



Neighborhood Falmouth
 PO Box 435
 Falmouth, MA 02541



Neighborhood Falmouth News

December 2024

Recipient's Address



December Neighborhood Happenings

FRI 6	10:00 AM - 3:00 PM	Alzheimers ZOOM Teleconference Free day-long conference from the Alzheimer's Family Support Center. Learn about best practices in personal dementia care for family and professional caregivers. For more information call 508-896-5170 or email info@capecodalz.org .
WED 11	5:30 PM - 7:30 PM	Community Workshop: Digital Equity Falmouth Public Library: Hermann Room Focus is on challenges people in the community face with internet and technology. Help identify solutions that ensure equal access to the digital world.
THU 12	12:00 PM - 1:30 PM	Member & Volunteer Lunch: Pickle Jar Kitchen Order from the menu and pay for your own. To simplify checkout, please bring cash instead of credit/debit cards. RSVP to the office at 508-564-7543 if you plan to attend and/or need a ride. RSVP is key for restaurant setup.
TUE 17	DEADLINE to ORDER	Free Christmas Dinner for Pickup at FJC Falmouth Jewish Congregation and Waquoit Congregational Church are offering meals prepared by the chefs at Pink Door Catering. Pickup is 11 AM—1 PM on Wed., Dec 25th. Call 508-566-1322 with name, phone number, & # of dinners.

A Note from the Executive Director: Candice A. Geers



Happy holidays from Neighborhood Falmouth! It has been a wonderful, busy year and we look forward to the new year as well. By the end of this year, we will have fulfilled around 4,000 requests at a 98% fulfillment rate! Sincere thanks to our great volunteers for their time spent and gentle caring of our members.

You may know that earlier this year, we moved our office to a much more visible and accessible space in Queen's Buyway. We have recruited several new volunteers this year and we have gotten quite a few drop-ins at the new office from prospective volunteers.

We are very happy to report that we got a grant this year to buy Knox boxes for members and we have distributed 8 of the 10 so far. This locked box holds a house key and is installed by the Fire Department near the most-used house door. In event of emergency, first responders can access the box and unlock the house to provide quick and easy access without breaking down a door or window. We have 2 more boxes available. We also

just received a grant to buy emergency response wearable devices, so call the office if you would like to get information on the Knox boxes or the wearable devices.

As we close the year, we do remind you that demand for our services continues to grow as the population of Falmouth continues to age. It is projected that 50% of Falmouth residents will be over the age of 60 by 2030. If you or anyone you know is interested in volunteering, please contact us. We don't ask for any commitment, and volunteers choose the requests that work with their schedules. We also ask that you check your mail as our annual appeal is on the way. We thank you in advance for considering us at this time. Your support is vital and most appreciated.

Candice

Volunteer Profile: Susan Loucks

By Bill Laberis, *Volunteer*

If there were a contemporary "face" to Neighborhood Falmouth, it would probably be that of Susan Loucks. Few if any others have devoted more time, energy, and effort to serving the unique aging-in-place needs of Falmouth's seniors trying to live out their years in their own homes. And it has been these very people – the Neighborhood Falmouth members with their rich and interesting histories and perspectives—that have kept Susan as actively involved as she has been.

Q: Just how long have you been associated with Neighborhood Falmouth, and in what roles?

A: I was the executive director for 8 years, beginning in 2014. And since stepping down from that position, I have been on the board of directors in a variety of roles. Currently I am directing an effort to replenish NF's photo library by taking shots of members and volunteers together. I also occasionally drive members to appointments and errands.

Q: What drives this dedication to the organization and its mission?

A: I really enjoy spending time with our members. Most lived independently during their lives, but now age has made them more vulnerable and less mobile. Many believe they are not as important as they used to be and don't want to be a burden. I disagree! When you spend time together, you hear so many wonderful and interesting stories about their lives and the times they lived in.

Cont'd on p. 2



Q: Have non-profit organizations factored in other parts of your professional life?

A: Absolutely. I was part of the founding team of WCAI (the Cape's public radio station) and spent 11 years there. In all I spent 24 years at WGBH in fundraising and marketing roles. I had a stint at Plimouth Plantation as well as Heritage Museums and Gardens in Sandwich, both in a fundraising role.

Q: Where are you originally from and how did you end up here?

A: I was born in Omaha and went to high school at a boarding school in Connecticut. I stayed in New England for college, attending Wheaton College here in Massachusetts where I majored in economics. I initially had thoughts of working in investment banking. But after a year at the former Paine Webber Co., I knew that it was not for me. I work for the renowned Boston Shakespeare Company Theater before joining WGBH. I loved Boston and visited the Cape frequently as my grandparents, and other family lived on the Cape.

Q: Do you have children?

A: My husband Kyle Banks and I have one 21-year-old son, Sultan. Kyle is a semi-retired carpenter. And as for me, I am really starting to see how wonderful retirement can be. It's so busy!

Q: What pastimes do you pursue?

A: We love to travel. Last year I walked the Cotswolds in England; and recently we toured the Dordogne River Valley in France and the Basque region of Spain. Under consideration: Mexico... Croatia... Iceland... maybe others! And for recreation I really enjoy regular paddle tennis games and have taken up mahjongg! Now that's retirement!

Q: What is something about you that few people know about?

A: Back in the early 80s, I did stand-up comedy at different locations in Boston and at a place in Somerville called Ding Ho. I performed five-minute routines. It was scary, but a lot of fun!

Baby, It's Cold Outside! 5 Tips to Avoid Falls During the Winter

When the temperature drops, older adults run a higher risk of health problems and weather-related injuries, including falls in ice and snow.

- Make sure your steps and walkways are clear before you walk. Be especially careful if you see wet pavement that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.



And, don't forget, if you need help with shoveling snow or making the area around your house safe, give Neighborhood Falmouth a call and we'll try to find you some help!

December Birthdays

Members

- Yvonne Pina 12/14
- Joyce Raposa 12/18
- Sue Twitchell 12/20
- Margaret Murphy 12/22
- *Sue Gnospelius 12/26
- Sharon McGrath 12/26

**Both a member and a volunteer*

Volunteers

- Mercy Grinold 12/2
- Tom Ballou 12/7
- Vivianne Beller 12/13
- Maureen Santoro 12/14
- Heather Coan 12/17
- Margaret Sulanowska 12/20
- Karen Smith-Lovejoy 12/21
- Laura Sonnichsen 12/21
- Michael Goldring 12/23
- John Gualtieri 12/24
- Dorothy Hatch 12/28
- Maureen Remillard 12/28
- Russ Lemcke 12/30



In Memoriam

- Mary Pat Flynn
- Carol Schwamb
- Marilyn Sharp



welcome

New Members

- Elin Kinney
- Teresa Labaire

New Volunteers

- Kathy Allen
- Beth Finn
- Talia Luening
- Caryn Montella
- Dani Toole



special thanks to our sponsors

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- Cape & Islands United Way
- Cape Cod Church
- Cape Cod Healthcare Foundation
- Falmouth First Congregational Church
- Falmouth Podiatry
- Falmouth Toyota
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- Hermann Foundation
- James E. And Catherine Schea Lloyd Foundation
- Leader Bank
- Martha's Vineyard Bank
- Paul and Betty G. McDonald Foundation
- Royal Health Group Charitable Foundation
- The Cape Cod Foundation - Mary & Redwood Wright
- Waquoit Congregational Church
- West Falmouth Market
- Woods Hole Foundation





Healthy Living for Older Adults



By Dr. Michael Bihari

President Emeritus, 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.

December is Seasonal Affective Disorder (SAD) Awareness Month

Each year, millions of Americans are affected by this condition, which causes significant mood changes in response to the changing of seasons. While SAD affects all ages, older adults are especially at risk during the late fall and winter months when there is less sunlight and colder weather. The symptoms usually lift during the spring and summer months.

SAD is a type of depression that happens when the shorter, darker days of fall and winter affect your mood. The main causes are:

Less Sunlight: Shorter days mean less sunlight, which disrupts your body's natural rhythms.

Body Clock Problems: Your body has an internal clock (circadian rhythm) that relies on sunlight to stay balanced. Less light can make you feel tired and out of sync.

Brain Chemical Changes: Low sunlight can reduce serotonin, a chemical that helps regulate mood. This can lead to feelings of depression. And darkness increases melatonin, the hormone that helps us sleep. Too much melatonin can make you feel sluggish and sleepy during the day.

Low Vitamin D: Sunlight helps our bodies produce vitamin D, which plays a role in serotonin production and mood regulation. Less sunlight in winter can lead to vitamin D deficiency, worsening SAD symptoms.



Many older adults spend much of the winter indoors due to fall risks and other hazards of the season. When low temperatures and bad weather make travel challenging, some older adults may experience a stronger sense of isolation and disconnection from family and friends.

Some of the symptoms of SAD include:

- Sad, irritable, anxious, or “empty” feelings
- Loss of interest in usual activities and social withdrawal
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, or making decisions
- Decreased appetite and weight loss

SAD is treatable and lifestyle changes can help you manage your symptoms:

- Spend even a little time outside every day.
- Eat a well-balanced diet for energy.
- Get some exercise every day.
- Stay socially connected with family and friends — if you can't travel, connect on Zoom.
- Engage in some of the many activities available in Falmouth during the winter months.

Talk to your health care provider and find out what therapies or treatments may be available to you. For more information about SAD: <https://my.clevelandclinic.org/health/diseases/9293-seasonal-depression>

From Dr. Mike's Kitchen

When it's windy and cold outside, nothing is more comforting than sitting down to a steaming bowl of soup. This version of an iconic winter soup is easy to make, filling, and healthy!

Mushroom & Barley Soup

- 1 ounce dry porcini mushrooms
- 2 tablespoon olive oil
- 16-18 ounces fresh cremini or baby bella mushrooms, sliced
- 2 cups sliced carrots
- 2 garlic cloves, finely chopped
- 3/4 cup pearl barley, rinsed and drained
- 1 bay leaf
- 2 cups broth
- black pepper
- 1/4 cup chopped fresh dill or parsley



Place the dried porcini mushrooms in a bowl and cover with 3 cups very hot water. Let soak for about 30 minutes.

Heat the oil in a large soup pot. Add the fresh mushrooms and carrots to the pot and sauté about 10 minutes or until slightly brown and the mushrooms have given off liquid.

Add the garlic and barley to the pot and cook for an additional 2 minutes. Drain the dried mushrooms and reserve the soaking liquid. Put the soaked mushrooms in the pot and cook for an additional 1 to 2 minutes.

Add the mushroom soaking liquid and the broth to the pot. Bring to a boil, turn down the heat, and simmer for 20-30 minutes until the barley is tender. Cover the pot and let sit for about an hour to allow flavors to develop. Remove the bay leaf before serving.

Serve with fresh chopped herbs and lots of freshly ground black pepper.



Recipe Health Tip: This heart-warming soup is also good for your heart!

One serving has approximately 250 calories, 8 grams of protein, and 11 grams of fiber. Barley is also rich in a type of soluble fiber known as beta glucan, which is recognized for its cholesterol-lowering abilities.

Happy
Holidays