatmeal, fat-free yogurt or fat-free cottage cheese. Add chopped vegetables, such as onions, bell peppers, and/or spinach, to eggs.

Make vegetables half your plate. Fill half your plate with colorful veggies at lunch and dinner.

Bulk up dishes. Pile a sandwich with vegetables such as cucumber spears, sliced tomato, sliced avocado and dark green leafy lettuce. If having a pizza, add more veggies, such as broccoli, mushrooms or red peppers.

Have a smart snack. Keep washed grapes or fresh cherries in the fridge for a quick healthy bite. Cut raw veggies, such as bell peppers, celery, carrots, radishes, and broccoli, ahead of time so they're easy to grab for a snack.

Add fruit or veggies to drinks. Blend smoothies with spinach, kale, or frozen fruit; or add lemon, lime, or cucumber slices to water.

Start with soup or salad. Begin meals with a vegetable soup or side salad to boost intake.

Swap sides. Choose baked sweet potatoes, roasted vegetables, or a fruit cup instead of fries or chips.

Frozen and canned count too. Keep no-salt-added canned beans, vegetables, or frozen fruits on hand for easy meals. Frozen vegetables can be easily steamed or microwaved within minutes while the entree is cooking.

Each week try a new or different type of fruit or vegetable. The Falmouth Farmers' Market is a wonderful community resource with products from farms and food artisans throughout SE Mass. The market is open every Thursday from 11 AM—3 PM through October 23, 2025. Each week find fresh and unique local and regional produce. You can also get fresh picked produce at The Tony Andrews Farm and the Coonamessett Farm.

How many fruits and vegetables do we really need?

An analysis from Harvard Medical School indicates that a total of five servings per day of fruits and vegetables offers the strongest health benefits.

People who ate five servings per day had a:

- 13% lower risk of death from any cause
- 12% lower risk of death from heart disease or stroke
- 10% lower risk of death from cancer
- 35% lower risk of death from respiratory disease

The American Heart Association has an excellent guide, *Add Color with Fruits and Vegetables*, that offers practical tips that don't require big changes to the way you or your family eats (<http://bit.ly/4mwbQ33>).



From Dr. Mike's Kitchen

September is the start of the fall season—and a perfect time for apples! You'll find several varieties at supermarkets but it might be more fun to go apple picking or to buy a bushel at the Farmers' Market! The following apple cake is packed with tart apples and hails from our friends in Ukraine.

Dr. Mike's Ukrainian Apple Sharlotka

6 large tart apples, such as Granny Smiths

3 large eggs

1 cup sugar

1 teaspoon vanilla

1 cup all-purpose flour

cinnamon & powdered sugar

Preheat oven to 350F. Line the bottom of a 9-inch spring form with parchment paper. Grease the paper and sides of pan.

Peel, halve, and core apples. Cut each half into four strips then slice thinly. Pile the cut apples directly in the prepared pan.

In a large bowl, using an electric mixer, beat eggs with sugar until thick and ribbons form. Beat in the vanilla, and then stir in flour with a spoon until just combined. The batter will be very thick.

Pour over apples in pan using a spoon or spatula to spread the batter so that it covers all exposed apples. Spread the batter and press it down into the apple pile. The top of the batter should end up level with the top of the apples.

Bake for 55 to 60 minutes or until a toothpick comes out free of batter. Cool in pan for 10 minutes on rack. Flip onto another rack, peel off the parchment paper, and flip it back onto a serving platter. Dust lightly with ground cinnamon. Serve warm or cooled, dusted with powdered sugar. Makes 8 generous portions.



Six Reasons Apples Are Good for You

Even though it may not keep the doctor away, an apple a day may reduce high blood pressure, lower cholesterol, and help you live longer. Apples are one of the most delicious and healthy fruits you can eat. You get the most health benefits from apples when you eat them whole, raw, and unpeeled. Eating apples:

1. **Stabilizes blood sugar:** A study of more than 38,000 people found that those who ate more than one apple a day were 28% less likely to develop Type 2 diabetes than those who didn't eat any apples.
2. **Lowers cholesterol:** Having high cholesterol is a major risk factor for heart disease because it clogs your arteries, restricting blood flow to your heart. The antioxidants and fiber in apples are a winning combo to help lower that number. Consuming a few apples a day can reduce total cholesterol levels by about 5% to 8%.
3. **Reduces blood pressure:** A healthy diet is one way to prevent and manage high blood pressure. Researchers found that people who eat more whole fruits—especially apples, pears, and grapes—are less likely to develop high blood pressure than those who rarely eat those foods. Apples provide minerals such as potassium and substances called flavonoids, both of which are linked to lower blood pressure.
4. **Eases inflammation:** Inflammation is one way our bodies fight infections and heal damaged tissue. But inflammation should only last a short time. Continual, longstanding (chronic) inflammation actually causes damage and can lead to disease. Apples contain anti-inflammatory substances.
5. **Satisfies hunger longer:** Because apples are high in water and fiber, they make a filling snack; the fiber helps slow digestion, so you feel full for longer. And since apples are low in calories, they make a much healthier snack than cookies or candy.
6. **Helps you live longer:** If you eat an apple a day, you might just live longer.

Adding apples to your diet can reduce your risk of heart disease, the leading cause of death in the United States. In a study of nearly 40,000 people, those who ate apples were 13% to 22% less likely to develop heart disease than those who did not.