



Neighborhood Falmouth
 PO Box 435
 Falmouth, MA 02541

Address Label

February Neighborhood Happenings

SUN 1	12:00 PM— 1:30 PM	Soup-er Bowl 2026 Falmouth Jewish Congregation, 7 Hatchville Road, East Falmouth Soup & bread lunch plus an auction of bowls by local artisans, benefitting Falmouth Service Center. Advance reservation required at www.falmouthjewish.org . Suggested donation is \$10 for adults, \$5 for children 12 and under. Sponsored by Falmouth Jewish Congregation & Waquoit Congregational Church.
WED 18	12:00 PM— 1:30 PM	Meet for Lunch: Simply Divine Pizza Co. 261 Main Street Join us for food and friendship. Order from the menu, pay for your own, cash is preferred for splitting checks. RSVP to the office. Members, let us know if you need a ride.
WED 25	9:00 AM— 10:00 AM	Monthly Brew: Volunteer Connections NF Office Stop by for the first of our new monthly volunteer socials with coffee, tea, and assorted breakfast items. Grab and go or stay to chat and share ideas. Bring a member, a friend, or a neighbor—all are welcome!
WED 25	1:30 PM— 2:45 PM	NF Library Talk — NF Board Member Dan Leader on Social Security Taxes Falmouth Public Library Hermann Room Dan will discuss filing status, itemizing, and more. Free and open to the public.



Neighborhood Falmouth News

February 2026

A Note from the Office

The new year marked a new chapter for Neighborhood Falmouth's leadership: we have moved to a co-leadership model, in which Sarah Stevenson and I, Jamie Thibodeau, will continue our previous roles but also expand to take on different aspects of executive leadership. Sarah will run all things member- and volunteer-related, while I will handle financial and administrative aspects of the organization.



Both Sarah and I have been with Neighborhood Falmouth since 2023. We look forward to using our experience to further our "neighbors helping neighbors" mission and all that it entails—supporting our members to the best of our ability, but also supporting our volunteers and doing all we can to make our organization welcoming, while keeping a solid financial base.

Sarah and I are grateful that Candice will continue to lend her wisdom and experience on an advisory basis; her thoughtful handoff will help us in this transition, as will the engagement of our board of directors and of course the continuing support of our volunteers.

Sarah and I encourage and welcome any ideas or questions you may have. This month, we'll have our first drop-by coffee break with coffee, tea, and or an assortment of pastries Wednesday the 25th starting at 9 AM. Stop by then or another time, email jamie@neighborhoodfalmouth.org or sarah@neighborhoodfalmouth.org, or give us a call at 508-927-1678.

Volunteer Profile: Bobye Anderson

By Bill Laberis, *Volunteer*

Technically, Bobye Anderson is a Falmouth "wash-ashore." But she has spent so much of her life here on the Cape, starting at age 6 as a vacationer with her parents, that maybe she qualifies as an honorary native. Moreover, her contributions to so many aspects of Falmouth life, literally since landing here full time in 1965, continue to this very day through various volunteer efforts.



Q: To what do you attribute your passion and love for this town?

A: I feel like I live in a state of perpetual gratitude for being able to live on Cape Cod and all I have gotten from Falmouth. It's always been my "happy place across the bridge". It doesn't take long to realize how fortunate we are to live in such beauty, how this town has a true culture of volunteerism, and just how many people are so willing to give back in any way they can.

Q: How did your life's journey lead to Falmouth?

A: I was raised in Cincinnati and attended Miami University in Ohio. My family started vacationing on the Cape when I was young and eventually had a cottage in East Dennis. I worked summers during college at an inn on Nantucket – my first experience with independence! And that's where I met Marty, my first husband. After we graduated and married, we taught English as a Second Language (ESL) in the Marshall Islands. Our government had moved all the natives from their home islands around the atoll to a single island (nicknamed The Slum of the Pacific) to allow missile testing in the lagoon. It was a horrible situation for the Marshallese. I got my first realistic world view beyond Ohio, and it was an eye-opener.

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Q: What led you to Falmouth?

A: We both had backgrounds in education and loved the Cape; Marty went into administration and after working part-time when our children were small, I ended up spending most of my career teaching first grade at Mullen Hall School. I loved every minute of it. The culture in that school with the staff, administration, students, and families was one of caring and respect and mentoring of others, along with dedication to helping the kids on an individual basis. We tried to teach them that “mistakes are good – that’s how we learn.” The friendships that were formed with our fellow teachers at Mullen continue to this day. Meanwhile we had two children, a girl and a boy, who were raised and educated here. In the summers we’d rent our home in Falmouth and move to the Cape Cod National Seashore in Eastham and Wellfleet where Marty worked summers as a park ranger. We ended up with a small place in Eastham; the kids grew up on Coast Guard Beach and had summer jobs in the area as teenagers. It was ideal for our family in every way.

Q: What happened next:

A: Our marriage ended and I was single for some years, eventually buying a home in North Falmouth while continuing to teach in Falmouth. A friend from Falmouth who was working in Boston introduced me to Gary, who had recently moved to Boston from Minneapolis; we were married in 2000, moving into our current home in Waquoit. It’s a beautiful area; we’re surrounded by nature and are determined to never take it for granted.

Q: Upon retiring, did you crank up the volunteer work?

A: Yes! We both did. Gary joined the Falmouth Finance Committee and became the Chairman for several years. He was also one of the leaders in the 7-year project to restore and clean up the Childs River. Along with my love of children, ever since I worked on Nantucket during college, I have always had a long-standing deep affection for the elderly, so Neighborhood Falmouth was a great place for me to land. I loved serving on the Board of Directors but it was the personal relationships that are formed when driving the members that were so memorable and powerful. I continue my connection with Neighborhood Falmouth and realize how fortunate we are in Falmouth to have this organization available.

Q: Are there other volunteer activities you have undertaken?

A: As I aged, I tried to figure out what my values were and then looked for volunteer opportunities that would reflect those values. I still teach ESL to adults from the Brazilian community. It’s just so fun! The students couldn’t be any more wonderful and are so hard-working in their jobs and in learning English. I’ve always supported environmental issues, so I’ve been a longtime member of the Citizens for the Preservation of Waquoit Bay and APCC. I work with the Alternative Gift Market, which support the nonprofits locally and worldwide in areas of great need. In my spare time I go to Zumba classes for music, exercise, and camaraderie with dear friends. I know I’m prejudiced but I feel that Falmouth has a huge heart, with volunteer opportunities that allow me to “behave my values.” Helping others, especially seniors (now that I am one!), allows me to step up. It’s a privilege.

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- Emergency response wearable devices

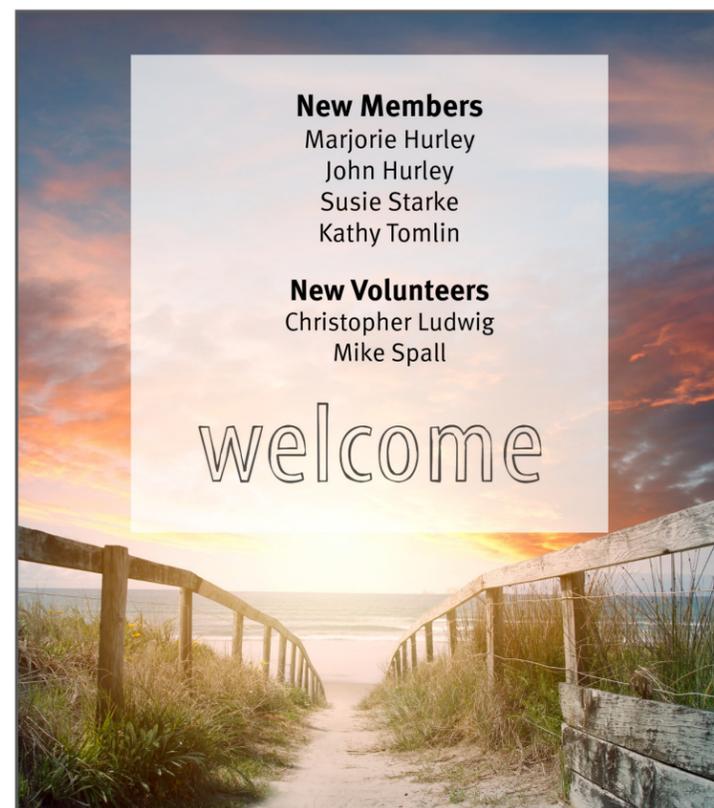
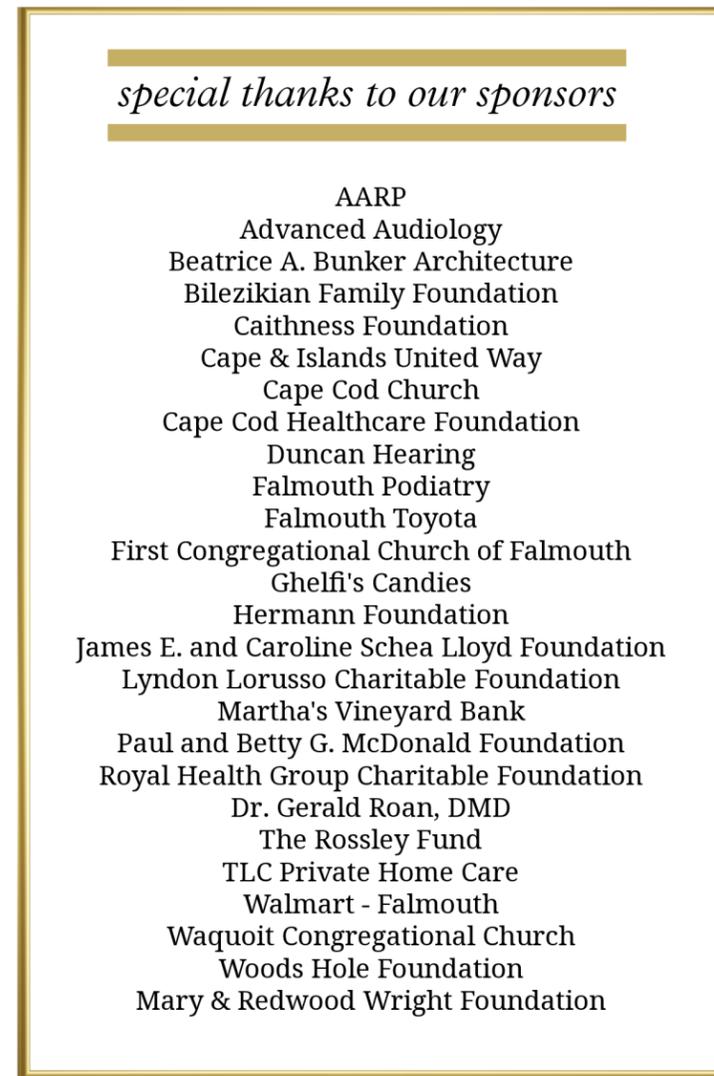
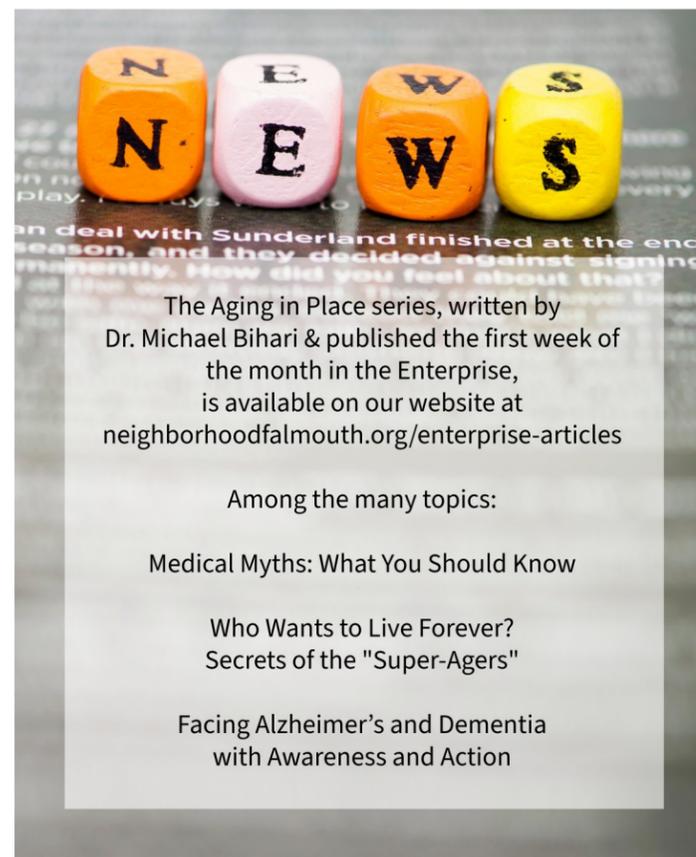
508-927-1678

MEMBERS

Need help organizing?

We can help with paperwork, mail, tech organization, calendars, and more.

We WANT to hear from you: please don’t hesitate to ask about new ways we might be able to help you.





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.

Heart Disease Myths: What You Should Know

February is American Heart Month, a time dedicated to raising awareness about heart disease and promoting heart-healthy lifestyles. Coronary heart disease (CHD) is the leading cause of death in the United States. Yet many people—especially older adults—carry outdated beliefs that delay diagnosis, undermine prevention, and cost lives.

MYTH: Heart disease is mainly a man's problem.

FACT: Heart disease is the leading cause of death for women. Women often have less “classic” symptoms and are more likely to be misdiagnosed or diagnosed later. Fatigue, shortness of breath, nausea, or back and jaw pain can all signal heart trouble—especially in women.

MYTH: If I have heart disease, I need to take it easy.

FACT: For most people with heart disease, being sedentary is a bad idea. Physical activity strengthens your heart muscle and improves overall health and well-being. Appropriate, supervised exercise is one of the most powerful treatments available. Cardiac rehabilitation reduces repeat heart attacks, improves quality of life, and lowers death rates.

MYTH: If I don't have chest pain, it's not my heart.

FACT: Chest pain is common—but far from universal. Older adults and people with diabetes may have silent or atypical symptoms, such as declining stamina, breathlessness, dizziness, or vague discomfort. Many heart attacks start quietly.

MYTH: My cholesterol is normal, so I'm in the clear.

FACT: Cholesterol matters—but it's only one risk factor. Blood pressure, blood sugar, smoking history, inflammation, inactivity, sleep, and genetics all contribute. Many people with “normal” cholesterol can develop significant coronary artery disease.

MYTH: Heart disease is just part of aging.

FACT: Aging increases risk, but heart disease is not inevitable. People who remain physically active, eat heart-healthy diets, and avoid smoking experience far lower rates of coronary disease—even into advanced age.

MYTH: It's normal to have high blood pressure when you're older.

FACT: Blood pressure tends to rise with age, but that doesn't mean it's a good thing. It happens because artery walls become stiff with age, forcing your heart to pump harder. Your overworked heart muscle becomes less effective and pumps harder to meet your body's demand for blood. This further damages your arteries increasing the risk of heart attack and stroke.

MYTH: Diabetes won't cause heart disease if I take my diabetes medication.

FACT: Diabetes medication helps lower blood sugar levels. Maintaining normal blood sugar levels can help prevent complications that affect the smaller blood vessels, such as kidney disease, loss of vision, erectile dysfunction, and nerve damage. But blood sugar control has less effect on the large blood vessels that become inflamed and diseased, increasing the risk of heart attack and stroke, so it's very important to reduce other cardiac disease risk factors.

MYTH: Since I have smoked for years, quitting won't reduce my risk of heart disease.

FACT: The benefits of quitting smoking start the minute you quit, no matter your age, how long you have smoked, or how many cigarettes a day you have smoked. Only one year after quitting, your heart attack risk will have dropped by 50%; in 10 years, it will be the same as if you never smoked.



February includes Valentine's Day, a great time to serve an easy-to-make heart healthy dinner for a loved one or yourself. The following recipe is from Joanne Fishbein, a beloved Falmouth social worker and Neighborhood Falmouth volunteer. The recipe is featured in the Neighborhood Falmouth Cookbook.

Oven Roasted Barbecue Salmon

1/4 cup pineapple juice
2 tablespoons fresh lemon juice
4 6-ounce salmon fillets
2 tablespoons packed brown sugar
4 teaspoons chili powder
3/4 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon cinnamon

Combine the pineapple juice, lemon juice and salmon fillets in a zip-top plastic bag; seal and marinate in the refrigerator for 1 hour, turning occasionally. Do not marinate longer, or fish will be too soft. Make a rub by combining the remaining ingredients in a small bowl.

Preheat oven to 400F. Remove fish from the bag and discard the marinade. Put rub over fish, Place salmon in an approximately 11 x 7-inch baking dish coated with cooking spray. Bake for 10-12 minutes until fish flakes easily but is still moist and pink in the middle. Makes 4 servings.



Recipe Health Tip: Salmon is healthy for your heart due to its high content of omega-3 fatty acids, which can help lower blood pressure, reduce inflammation, and lower the risk of heart disease. Each serving has approximately 430 calories and about 40 grams of protein.

Strategies to Prevent Heart Disease for Women

Heart disease is largely preventable through proactive lifestyle changes. As a woman you can significantly lower your risk by adopting the following heart-healthy habits:

Eat a Balanced Diet: Focus on a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats, such as those found in olive oil and avocados. Limiting processed foods, sugary beverages, and excessive sodium intake is also important.

Get Regular Physical Activity: Engaging in at least 150 minutes of moderate-intensity exercise per week, such as brisk walking, swimming, or cycling, can improve heart health.

Manage Stress: Incorporating stress-reducing activities such as yoga, meditation, and deep breathing exercises can help lower blood pressure and promote overall well-being.

Maintain a Healthy Weight: Obesity is a major risk factor for heart disease, so achieving and maintaining a healthy weight can significantly reduce the likelihood of developing heart-related complications.

Avoid Smoking and Limit Alcohol: Smoking cessation is one of the most impactful steps in heart disease prevention, and alcohol should be consumed in moderation.

Get Regular Health Screenings: Monitoring blood pressure, cholesterol levels, and blood sugar regularly can help detect and manage risk factors early.

For more information about heart disease visit the American Heart Association (www.heart.org) and the Cleveland Clinic (<https://my.clevelandclinic.org/health/diseases/24129-heart-disease>)

