



Neighborhood Falmouth
 PO Box 435
 Falmouth, MA 02541

Recipient's Address



May Neighborhood Happenings

THU 8	3:00 PM - 7:00 PM	Band Together for Inclusion Live Music Event The Navigator, 55 Ashumet Road, Hatchville Lineup of local and regional talent across a spectrum of musical styles. Tickets are free; silent auction and donations benefit College Light Opera Company's Diversity, Equity, & Inclusion Fellowship.
FRI 9	11:00 AM - 2:00 PM	Antiques Appraisal Event Falmouth Rod & Gun Club, 25 Sportsman Lane, E. Falmouth Three items appraised for \$20. Benefits the Sporting Safety Conservation Education Fund.
SAT 10	9:00 AM - 12:00 PM	Annual Plant Sale Woods Hole Library Perennials, shrubs, small trees, seedlings, tubers, and bulbs welcome for donation prior to the sale & available for purchase day of sale. Call (508) 548-8961 for information.
THU 22	12:00 PM - 1:30 PM	Member-Volunteer Meet for Lunch at Moonakis Join us for our monthly lunch. Order from the menu and pay for your own. RSVP to volunteer@neighborhoodfalmouth.org if you plan to attend and/or would like a ride.
WED 28	1:30 PM - 2:45 PM	Library Talk: Anastasia Welsh Perrino Falmouth Public Library: Hermann Room Come hear a talk by the Barnstable County Register of Probate Commissioner.



Neighborhood Falmouth News

May 2025

A Note from the Executive Director: Candice A. Geers



It's such a joy to see green again! The trees are leafing out, daffodils and tulips are in full bloom, and forsythias and pansies are brightening up the landscape—need I say more? I'll keep going, only to encourage you to pause and soak in the beauty that is all around us!

On a more serious note, I've been hearing a lot of stories about people passing without having updated their wills or final wishes. Unfortunately, this often results in unintended consequences—children or current spouses being left out, or others unintentionally included—creating unnecessary stress and heartache for loved ones left behind. Take, for example, the case of Gene Hackman and his wife. They hadn't reviewed their documents in over two decades, and by the time they passed, the executors they had named were no longer living.

The takeaway? You should be the one that decides how your estate is managed and who receives your assets and possessions. Take some time to review your plans, assess what you own, and make updates as needed. Revisit everything every few years to ensure your wishes are clear and current.

Leave behind a legacy that reflects *your* values—on *your* terms.

And in the meantime, enjoy this beautiful spring season!

Candice

Volunteer Profile: Ove Asendorf

By Bill Laberis, *Volunteer*

How powerful is the allure and magnetism of Falmouth for those born and raised here? For Ove Asendorf, it is strong enough for the 2010 Falmouth High graduate to make the long hike from his home of eight years in Boston to his Main Street office for work several times each week. As the newest member of the board of directors of Neighborhood Falmouth, he has added an element of giving back to the community he cherishes and which is still the home of his mother and father.

Q: What is the job that has you brooking that long commute across the bridge?

A: I have been working with the financial advisory firm of Janney Montgomery Scott for three years now. My father, who is still a very fit 78 year old, is head of the office. In a way it's like coming home every workday for me. My wife Kathleen, who is a buyer for TJX in Framingham, and I also spend a lot of time here in the summer. She is from Falmouth too!

Q: So, you do not have any trouble finding a place to stay here in town, right?

A: Not at all. My parents separated when I was young, but both remained here in town, with my dad down by Surf Drive and my mom in West Falmouth.

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Mom worked in the public schools for 30 years teaching children with special needs. She is also a long time Town Meeting member and gave back a lot to the community over the years. I am trying to do the same now. It inspired me to continue wanting to know what is going on here in town. And Kathleen's parents are here as well, in North Falmouth. Obviously, we love it here.

Q: What is it about Neighborhood Falmouth that interested you, among all the other many volunteer opportunities here?

A: The work the organization undertakes directly helps people that often have lived here for a very long time. They are elderly and they want to remain in their homes. Doing so for many of them means getting help with the things they cannot always do for themselves, like getting around town for all their medical appointments and helping with shopping or taking out the rubbish. It feels good to give back to people who have given a lot of themselves when they were able. Some of the work I will do on the board is helping donors who wish to make donations of stocks and other securities to the organization.

Q: Are you able to take advantage still of all the fun things Falmouth has to offer?

A: Yes, I am because this is a great place to enjoy my hobbies and past times, like golf, the beach, tennis, and sailing. I played some baseball while growing up. I have great memories of this town because growing up here was fun and interesting. I loved going to school here.

Q: Is your extended family in the area as well?

A: My brother is a chef down in Florida, I also have two stepsisters, one of whom is in the area. The other is a missionary in Jordan. And my wife has two sisters in the general area. This means at holiday time we all get together. One way or the other this will always be home for us.



THANK YOU

to all who came out for our spring soiree Friday, April 25th at the Coonamessett Inn; to our guest speaker Frank Shorter; to the businesses that donated to our auction; and to everyone who purchased an item or donated.

And special thanks to our events committee for all their hard work to make this a successful event:

- Marion Bihari
- Carol Erhardt
- Margaret Gifford
- Susan Loucks
- Pam Morrone
- Kit O'Connor
- Fran Spadafora

May Birthdays

Members

- Jean Holmes 5/4
- Sharon Mekelatos 5/4
- Frances Buehler 5/7
- Jim Liljestrand 5/8
- Lynne Browne 5/9
- Peggy Dimmock 5/11
- Ellen Lively 5/11
- Jacqueline Webster 5/16
- Kit Olmsted 5/18
- Teresa Labaire 5/21
- Pauline Gradeski 5/23
- Joan Wickersham 5/25
- Tiny Catrambone 5/27
- Connie Brown 5/28

Volunteers

- Jim Shannon 5/1
- Sandra Couto 5/4
- Margaret Braccio 5/5
- Richard Sherman 5/5
- Rick Putnam 5/12
- Lisa Clifford 5/16
- Carol Erhardt 5/16
- Amy Loewenberg 5/23
- Harry McCormick 5/27
- Henry Brown 5/29
- Linda Rodger 5/30

Emergency medical response devices?

We received a grant to provide wearable devices to our members. Please call the office for details if interested.

508-927-1678

Limited supply available—don't wait!

welcome

New Members

- Sheila Chisolm
- Betsy Giles
- Brian O'Rourke
- Mary Lou O'Rourke
- Nancy Porter
- Otis Porter
- Joyce Stratton

New Volunteers

- Diane Anastasia
- Cathy DeMello
- Margaret Donohoe
- Alison Rodin
- Nancy Sinclair
- Kerri Smith
- Grace Watt

special thanks to our sponsors

- Advanced Audiology
- Atria Woodbriar
- Beatrice A. Bunker Architecture
- Bilezikian Family Foundation
- Caithness Foundation
- Cape & Islands United Way
- Cape Cod Church
- Cape Cod Healthcare Foundation
- Duncan Hearing
- First Congregational Church of Falmouth
- Falmouth Podiatry
- Falmouth Toyota
- Ghelfi's Candies
- The Rossley Fund
- Hermann Foundation
- James E. and Catherine Schea Lloyd Foundation
- Paul and Betty G. McDonald Foundation
- Royal Health Group Charitable Foundation
- TLC Private Home Care
- Mary & Redwood Wright Foundation
- Dr. Gerald Roan, DMD
- Walmart - Falmouth
- Waquoit Congregational Church
- Woods Hole Foundation



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

Older Americans Month 2025: Flip the Script on Aging

Each May we celebrate Older Americans Month—a time to recognize the strength, wisdom, and ongoing contributions of older adults in our community. This year’s national theme, “Flip the Script on Aging,” is a reminder that it’s time to challenge outdated stereotypes and celebrate aging for what it really is: a dynamic, diverse, and vital stage of life.



Unfortunately aging is too often portrayed in a negative light—associated with decline, dependence, and disengagement. But that picture is not only inaccurate, it’s harmful. The truth is that older adults are caregivers, volunteers, advocates, mentors, artists, workers, and community leaders.

“Flipping the Script” means reshaping the conversation around aging. It means focusing on ability rather than decline, celebrating growth over limitation, and recognizing the incredible diversity of the older adult experience. It’s about showing the community—and sometimes re-

minding ourselves—that aging is not about fading away. It’s about stepping forward with insight, intention, and influence.

Instead of accepting outdated ideas about aging, many older adults today are showing what it really looks like: active, involved, and full of purpose. Whether it’s volunteering, taking on new challenges, or just enjoying life with humor and curiosity, we’re proving every day that there’s no one way to grow older—and that’s something worth celebrating.

Older Americans Month was created and is managed by the Administration for Community Living, part of the Department of Health and Human Services. Its mission is “advancing independence and inclusion of older adults and people with disabilities.” Hopefully the program will not be eliminated!

“You don’t stop laughing when you grow old, you grow old when you stop laughing.” — *George Bernard Shaw*

“The longer I live, the more I realize that aging is not about loss, but about accumulating insight, compassion, and clarity.” — *Unknown*

The following resources provide access to information about ageism:

- *HelpGuide.org*: Ageism and Age Discrimination (www.helpguide.org/articles/aging-issues/ageism-and-age-discrimination.htm)
- National Institute on Aging: 10 Common Misconceptions About Aging (www.nia.nih.gov/health/healthy-aging/10-common-misconceptions-about-aging)

Walk: Preserve Your Strength, Your Memory, and Your Independence!

Walking is one of the simplest — and most important — actions you can take to protect your health and independence. Regular walking strengthens your heart, lowers blood pressure, helps manage diabetes, and preserves healthy bones and muscles.

Walking is also an essential defense against the gradual loss of mobility that too often leads to a decline in quality of life. Importantly, it improves balance and coordination; regular walkers are less likely to experience falls, the #1 reason older adults lose independence. Simply put: the more you move now, the longer you maintain the freedom to live on your own terms and age in place safely and comfortably.

But the benefits aren’t just physical. Walking has a profound impact on mental and emotional well-being. It can lift mood, reduce anxiety, improve sleep, and even sharpen your memory. Research shows that older adults who walk regularly have a lower risk of cognitive decline and dementia.

Social connection is another often overlooked benefit of walking. Whether it’s a daily stroll with a friend or joining a walking group, regular walks combat loneliness — a major health risk for older adults. And, if you are a member of Neighborhood Falmouth you can have a volunteer walk with you.

Best of all, walking requires no expensive equipment or gym membership. A good pair of shoes and a safe path are enough to begin. Whether it’s a brisk outdoor walk, a few laps around the indoor track at Gus Canty, or even a short stroll down Main Street, every step counts.

From Dr. Mike's Kitchen

May has come to the Cape with the start of some warm weather. Get ready for some outdoor eating on the deck or a picnic on the beach before our "beloved" tourists start pouring across the bridges! Bring this Fresh Strawberry Pie, a classic Cape Cod dessert that's easy to make. If they are ready, you can pick strawberries at the Tony Andrews Farm. Makes 8 servings.

Dr. Mike's Fresh Strawberry Pie

Crust:

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

Combine crust ingredients; press over bottom and sides of a 9-inch pie plate. Bake at 400 for 10 minutes. Cool and fill.

Pie Filling:

- 6 cups fresh strawberries, cut in quarters
- 1/3 cup sugar
- 2 tablespoons water
- 2 tablespoons cornstarch
- 1/4 cup cold water
- 1 tablespoon butter
- 1 tablespoon lemon juice

Combine 2 cups strawberries, sugar, and 2 tablespoons water in a large saucepan; bring to a full boil. Dissolve cornstarch in 1/4 cup cold water; add to strawberry 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 strawberries. Spoon into the crumb crust. Let stand 3 hours until set. Serve with some whipped cream or sweetened nonfat Greek yogurt.



Falmouth is filled with wonderful walking trails, many accessible and easy for older adults to navigate.

The 300 Committee provides 37 trail maps at 300committee.org/land-trails/trail-maps/

Don't forget that members who would like to walk local trails can request a volunteer to accompany them!

