



Neighborhood Falmouth
 PO Box 435
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Neighborhood Falmouth News

May 2024

A Note from the Executive Director: Candice A. Geers



Motion is Lotion!

These are the words I saw on a sign at a local Physical Therapist office recently and they really resonate.

There are many health benefits of even just a little bit of daily physical activity such as:

- It improves your strength. This helps you stay independent.
- It improves your balance. This prevents falls.
- It gives you more energy.
- It prevents or delays diseases, such as heart disease, diabetes, or osteoporosis.
- It can improve your mood and fight off depression.
- It may improve cognitive function (how your brain works).

No need to run a marathon or lift heavy weights—just a few steps a day can really make a difference in our physical AND mental health.

Now that the weather is turning a little warmer and we have more sunlight hours, I highly recommend going outside for some fresh air and exercise. As a member you don't have to do it alone—Neighborhood Falmouth volunteers are always willing to take a walk with you, and all it takes is a phone call to schedule.

We live in a beautiful place so get out and enjoy the sun on your face, the birds singing, the many flowers and trees in bloom—and say hello to people you encounter. You will be glad you did!

Candice

Volunteer Profile: Tom Maine

By Bill Laberis—NF Board of Directors



Tom Maine says he never regarded himself as particularly smart, yet he managed to “succeed where I shouldn’t have and not fail where maybe I should have.” Humbleness aside, he joined the US Coast Guard in 1983, entering with the lowest rank. He retired 31 years later as a Captain, a rank just below rear admiral in the Coast Guard. Capping off those years of service was a stint as the commanding officer of the Coast Guard’s largest aviation unit in Mobile, Alabama. He also earned a bachelor’s and a master’s degree during his service.

Q: What was your childhood like?

A: I was born in Connecticut and moved to Mobile when I was ten to follow my stepfather’s job – quite a culture shock. The Deep South back then (early 70s) was a different place. I vividly remember driving back from my Little League baseball game one night and seeing torches in a field behind the fast-food place – a KKK rally. But the kids all got along for the most part in our integrated school, and the south was already changing. Now it is a great place to live and raise a family.

Q: Did you go to high school there?

A: Yes, I did. And in the ninth grade I met this girl in algebra class, Annette, and I liked her. We ended up getting married about a year after graduation – at 18! I worked in the grocery business for a couple of years, then went to EMT school and was licensed as a paramedic. There was not much money in that back then; the only ones getting paid well were those doing the new “Life Flight” thing – but you had to have helicopter experience. I decided to join the Coast Guard to get into helicopters as a medic, thinking I would do 4 years and get out – but I realized quickly that the Coast Guard was a perfect fit for me, and I fell in love with the mission of serving others. I finally “got out” 31 years later...

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May Neighborhood Happenings

3	NF Spring Soiree Fundraiser Fri., May 3 5:00 PM Coonamesett Inn, Falmouth	Did you get your tickets? It’s not too late! Dinner, auctions, and live entertainment. Get your tickets now or donate to the fundraiser at www.neighborhoodfalmouth.org . or call 508-927-1678.
14	Author Talk: Rebecca Clarren Tue., May 14 7:00 PM Zoom	Attend a virtual Jewish Book Council talk with award-winning author Rebecca Clarren on her book The Cost of Free Land: Jews, Lakota, and an American Inheritance . Register in advance here: https://shorturl.at/oqJSX
23	Member—Volunteer Lunch Thu., May 23 12:00 —1:30 PM Simply Divine, 271 Main Street	Order from the menu and pay for your own. No separate checks, so please bring cash. RSVP to the office at 508-564-7543 if you plan to attend and/or need a ride. RSVP is key for restaurant setup.
28	Health Care Proxy Education Tue., May 28 4:00—5:00 PM Atria Woodbriar Multipurpose Room 389 Gifford Street	Why is your choice of a health care proxy one of the most important decisions you will ever make? Dr. Robert Davis explains nuances and presents common case scenarios. Please RSVP no later than 5/21 to 508-540-1600 x467. Space is limited.
30	Library Talk: Beach Accessibility Thu., May 30 1:30-3:00 PM Falmouth Public Library	Join NF for a talk by Falmouth Beach Committee Chair Barbara Schneider on accessibility for seniors at our town beaches. RSVP to info@falmouthpubliclibrary.org .

Q: What did you do initially?

A: My first assignment was at the boat station up in Provincetown. I was then trained as a CG medic and got to fly a bit while also working in a clinic. In 1988 I applied for OCS (officer candidate school) and reported for training in Yorktown, VA. When it came time to put in for orders as a newly commissioned officer, they told me I could apply for flight training, so I gave it a shot and got picked up. I trained with the Navy in Pensacola, first in a fixed-wing trainer and then in helicopters. My first flying tour was in Clearwater, FL, where I also completed my bachelor's degree in management at night. I got to spend almost 25 years flying for the Coast Guard, including two tours here on the Cape.

Q: What are some of your more memorable flying experiences?

A: When I was the Operations Officer here at Otis, Hurricane Katrina hit New Orleans and we sent aircraft and crews down from the Cape to help with the rescues. I got to go down and do some flying about a week after the storm on Labor Day 2005 and stayed about a week; my crew rescued nineteen people from rooftops in one flight. The whole place looked surreal with streets filled with water and helicopters everywhere. I recall how the national news accused the federal government of being slow to respond – but the Coast Guard was there in force before the storm left the area! I also commanded the first Coast Guard helicopter on site when TWA Flight 800 went down just off Long Island in 1996 (747 exploded in midair over the Atlantic). It was a horrific scene I will never forget.

Q: You were flying into danger as often as not, correct?

A: It can be a dangerous business because people's lives are at stake and the weather conditions are often pretty bad – which is why they need rescuing. There used to be an unofficial Coast Guard motto – “You have to go out, but you don't have to come back” – but we always did our best to make sure any risks we took were warranted.

Q: With all that travel in various places, why did you and Annette pick the Cape to settle after your retirement?

A: After being stationed here three times, we came to know and love Cape Cod as home, so when we retired from the Coast Guard in 2014, we came back for good. Our daughter settled here, and they have given us three granddaughters who live 10 minutes away. One thing that stuck with me in the Coast Guard is the spirit of serving others; Annette also served as an ombudsman, a liaison between Coast Guard command and the service persons' families. My Christian faith had become stronger and stronger over the years, and I felt a calling to continue serving in the church. We had become members of Cape Cod Church while still in the Coast Guard – we loved its central mission of serving others – so I began volunteering there again and eventually accepted a full-time staff position. I currently serve as a staff pastor overseeing adult discipleship and our missions program – which is what connected me with Neighborhood Falmouth, one of our community partners. I proudly volunteer with NF myself and have also helped recruit several NF volunteers from our congregation.

Feeling Lonely?

According to the U.S. Surgeon General, “Loneliness can have profound effects on mental health as well as heart disease, stroke and dementia. And, it increases our risk of depression and anxiety.” Try these tips for staying connected:

- Seek out opportunities to serve and support others—VOLUNTEER
- Schedule time each day to stay in touch with family and friends in person, by email, social media, Zoom, or text.
- Stay physically active and include group exercise, such as walking with a friend on one of the many trails created by the 300 Committee

Free Hearing Aid Batteries

Brand new, size 10, yellow tab hearing aid batteries available. Call the office at **508-927-1678** if you're interested.

MEMBER NOTE

Whenever possible, please allow a notice of at least **three** business days for all requests.



Volunteers

Kathleen Caldara	May	1
Michael Singer	May	1
Sandra Couto	May	4
Robert Bordeleau	May	5
Ellen Howland	May	7
Lisa Clifford	May	16
Taylor Ryan	May	17
Amy Loewenberg	May	23
Harry McCormick	May	27
Henry Brown	May	29
Judith Hirshfield-Bartek	May	30
Linda Rodger	May	30

Members

Jean Holmes*	May	4
Sharon Mekelatos	May	4
Judy Alden	May	8
Jim Liljestrang	May	8
Lynne Browne	May	9
Peggy Dimmock	May	11
Ellen Lively	May	11
Stephen Delaney	May	16
Jacqueline Webster	May	16
Joan Wickersham	May	25
Tiny Catrambone*	May	27
Connie Brown	May	28

* Special wishes—celebrating 100 years!

In Memoriam

*Alice Priesing
Judith Pugh
Mary Walsh*



• HAPPY •
MOTHER'S DAY



A Special THANKS! to Our Sponsors

- Advanced Audiology
- Atria Woodbriar
- Caithness Foundation
- Cape & Islands United Way
- Cape Cod Church
- Cape Cod Healthcare Foundation
- Falmouth First Congregational Church
- Falmouth Toyota
- Greater Worcester Community Foundation
- Hermann Foundation
- James E. and Catherine Schea Lloyd Foundation
- Leader Bank
- Lyndon Paul Lorusso Charitable Foundation
- Martha's Vineyard Bank
- Paul and Betty G. McDonald Foundation
- Royal Health Group Charitable Foundation
- The Bilezikian Family Foundation
- The Cape Cod Foundation - Mary & Redwood Wright
- Waquoit Congregational Church
- West Falmouth Market
- Woods Hole Foundation

welcome
we are glad you are here

Our Newest Volunteers
Kerry Fitzgerald
John Gonsalves
John Maiella
Martha Walsh

Our Newest Members
Stephen Delaney
Shih-Wei Ling
Shih-Hui Ling
Rie Mooney
Nancy Sherwood
Robert Sherwood



Healthy Living for Seniors



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 seniors, supply information about Aging in Place, and provide a healthy seasonal recipe.

May is High Blood Pressure Education Month — Get Yours Checked

Every time your heart beats, it pumps blood through your arteries to the rest of your body. Blood pressure is how hard blood pushes against the walls of your arteries. High blood pressure (hypertension) means the pressure in your arteries is higher than it should be.

High blood pressure is an important risk factor for heart disease, the leading cause of death in the United States. High blood pressure usually has no signs or symptoms. That's why it is so dangerous. Nearly half of the U.S. population over age 20, has high blood pressure, and many of us don't know it. Not treating high blood pressure is dangerous because it can increase your risk of heart attack, stroke, and other health conditions. Since high blood pressure usually has no symptoms, the only way to find out if you have it is to get regular blood pressure checks from your health care provider.

Hypertension increases with age because our blood vessels get stiff. So, the amount of force needed to pump blood through arteries increases. This puts more pressure against artery walls, which weakens them. Over 70 percent of people age 60 and older have high blood pressure. For those of us age 75 and older the percentage of high blood pressure is 81 percent for women and 73 percent for men.

High blood pressure is easy to diagnose and manage for most people. Finding and treating hypertension can prevent heart attacks, strokes, problems with thinking and memory, kidney disease, eye disease, and other serious problems.

To learn more about hypertension, the following resources are accurate, up-to-date and can be trusted:

- MedlinePlus: <https://medlineplus.gov/highbloodpressure.html>
- HealthinAging.org: www.healthinaging.org/a-z-topic/high-blood-pressure-hypertension
- National Institute on Aging: www.nia.nih.gov/health/high-blood-pressure/high-blood-pressure-and-older-adults



What To Know About High Blood Pressure as You Age

Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Access to healthcare services is a critical component of aging in place. For many of us aging comes with a number of health-related issues. If not managed, it would be very difficult to live independently and participate in activities that enrich our lives.

Fortunately we live in a region with some of the best healthcare services in the country. Regrettably, we have to deal with the lack of primary care physicians and other vital healthcare workers that has plagued the U.S. since the COVID pandemic. There are things we can do to stay as healthy as possible and help prevent trips to the emergency room and decrease the need for frequent medical visits. However old we are, a healthy diet, appropriate exercise, keeping active, connecting with friends and family, and making sure our household environment is safe will help keep us independent. Remember the old saying, “an apple a day keeps the doctor away” — not so far-fetched!

Aging-in-Place benefits of Neighborhood Falmouth membership include rides to healthcare appointments, your favorite exercise facility, well-being visits, home safety inspections, and access to reliable health information.

From Dr. Mike’s Kitchen

The DASH Diet: Healthy eating to lower your blood pressure

DASH stands for Dietary Approaches to Stop Hypertension. It is a healthy-eating plan designed to help prevent or treat high blood pressure. Foods in the DASH diet are rich in the minerals potassium, calcium and magnesium. DASH focuses on vegetables, fruits and whole grains. It includes fat-free or low-fat dairy products, fish, poultry, beans and nuts. The diet limits foods that are high in salt and also limits added sugar and saturated fat, such as in fatty meats and full-fat dairy products. For more information: DASH Diet: What Is It, Meal Plan, and Recipes (<https://health.clevelandclinic.org/dash-diet-what-is-it-meal-plans-and-recipes>)

This recipe is a delicious spring desert that is easy to make and is DASH-friendly.

Banana Raisin Compote

- 1 cup golden raisins
- 1 1/4 cups orange juice
- 3/4 cup apple cider or unsweetened apple juice
- 1 cinnamon stick (or 1 teaspoon cinnamon)
- 1 tablespoon chopped crystallized ginger
- 3 large bananas, peeled and thickly sliced

Place the raisins, orange juice, apple cider, ginger and cinnamon stick in a medium size saucepan. Bring to a boil, turn down the heat, cover, and simmer for about 10 minutes.

Remove pan from the heat and let cool about 10 minutes. Add the bananas and mix gently. Let stand until the compote is at room temperature. Remove the cinnamon stick and serve alone or with some fat-free Greek yogurt on the side.

Recipe Health Tip: Each serving of this DASH delight provides about 180 calories, 3 grams fiber, less than 10 grams sodium and is a good source of potassium. Great for helping you manage your blood pressure.

