



Neighborhood Falmouth
PO Box 435
Falmouth, MA 02541



Neighborhood Falmouth News

June 2026

June Neighborhood Happenings

Digital Navigation Session: Friday mornings at 10 at NF Office

Need help with a device, online portal, or software application? Join Dr. Mike Bihari weekly for technology assistance. We also have Chromebooks and laptops available for your use if needed—just RSVP and indicate what you need help with to officemanager@neighborhoodfalmouth.org.

Health & Resource Fair

Monday, June 15, 1 PM-3 PM at Falmouth Senior Center

Learn what is offered by home healthcare agencies, skilled nursing and assisted living facilities, medical providers, hospice services, and more.

NF Library Talk — Cybersecurity & How to Protect Yourself

Wednesday, June 17, 1:30-2:45 PM at Falmouth Public Library Hermann Room

More info coming soon.

Juneteenth Celebration

Friday, June 19, 1 PM-4 PM at St. Barnabas Church, 91 Main Street

Monthly Brew: Volunteer Connections & Information Session

Wednesday, June 24, 9-10 AM at NF Office

Stop by for our morning social & volunteer information session with coffee, tea, and assorted breakfast items. Bring a member, a friend, or a neighbor—all are welcome!

A Note from the Office

June has arrived, bringing warmer weather and bright color to Falmouth. The change in season can feel dramatic, but it also brings fresh energy—seeing young families enjoy their first beach vacation, cheering on our high school and college graduates as they help serve the summer community, and taking time to appreciate life’s small pleasures.

We have a few gentle reminders for our Neighborhood Falmouth member community as summer begins:

As traffic picks up, we adjust our transportation schedule so our wonderful volunteers can continue getting members where they need to go efficiently. During June, July, and August, please follow these temporary guidelines:

If your provider is in Hyannis, Sandwich, or Bourne, please avoid scheduling medical or dental appointments on Fridays. Whenever possible, make these appointments Monday through Thursday.

If your provider is in Falmouth or Mashpee and you need a Friday appointment, please schedule it before noon.

As summer temperatures rise, please take care at home. Drink plenty of water, use fans or air conditioning as needed, and contact Neighborhood Falmouth if you need help or have concerns about staying safe in the heat. Planning ahead can make a difference, and we are here to support you.

Ticks are especially active this year. If you or your pets spend time outdoors, check regularly for ticks. Ask your vet about prevention options for your animals. If you garden or enjoy other outdoor activities, wear protective clothing and do a full body check afterward. If you are bitten, contact your provider as soon as possible to discuss next steps.

Let’s work together to make this a safe, healthy, and peaceful season.



Member Spotlight: Jean Harper Holmes

By Bill Laberis, Volunteer



The year is 1924, 102 years ago. It was as close then to the end of the US Civil War as the beginning of the Vietnam war is today. Bread cost 9 cents; a gallon of gasoline 20 cents; a typical new three-bedroom home on the Cape cost less than \$7000 – equal to \$130,000 today. A full year’s tuition at Harvard was \$250. And in this the first year of the presidency of Calvin Coolidge, Falmouth’s Jean Holmes was born. Her memory today at 102 is as clear as her voice and as sharp as her hearing.

Q: How is it that you are still able to live in your own home?

A: I live with my son, who is my caretaker. He makes it possible for me to live in our family home. He works so I still do a lot on my own. I love our country’s history but have a difficult time seeing well enough to read. So, I listen to history books on tape and have people nice enough to read to me, including the good people at Neighborhood Falmouth.

Q; Any books that stand out?

A: I just adore the book *1776* by David McCullough. The stories in the book about people like Henry Knox are amazing. My late husband, Philip, had a relative back then who walked from Hanson, Massachusetts to Concord and Lexington to fight the British in 1775.

Continued next page

Q: Where did you spend your childhood?

A: I was born in Squantum, part of Quincy, on the water with all my relatives living in the neighborhood. I loved my childhood. I was the oldest of six children so of course I had to help my mother a lot. Dad worked for the federal Materials Coordinating Agency, where he helped to build destroyers and escorts in the nearby shipyard. Then came the hurricane of '38.

A: And...

Q: It destroyed so much of the waterfront in Squantum that we moved to Whitman, where I met my husband in high school. Not long after, he entered the Merchant Marine in WW2 for four years. We started dating at that time and then got married when the war ended. We moved to Providence, where he resumed studies at Brown. Eventually we had five children! We also had several grandchildren and a number of great-grandchildren—with another on the way.

Q: How is it you came to Falmouth?

A: After Brown, Philip worked as a civil engineer and heard they were hiring at Otis Air Force Base. We moved into a rental in Quissett for a year and then bought a few fixer uppers that we lived in, then sold. Then we bought a home on Falmouth Green opposite the Congregational Church that is still painted yellow, a beautiful old colonial. We loved that place. My husband had an office in the house for the Holmes and McGrath Engineering Company

Q: What was the next chapter?

A: Philip retired eventually, our children were gone, and we moved quite a way up to Dover-Foxcroft, Maine for 20 years. We bought 250 acres of land where we raised and sold balsam fir Christmas trees.

Q: How did you celebrate your recent birthday, number 102?

A: I decided I wanted a themed birthday for this “unexpected” birthday. The theme was “Cake, ice cream, and a conversation catch-up.” We had a sing-along to “My Country, ‘Tis of Thee.” I learned it in 1930 and still remember the song.

Q: I must ask, what is the secret or secrets to your amazing longevity?

A: I married the perfect man for me. We were married for 76 years. We each felt *blest*.



Jean and her friend and co-NF member Tiny Catrambone both celebrate their 102nd birthdays in May. A few of their Neighborhood Falmouth friends threw them a party for the very special occasion. Thanks to Sarah for taking these special photos!

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June Birthdays

MEMBERS

- Claire Averill 6/4
- Gussie Keane 6/6
- Irene LeFort 6/19
- Jennifer Thornton-Fitts 6/21
- Lucia Kelley 6/27
- Eva Reed 6/28
- Ben Carnevale 6/29
- Anne Botsch 6/30

VOLUNTEERS

- Gail Ryan 6/3
- Randall Oxley 6/13
- Jeanne Goulet 6/14
- Maureen Andwood 6/15
- Douglas Ritchey 6/17
- Sharon Mello 6/19
- Judy Fitzgerald 6/22
- Kathleen Allen 6/28
- Charles Bellone 6/30

welcome

we are glad you are here

our newest volunteers

- Ruth Collins
- Leah Croom
- Sally Duffy

our newest members

- Dena Clarkson
- Bob Daisey
- Phyllis DePaolo
- Eileen Logan

In Memoriam

Sharon Mekelatos



Healthy Living for Older Adults



By Dr. Michael Bihari
Neighborhood Falmouth Board of Directors

Dr. Michael Bihari, immediate past president of Neighborhood Falmouth and current board member has been selected by FCTV as a Digital Navigator. Each month he will provide, along with a healthy recipe, some tips or advice about using your digital devices to help manage your daily life.

What 85 Years of Research Tells Us About Happiness

What makes a good life? Is it money, career success, fame, or perfect health? For more than 85 years, researchers at Harvard University have been trying to answer that question through one of the longest-running studies ever conducted on human happiness and well-being. The conclusion, repeated again and again through generations of research, is remarkably simple: people who maintained strong social connections lived longer, had lower rates of chronic illness, experienced less depression, and even maintained better brain function as they aged. And the quality of relationships matters more than the number of relationships. A few close and supportive friendships are more important than having hundreds of casual acquaintances.

In a recent presentation at the Falmouth Public Library, Dr. Roger Landry, an expert in longevity and a member of the Neighborhood Falmouth Board of Directors, presented some interesting commentary about the Harvard study.

8 Surprising Truths From Harvard's 85-Year Study On Happiness

1. **Loneliness Harms Your Health:** Chronic isolation can have serious health impacts similar to smoking.
2. **Quality Relationships Matter:** It's the quality of your relationships, not the number.
3. **Introverts Can Thrive:** A few close, supportive relationships are enough to enhance your happiness.
4. **Use Social Media Wisely:** Focus on building genuine connections online, not endless scrolling.
5. **Purpose Motivates:** A sense of purpose leads to greater well-being and lasting fulfillment.
6. **Money Has Its Limits:** While financial security matters, beyond a certain point, it doesn't increase happiness.
7. **Health Is Essential:** Maintaining your physical well-being is key to a fulfilling life.
8. **It's Never Too Late:** You can grow your happiness at any age—many people find more joy later in life.

Some thoughts: invite a friend for lunch or a walk on the beach; join the Falmouth Senior Center and make some new friends; and, volunteer, volunteer, volunteer!



Dr. Mike's Kitchen

Summer is almost here and along with traffic and crowded restaurants it's time for a picnic on the beach or lunch on the deck with friends and visiting family. This easy-to-make Greek salad is a wonderful side dish, just add some protein - grilled chicken breast, pan-seared salmon or sautéed tofu - for a complete meal.

Maroulosalata – Greek Lettuce Salad

- 1 head romaine lettuce (about 1 pound)
- 3/4 cup thinly sliced scallions
- 1 bunch fresh dill, chopped (3-4 tablespoons)
- 1/3 cup extra virgin olive oil
- 3 tablespoons freshly squeezed lemon juice
- 1/4 teaspoon salt and ground pepper, more to taste

Cut the lettuce in half lengthwise and then thinly slice into fine shreds. Rinse in very cold water. Spin dry in a salad spinner. Place in a large bowl and toss with the scallions and dill.

Combine the olive oil, lemon juice, salt, and pepper in a small jar—shake until well blended. When ready to serve, drizzle the dressing over the salad. Use tongs (or even your hands) to thoroughly toss the salad with the dressing. You want to massage the dressing into the salad to soften it a bit and infuse flavor.

Optional add-ons: Replace some of the scallions with very thinly sliced red onion. Add some finely crumbled feta cheese, quartered cherry tomatoes or a few Kalamata olives.



Digital Tip of the Month: Should You Ask ChatGPT for Medical Advice?

More and more people are turning to AI chatbots like ChatGPT for health information. According to Dr. Adam Rodman, an internist and researcher at Harvard Medical School, more than 30% of people now use AI tools to ask medical questions. So when is it helpful — and when should you avoid it?



One useful way to think about AI and medical advice is a “stoplight system.” The green light includes general health education and lifestyle questions. For example, AI can help create a healthy meal plan for someone with diabetes, suggest ways to begin an exercise program, or explain common medication side effects. These types of questions are usually safe because they involve general information rather than highly individualized medical decisions.

The yellow light includes situations where AI may help you better understand information from a doctor’s visit or prepare questions before an appointment.

Someone might ask AI to explain a medical term, summarize a patient portal note, or help interpret lab results that seem confusing. However, it is important to remove personal identifying information before sharing medical details online. AI can be useful for explanations, but it can also make mistakes or leave out important context.

The red light includes questions that should be left to healthcare professionals. AI should not be relied upon to diagnose illnesses, decide whether a prescribed medication is correct, recommend stopping a medication, or determine the best treatment for a serious condition. These decisions depend heavily on an individual’s medical history and require professional medical judgment.

The bottom line is that AI can be a helpful educational tool, especially before or after a medical visit, but it should not replace advice from your doctor or other healthcare professional.

A note from Dr. Bihari: I actually used ChatGPT to write this Digital Tip. I outlined what I wanted from Dr. Rodman’s article and Chat created what you just read. I have type 2 diabetes and have used ChatGPT to create a diet and exercise plan for me and to outline the pros and cons of using Ozempic to treat my condition. My new PCP advised that I do Chair Tai Chi and ChatGPT—in less than 15 seconds—outlined a 4-week exercise program with online resources!