



Neighborhood Falmouth
PO Box 435
Falmouth, MA 02541

Recipient’s Address



July Neighborhood Happenings

FRI - SAT 4-5	10:00 AM - 4:00 PM	Annual Summer Book Sale Falmouth Public Library The Friends of the Falmouth Public Library hosts its annual book sale on the front lawn of the library. Features hard covers, paperbacks, and large print fiction and non-fiction, as well as games and puzzles. All donated materials sold support the library’s programs.
WED 9	9:00 AM - 5:00 PM	Falmouth Village Street Fair Main Street Annual event showcases the work of talented musicians and artisans from the region, offering visitors a chance to explore a diverse array of handcrafted goods including jewelry, pottery, textiles, and more.
FRI - SAT 11-12	9:00 AM - 4:00 PM	Summer Bazaar & Furniture Sale Waquoit Congregational Church Find furniture, art, sporting goods, collectibles, books, kitchenware, and more at this annual sale. Drop off donations Tuesday-Saturday 10-2 through July 5.



Neighborhood Falmouth News

July 2025

A Note from the Executive Director: Candice A. Geers



At Neighborhood Falmouth, helping our members stay safe and supported in their own homes is at the heart of everything we do. Today, we’re excited to share the kickoff of our **Home Safety Initiative** — a new effort to make aging in place even safer and more sustainable for our community.

Falls are one of the leading causes of injury for older adults, and we’re taking action. Starting this summer, we’re offering a **free Home Safety Assessment and Fall Prevention visit** to all Neighborhood Falmouth members. This includes a walk-through of the home with a certified Aging-in-Place Specialist and one of our trusted volunteers, who will offer tips and practical suggestions to reduce fall risks and improve overall home safety. Many of these suggestions are low- or no-cost — and if more significant fixes are needed, our specialist will provide a general idea of potential costs.

Members will receive a letter soon with information about scheduling an appointment — and again, there is no charge for this valuable service.

But that’s not all. Our Home Safety Initiative also includes:

- A **Fall Prevention Resource Booklet** we’re preparing to share with members and the wider Falmouth community.
- A **public presentation at the Falmouth Public Library this fall**, with more details to come.

Your support makes programs like this possible. Whether you’re a member, volunteer, donor, or friend, thank you for being part of our caring community.

Let’s all stay safe — **in and out of the home.**

Candice

Member Profile: Paulette Boudrot

By Bill Laberis, *Volunteer*

“I’m in retirement from retirement.” That is the antidote for letting the grass grow under the feet of Paulette Boudrot. As someone who has worn a variety of professional hats in her lifetime, there always seems to be a “next thing.” In recent years, that has meant working on the tedious and exacting work of translating French nonfiction books into English, then having them published. Her sparkling blue eyes and generous smile underline a keen intellect and sharp memory befitting someone who was once a Fulbright Scholar studying in Paris for a year.

Q: How did your long and varied career get started?

A: Life for me began in Fall River with early education at the Jesus Mary Academy before I enrolled at Bridgewater State College (now University). My major was elementary education, and I minored in French. That was at the onset of FLES (Foreign Languages in the Elementary Schools) due to the Sputnik launch. After several years as a FLES specialist in Massachusetts and Rhode Island communities, I went on to earn a MA in French from Middlebury College in Vermont, followed by a Diploma in Early 20th Century French Literature from the Sorbonne, University of Paris.



Q: Where did that take you?

A: In the early 1980s, I lost my public-school teaching position due to Proposition 2 ½ budget cuts. I continued teaching part time at the college level at several places including Rhode Island College, Tufts, and Bridgewater State.

Continued next page

Q: Then what?

A: I changed course, so to speak, and began working in various administrative capacities, including bilingual support for the Cultural Services at the French Consulate in Boston and at a subsidiary of Alcatel, a French company. By the mid-1990s. I started my own business, PLJ Administrative & Business Solutions, offering software training and outsourced office management for businesses and budding high-tech startups. But the dot.com bust of the early 2000’s put a halt to a lot of that work, so I switched the focus to administration and event management for nonprofit professional organizations such as the MIT Sloan Alumni Club of Boston, the American Banking Marketing Association, New England Chapter, the Integrated Measurement Association, a national semiconductor organization, and the Investor Relations Association, Boston Chapter.

Q: Did you undertake volunteer activities then as well?

A: I was a member and director of the Boston/Strasbourg Sister City Association and helped initiate their very first high school student exchange program in 1984. I also became involved in Rotary International, the Weymouth Club. I chaired various committees, served as Chair and Secretary of the South Shore Council, and was a Facilitator and Secretary to Rotary Leadership Institute for six years. I also represented Rotary District 7950 in visits to South Africa and Bangkok. Among other things! Along the way I picked up various awards and citations, including the French Government Award – Chevalier in the Order of Palmes Académiques. Today I’m an Honorary Member of Weymouth Rotary and a Friend of the Falmouth Rotary. I am also a director of the Société Francophone of Cape Cod.

Q: What are your major accomplishments to date in translating French books to English?

A: My interests here got started when I attended the Bread Loaf Translators Conference in Vermont. My first book effort is the translation of Boston, My Blissful Winter, Memories of the 1980s, a series of short stories by author Alain Briottet about his observations of Boston as Consul General of France. It is available on Amazon and Barnes & Noble. More recently I completed the translation of a book titled *Un Amour de la Route. Lettres à Simone de Beauvoir (Love on the Road....)* It is based on the personal reflections of a young American woman who leaves Paris in 1958 to hitchhike to Italy, seeking adventure and intimate relationships – but only if they are politically leftists! I am working to get that work published.

Q: Do you have time these days for other interests and hobbies?

A: I still love to travel, enjoy cooking, reading, continuing my translation work, and social activities with the Newcomers/Encore. Neighborhood Falmouth, which I joined recently, has been a huge help for me in doing small things around the house and yard that are becoming more difficult. I want to age in place and their help has been tremendous.

Member Note

With summer upon us, Friday and Saturday requests are challenging to fulfill due to the heavy traffic and road construction in our area.

Please try and avoid scheduling appointments on these days during the summer as you will have better success in getting where you need to go.

Also, please call in your requests as soon as you make an appointment. While we do ask for a 3-day minimum, the sooner you call, the better the chances for successful fulfillment!

SCAM ALERT

Thanks to a partnership with Martha’s Vineyard Bank, we have copies of their excellent guide on avoiding financial scams. If you’d like one, just call the office at 508-927-1678.

This fall we’ll host educational programs on phone and online safety to help guard against the growing number of scams targeting older adults.

In the mean time: never share your personal information over the phone or online unless you are absolutely sure who you are talking to.

special thanks to our sponsors

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Dr. Gerald Roan, DMD
Walmart - Falmouth
Waquoit Congregational Church
Woods Hole Foundation



In Memoriam

Caroline Burgess

Member

welcome

we are glad you are here

Our Newest Volunteers

Martha Asendorf
Jean-Marie Astarita
Scott Josephs

Our Newest Members

Linda Dalton
Becky Griggs
Peggy Jones
Nancy Young

July Birthdays

Volunteers

Nancy Quigg 7/2
Nancy Barnett 7/8
Lynn Phillips 7/9
Diane Rego 7/11
Frank Kauffman 7/18
Philip Walker 7/19
Joe Pedulla 7/20
Joan Schultz 7/20
George Taylor 7/21
Amy Brothers 7/24
Jane Dunworth-Baker 7/25

Members

Gail Oakes 7/3
Mary Brooks 7/4
Christine Arnold 7/8
Linda Dalton 7/8
Kathryn Johnson 7/9
Paulette Boudrot 7/11
Alice Batchelor 7/15
Chrissy Fox 7/16
Otis Porter 7/16
Lee Rizzo 7/16
Rie Mooney 7/21
Lauren Sparks 7/22
Jean Bowin 7/23
Rod Hinkle 7/24
Brian O'Rourke 7/25

Did you know?

If you missed the NF Aging in Place monthly Falmouth Enterprise articles, they are now available on our website:

www.neighborhoodfalmouth.org/enterprise-articles

From ageism to loneliness to health literacy—this is a great resource!



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.

Staying Safe in Hot Weather

It's summertime in Falmouth—a time for cookouts, picnics on the beach, enjoying your garden, and having fun with visiting grandkids—but too much heat can be dangerous, especially for older adults. As you age, your body does not adjust as well to sudden changes in temperature, and you may not notice dehydration or overheating as quickly. Medications, chronic health conditions, and even living alone can increase the risk of heat-related illness. And importantly, a few simple precautions can help you stay safe and enjoy the hot summer months on the Cape.

Stay cool indoors: Air conditioning is the best way to protect yourself when it's very hot. If you don't have AC at home, spend time in a public place that does—all Falmouth libraries have AC and the main library is open every day except Sunday. Or you may be able to visit a friend who has AC or take in the latest rom-com or blockbuster movie at the cinema. Keep blinds or curtains closed during the hottest part of the day, and try to stay on the lowest floor of your home. If you need help getting to the library or a friend's house call the office and we may be able to arrange for a ride.

Drink plenty of fluids: Older adults often feel less thirsty even when the body needs water. Drink water often during the day, even if you don't feel thirsty. Avoid alcohol and caffeine, which can dehydrate you. Keep a refillable water bottle nearby as a reminder.

Dress for the weather: Choose light-colored, loose-fitting clothing made from breathable fabrics such as cotton or linen. A wide-brimmed hat and sunglasses can help protect you from the sun when you're outdoors. And don't forget to use sunscreen if you're planning on being outside.

Check the forecast—and check in: Limit outdoor activity to the cooler parts of the day—either early morning or evening. If you must be outside, take frequent breaks in the shade and carry water with you. On very hot days, check in with a friend, neighbor, or family member—and don't hesitate to ask someone to check on you.

Know the warning signs: Hyperthermia can cause headache, confusion, dizziness, weakness, and nausea. If you or someone around you has any of these symptoms, seek medical help immediately—have someone take you to the emergency room or call 911.

You don't have to choose between safety and summer fun. With a little planning and attention, you can protect your health while still enjoying all the season has to offer in our wonderful town.

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse

Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Dr. Mike's Tzatziki

Tzatziki is a perfect summer dish. It's cool and refreshing; you can make it without turning on your stove; it's a wonderful match for summer vegetables—raw and grilled—and, best of all it's easy to make and healthy!

3 cups nonfat Greek yogurt
1 English cucumber
1/2 teaspoon kosher salt
2 garlic cloves, minced
1/4 cup fresh snipped dill or mint
2 tablespoons extra-virgin olive oil
ground black pepper, to taste

Place yogurt in a bowl. Peel cucumber and cut into small dice. Put in a small bowl and toss with salt. Let stand for one hour. Drain and pat dry with a paper towel.



Mix together yogurt, cucumbers, dill, garlic, olive oil, and black pepper. Serve at room temperature or chilled.

Serve it as a dip with pita bread, pita chips, raw veggies such as cucumbers, cherry tomatoes, radishes, or bell pepper strips and grilled vegetables. It's wonderful in a wrap with an assortment of grilled veggies.

Recipe Health Tip: Greek yogurt is high in protein, low in calories, has probiotic benefits, and an excellent source of calcium. The recipe makes about 8 half-cup servings, each with 90 calories each with 10 grams protein.

Ten Sun Safety Tips for Older Adults

Despite the dangers of overexposure, fewer than half of older adults protect their skin when they're outside for at least an hour. With a little planning, you can protect your skin. Follow these tips to ensure a safe and enjoyable time outdoors:

Choose the right time. Time outdoor activities during early morning or late afternoon when the sun is a lot less intense.

Wear protective clothing . The less skin you have exposed, the better your odds are of avoiding sunburn. Dress in light-weight, long-sleeved shirts, pants, and wide-brimmed hats.

Apply sunscreen . Use a broad-spectrum sunscreen with an SPF of 30 or higher, even on cloudy days. Don't forget to reapply every two hours or after swimming or sweating.

Seek shade. When possible, stay in the shade, especially between 10 AM and 4 PM when the sun is strongest. Shade is also a great way to cool yourself down if you're getting overheated.

Protect your eyes. The sun's radioactive rays can't hurt your eyes if it can't get to them. Wear sunglasses that block 100% of UV rays to safeguard your eyes from potential damage.

Stay hydrated. Staying cool inside and out is a big part of protecting yourself. Drink plenty of water to prevent dehydration, particularly when spending time outdoors.

Use sun-protective accessories. Accessories like umbrellas can provide additional shade, while items such as battery-powered fans or big sunhats can contribute to your outdoor adventures.

Check your medications. Some medications can have side effects that pose problems with sun exposure, such as an increased sensitivity to sunlight. Check with your health provider or pharmacist about potential side effects and what you should do about them.

Regular skin checks. Be proactive even when you're not in the sun. Perform regular self-examinations of your skin to monitor for any unusual moles, spots, or changes. Talk with your provider if you spot any major changes or have any concerns.

Stay informed. The more you know about what's happening outside, the better. Keep an eye on local weather reports for UV index information and adjust your outdoor plans accordingly.



July Shows v

JULY 1 -
JULY 5

GUYS and DOLLS

Roll the dice on fun with Frank Loesser's Guys and Dolls! This iconic musical comedy brims with show-stopping tunes, colorful characters, and high-stakes romance in the heart of New York City. A can't-miss classic bursting with charm and laughter!

JULY 8 -
JULY 12

Anastasia

Embark on an unforgettable journey with Anastasia! This sweeping musical blends romance, mystery, and breathtaking songs as a young woman sets out to uncover her past. From the Russian Empire to 1920s Paris, discover the magic of this modern classic!

JULY 15 -
JULY 19

Ruddigore

Dive into the delightful madness of Gilbert and Sullivan's Ruddigore! This uproarious operetta spoofs melodrama as a reluctant baronet, cursed to commit a dastardly deed every day, battles family curses, love, and mistaken identities. A delightfully dark, tuneful romp full of outrageous twists and colorful characters!

JULY 22 -
JULY 26

THE SOUND OF MUSIC

Join the von Trapp family for an unforgettable journey in Rodgers and Hammerstein's The Sound of Music! This beloved musical tells the story of a spirited governess who brings music, joy, and love into the lives of seven children. With iconic songs and heartwarming moments, it's a classic for all ages!

JULY 29 - AUGUST 2 Orpheus in the Underworld

Descend into the hilariously absurd world of Offenbach's Orpheus in the Underworld! This satirical operetta reimagines the classic Greek myth with wit, charm, and unforgettable music. With gods, mortals, and a comedic journey to the underworld, it's a riotous romp that's sure to delight!

August Shows

AUGUST 5 - AUGUST 9

la Cage aux Folles

Prepare for a fabulous night of laughs, love, and drag queens in Herman and Fierstein's *La Cage aux Folles*! This vibrant musical follows a pair of nightclub owners as they navigate family, acceptance, and outrageous antics with glamorous flair. A dazzling celebration of life, love, and living unapologetically!

AUGUST 12 - AUGUST 16

FOOTLOOSE

Get ready to dance and break free in *Footloose*! 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 freedom, fun, and finding your rhythm!



Single Admission

(plus \$1 Facility Fee)

Online Sales . . . \$44.00

(add \$3.50)

Season Ticket . . \$342.00
for all 9 shows

Flexible
Season Ticket . . \$200.00
(Choose 5 of the 9 titles)

Curtain Times

Tuesday, Wednesday . . . **7:30**
Friday, Saturday . . . **sharp**
(Patio bar opens at 6:30)

Wednesday, Thursday
matinees: . . . **2:00**
(Patio bar opens at 1:00) **sharp**
Patio bar serving beer, wine,
soft drinks and snacks

Box Office

opens Monday, June 9 at 10:00
508-548-0668

CollegeLightOperaCompany.com

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