



Neighborhood Falmouth
PO Box 435
Falmouth, MA 02541



Neighborhood Falmouth News

October 2026

October Events Calendar

For tech help sessions in the office or at home, please call the member line at 508-564-7543.

Annual Fall Member Luncheon
Friday, October 23, Noon to 1:30 PM at First Congregational Church

Join us for our Soup Luncheon! **Volunteers welcome.** Shining Sea Strummers are back this year for encore ukelele performance. RSVP to volunteer@neighborhoodfalmouth.org or 508-564-7543 and let us know if you need a ride.

Library Talk: TBD, call the office
Wednesday, October 28th, 1:30—2:45 at Falmouth Public Library Hermann Room

Monthly Brew: Volunteer Connections & Open House with Patient Advocate Dr. Michelle Costa
Thursday, October 29, 9-10:30 AM at NF Office

Dr. Michelle Costa will join us during the October Monthly Brew to provide information to members and volunteers about our new free Patient Advocate Program. Coffee, tea, and pastries available. RSVP to the member number if you need a ride or just drop in.

Volunteers are encouraged to learn about the program for the benefit of the members who may need a better understand of medical information or have questions about their healthcare.

A Note from the Office

Welcome to October—a season of color, crisp air, and transition. As the leaves begin to fall, trees protect themselves and prepare for the winter months ahead. Oscar Wilde once wrote that “summer collapsed into fall,” an especially fitting description of the busy summer season we Cape Codders experience. After weeks filled with family and friends, beach excursions, late-night stargazing, and the dog days of summer, autumn invites us to slow down, restore our energy, and prepare for the months ahead.

We have plenty to look forward to this month at Neighborhood Falmouth. Our annual Member Luncheon is always a wonderful opportunity to gather with friends, enjoy a homemade meal, and spend time together. This year’s luncheon will feature homemade soups, sandwiches, desserts, and entertainment by the Shining Sea Strummers. Rides will be available for members who need a ride. Please see the calendar for details and RSVP through the member line.

We are also excited to introduce our new patient advocacy program, which was announced in our August newsletter. This new service will be available to NF members at no cost. A patient advocate can help you understand medical information, prepare for medical appointments, and navigate questions about your healthcare. We will kick off the program with an open house at the NF office, where members can meet Dr. Costa and learn more about the program. Members interested in meeting with Dr. Costa can request an appointment through the member phone line. Please see the calendar for the open house date and time. Volunteers are encouraged to learn about the program as well.

Finally, we will be mailing our member survey during the week of October 12. Your experience with Neighborhood Falmouth matters to us, and your feedback helps us understand whether we are meeting your needs right now and how we can continue to serve our members in the years ahead. The survey is short—just seven questions—and the mailing will include instructions. We hope you will take a few minutes to share your thoughts. Thank you in advance for helping us make Neighborhood Falmouth the best it can be for our members!

— Sarah & Jamie

Member Profile: Tiny Catrambone

By Bill Laberis, Volunteer

Her apartment, where she has lived alone for 41 years, is impeccably neat and clean. The many photos gracing almost all flat surfaces speak of a life filled with family and friends, many with her late twin brother Anthony. In the kitchen are relics of days past, including a bread box and a ceramic country house that separates into four pieces for flour, sugar, and the like – all looking brand new. She walks a lot; she talks a lot; she dances a lot – usually three times a week. She dresses in vibrant colors and clearly takes great care to look good. Oh, and she is 102 years old. Her name is Grace Marie Ferreira Catrambone. But the scores of people in town that know and love her call her Tiny, or, more formally, Tiny the Dancer. Her life is a generous slice of the Great American Story. She lives alone, with help from Neighborhood Falmouth.



Tiny and her twin brother Anthony at 17

Q: What was your early life like in Falmouth?

A: Happy but also hard. I was the youngest of 15 children born to Portuguese immigrants, one of a set of twins with my brother born first. Just like all my brothers and sisters, I was born at home, in a 9-room house on the corner of Acapesket Road and Route 28. My father had 96 acres of land on Acapesket, and he grew strawberries and other produce that he often trucked into Boston. But he died when I was two, leaving my mother to care for all of us.

Q: How did she manage?

A: Let me say my mother made me everything I am today. She was so strong. And she was like a general but a very good general! She took the four oldest kids out of school, and they went to work to keep the family going. But all of us did our share of work there as well. My mother was tough on us at times, and she had to be. If my bed wasn't made just right, I had to take it apart and start all over. But she also noticed that my toes always wiggled when I heard music playing. She knew I'd love dancing one day! One day I came in crying because our rooster attacked me. My mother went outside and when she came back in, announced, "Oh Gracie, that rooster is gone now." Her generation built Falmouth as we know it today, with a lot of hard work.

Q: Why was your twin brother so special to you?

A: Anthony and I did everything together, right up until he died in 2012. As the youngest kids we walked into the woods on our farm with a handmade cart and loaded it with logs. Then we pushed it to the house and sawed it into smaller pieces. My mother then split the wood with an axe and loaded it into the basement. That was what heated the house furnace. I stayed in Falmouth until 1941 when I moved to Boston.

Q: What was life like in Boston?

A: I was married with two daughters and both had polio, so I stayed in Boston to get the best healthcare for them. I lived for a while with a Polish immigrant, Sophie, and her husband. She charged me no rent. I worked days at a button factory, and she watched my children. When she went to work at night, I watched hers. Such a wonderful woman.

Q: Then what happened?

A: My brother joined the US Merchant Marine in 1941. On his first voyage his boat was torpedoed. He was the last person to jump off the burning tanker and managed to get the last seat on the last lifeboat. Anthony ended up serving 25 years in the Merchant Marine and then worked another 20 at the oceanographic institute in Woods Hole. After I moved back to Falmouth in 1986, Anthony lived right around the corner from my apartment here. We walked everywhere together, almost every day. Miles and miles, until he passed away.

Q: And does the legend of Tiny the Dancer live on?

A: I dance three times a week most weeks. With my group we go everywhere including dances here in town. We go to Rhode Island from time to time. When I lived in Boston, we hit every dance hall we could! I guess I just put all my troubles into my dancing. If you can walk, you can dance. I even helped organize the Society of Ballroom Dancing in Boston. I've had a good life. I'm not done. I have 103 in my sights!

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Annual

MEMBER

SOUP

Luncheon

FRIDAY, OCTOBER 23

NOON-1:30PM

FIRST CONGREGATIONAL CHURCH

RSVP: 508-564-7543

RIDES AVAILABLE

VOLUNTEERS WELCOME

FREE





WELCOME

new members

Jo Frame

Russ Anspach

Audrey Delinks

new volunteers

Francesca Rooney

Lori Ingram

Wale Aromolaran

Jason Prete

Patty White

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Woods Hole Foundation

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“Autumn is a second spring
when every leaf is a flower.”
—Albert Camus

October Birthdays

MEMBERS

Bobbie Miner 10/4

Elsa Cressotti-Bugbee 10/16

Volker Ulbrich 10/16

Linda Blumer 10/17

Mary Hollis 10/17

Sheila Chisolm 10/17

Bob Dinsmore 10/20

*Marion Bihari 10/24

Jack George 10/25

Pennie Hare 10/28

Marilyn Miller 10/28

*member and volunteer

VOLUNTEERS

Frances DiRusso 10/9

Jim Newman 10/15

Susan Wigley 10/21

Dennis Ryan 10/22

Pamela Morrone 10/23

Ed "Skip" Corcoran 10/24

Tom Maine 10/24

Chip Chandler 10/25

Martha Asendorf 10/26

Lyndsey Lefebvre 10/29

Ed Sholkovitz 10/31

YOUR VOTE COUNTS

WE'LL HELP YOU GET THERE

NEED A RIDE TO THE POLLS? We'll get you there.

VOTING BY MAIL? We can help drop off your ballot.

EVERY VOICE SHAPES OUR FUTURE

REQUEST HELP BY CALLING

508-564-7543



Healthy Living for Older Adults



By Dr. Michael Bihari
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, Dr. Bihari focuses on topics of importance for older adults and provides a healthy seasonal recipe.

Healthy Aging is a Balancing Act

The following information is from Harvard Health. As we age, maintaining our balance becomes more important than ever. It not only helps prevent falls but also enhances our overall mobility and confidence. “Everything we do to maintain our health, alertness, fitness, and mobility will slow the trajectory of our declining balance,” explains Dr. Steven Rauch, medical director of the Balance and Vestibular Center at Harvard-affiliated Massachusetts Eye and Ear.

Watch out for these balance busters

Health-related Balance Risks

Several medical issues can affect balance:

- **Vision problems** like cataracts, glaucoma, and macular degeneration can hinder your ability to relay your location to the brain.
- **Inner ear conditions** such as benign paroxysmal positional vertigo, infections, or Meniere’s disease can cause vertigo.
- **Neuropathy**, often from diabetes or spine issues, reduces sensation in legs and feet.
- **Foot conditions**, like fallen arches, can alter gait and stability.
- **Orthostatic hypotension**, a drop in blood pressure upon standing, can cause dizziness.
- **Mild cognitive impairment** can affect your reaction time and ability to sense where you are in space.

Medication-related Balance Risks

Certain drugs can make you woozy or unsteady, including:

- Anti-anxiety drugs
- Older antihistamines, such as diphenhydramine (Benadryl)
- Blood pressure medications
- Opioids and sleep aids

Environmental Balance Risks

Falls can also result from your surroundings and footwear choices:

- **Outdoor hazards:** uneven paths, paths blocked by shrubbery or large tree roots, poor lighting, or snow, ice, or rain, especially if you’re not wearing footwear that grips the ground
- **Indoor hazards:** clutter, loose rugs, dim lighting, slippery floors, extension cords, pets, or even ill-fitting slippers or shoes that keep you from sensing the floor properly





Dr. Mike's Kitchen

It's October—Time to Go Pick a Pumpkin! Take a ride over to Falmouth's own Tony Andrews Farm and pick up some pumpkins to help celebrate the Cape's beautiful fall weather and Halloween.

This easy to make and healthy breakfast dish is a great and interesting way to use pumpkin. They are dense and chewy—think of each as a small bowl of pumpkin pie flavored oatmeal!

Pumpkin Oatmeal Muffins

3 cups old-fashioned oats
1/3 cup all-purpose flour
1 teaspoon baking powder
1 1/2 teaspoons pumpkin pie spice
1/2 teaspoon salt
1 1/3 cups unsweetened plant-based milk
1 cup pumpkin puree
1/2 cup unsweetened applesauce
1/2 cup loosely-packed dark brown sugar
1 teaspoon vanilla extract
1/3 cup mini dark chocolate chips (optional)



In a large bowl, mix the oats, flour, baking powder, pumpkin spice, and salt. Set aside.

In a medium bowl, combine the plant-based milk, pumpkin puree, applesauce, sugar, and vanilla extract. Add the mixture to the bowl with the dry ingredients. Mix well and set aside while the oven preheats.

Preheat the oven to 375 degrees F. and line a muffin tin. Fill each muffin liner with the mixture to the top. Sprinkle on optional mini-chips. Bake for 25 to 30 minutes. Remove them from the oven and allow them to cool for 5 minutes before transferring them to a cooling rack. Delicious warm or at room temperature.

The recipe makes 10 muffins each with about 180 calories, 4g fiber and 5g protein.

All About Pumpkins

"There are three things I have learned never to discuss with people: religion, politics, and the Great Pumpkin."
— Linus, It's the Great Pumpkin, Charlie Brown

This time of year, pumpkins are everywhere—on porches, in pies, and increasingly in just about anything that can be labeled "pumpkin spice." But pumpkin itself, without all the sugar and cream we often add to it, is a healthy food.



The beautiful orange color is a clue. Pumpkin is rich in beta-carotene, which our bodies turn into vitamin A. Pumpkin also provides fiber for good digestion, potassium for heart and muscle function, and vitamin C and other antioxidants that help protect our cells.

Don't forget the pumpkin's seeds, also called pepitas. They are packed with protein, healthy fats, magnesium, zinc, and iron. Sprinkle them on oatmeal or a salad, or eat a small handful as a snack.

Pumpkins originated in the Americas and were grown by indigenous peoples for thousands of years before the Europeans arrived. Early American colonists reportedly hollowed out pumpkins, filled them with milk, honey, and spices, and cooked them in hot ashes—something like an early version of pumpkin pie.

Even the jack-o'-lantern has an interesting past. The custom came to America with Irish and British immigrants, who had carved faces into turnips and other vegetables to frighten away evil spirits. In America, they discovered pumpkins—bigger, softer, and much easier to carve!