
NEIGHBORHOOD
FALMOUTH
Meeting Seniors' Needs

Newsletter

January 2016

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about N.F. Share
this newsletter with
a friend!

Here's to a peaceful, healthy, happy new year to all!

DATES TO REMEMBER

Meet for Breakfast: Monday, Jan. 11, 9:00 A.M.

Our monthly Meet for Breakfast is the second Monday of the month at Friendly's. Our small, but stalwart, group would love for you to join us. We order from the menu, and separate checks are provided. Please call the office if you need a ride or to reserve a place.

Aging Anonymous: Wednesday, Jan. 13, 2:00 P.M.

Come and share or come and listen as we begin an open conversation about this "Elderhood" time of our lives. All are welcome. Rides are available—just let us know you want to attend. Due to popular demand, we will also hold Aging Anonymous on Wednesday, February 10 at 2:00 pm. Hope to see you there!



Jean Adelman at home.

A Profile of NF Member Jean Adelman

By Pamela Nelson

"Jean never minded giving her husband, Bill, all the credit, but everyone knew that she was the creative driving force behind him," said actor/director Davien Gould recently, as she presented Jean Adelman with the Theater Guild's "Sassy-Assy Award." Davien, a Neighborhood Falmouth volunteer, thanked Jean for all that she gave to local theater and especially to the Falmouth Theater Guild, and continued, "Jean is a perfect example of the premise that behind every great man, there is an even greater woman."

The Jean Adelman I met recently is a diminutive nonagenarian with a deep, gravelly voice and an earthy sense of humor. She and I chatted in the company of her two cats, in her Falmouth living room, whose walls are filled with the artwork that she and her late husband created after retiring full-time to Woods Hole in the 1970s.

When I asked Jean to tell me about her childhood, she pointed to a photograph album on the nearby coffee table. "I think that will give you a good idea of where I came from," she said. Sepia images of her grandparents, parents, and three aunts precede a picture of a little girl, her face half concealed by an oversized hat, sitting by herself in a wagon next to a large sack with handles. "I was a lonely only," Jean explained. "That was my idea of a Halloween party."

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Service Projects for NF Members: Mon., Jan. 18

On Monday, January 18, representatives from Falmouth's No Place for Hate group will perform service projects around town, including for NF members. If you have an indoor project like a closet, basement, or attic to be cleaned, a small room to be painted, or boxes to be moved, call the NF office and we'll put you on the list.

Groups of 2-4 people will work for up to 2 hours at each home.

Meet for Lunch: Wednesday, Jan. 20, 11:45 A.M.

Let's ring in 2016 at Peking Palace on Wednesday, January 20, at 11:45 a.m. All members, volunteers, and guests are welcome. We order from the menu, and separate checks are provided. Please call the office if you need a ride or to reserve a place.

NF Book Club: Friday, Jan. 29, 2:00 P.M.

In January we will discuss *Blink: The Power of Thinking Without Thinking* by Malcolm Gladwell. We meet in the Trustees Room at the Main Library. Newcomers always welcome!

Jean Adelman – continued from page 1

Jean grew up in Essex Center, VT, a short distance from Burlington. Her father, who was the school principal in Essex Center, also ran a big farm just outside town, which he managed with the help of one hired man. He sold eggs from his two thousand chickens and apples from his orchard. A few cows provided milk, which Jean's mother, a home economics teacher who also led the 4-H club, churned into butter for the family.

Following high school graduation in a class of six students, Jean attended college at the University of Vermont, (UVM.) "I didn't like it. I didn't have a good time. I worked my ass off. I started out in pre-med but flunked math. My mother urged me to go into home economics, which I did not want to do. But I did it." After college, Jean, along with many of her friends, took a civil service exam. Passing that exam led to her taking a train to San Antonio for a rigid and difficult dietetic training course for the Army. Upon completion, Jean decided she preferred to be in the Navy as a WAVE. She started out in boot camp at Hunter College and then attended the Great Lakes Training Center north of Chicago, where an entire nursing training program was compressed into six weeks. Then, she ended up at Camp Lejeune in North Carolina as a Corps WAVE, working as a nurse's aid.

After the war she returned to Vermont, living with her parents and working as a dietician at the Mary Fletcher Hospital, a forerunner of Vermont Medical Center. After she met and married Bill Adelman, a graduate student at UVM, Bill's master's thesis advisor brought them to Cape Cod for their first summer at MBL.

The young couple then moved to Rochester, NY, and while Bill was working on a Ph.D. in biophysics, Jean worked for three years as a Red Cross dietician, doing food demonstrations on early live, black and white television. "I was Julia Child before she was." It was clearly an enjoyable job for Jean, who chuckled, recalling her on-air words, "If you want these printed recipes, ladies, just send in your name and address." As a Red Cross nutrition service representative, she taught healthy recipes, often using the "buy of the week." The set was crude, with a simple counter where she prepared the food. Any baked item necessitated her bringing the finished product with her to the show. "The first time I was there," she told me, "I had never been in a studio before. I heard a voice piped into the room, saying, 'Hey lady, you better get yourself some falsies. You come on concave!'" Apparently the Red Cross smock

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JANUARY CULTURE CLUB

We'd like to help you enjoy the cultural life of Falmouth. Many of our volunteers are already planning to go to these and other activities around town. If you'd like to go too, we'd love to get you a ride and give you a friendly person to sit with. Please call the office to learn more.

Fridays now through February 26, 3:00 P.M.

Free Movies at the Falmouth Main Library

Are you looking for a fun and free Friday afternoon activity? Come to the Falmouth Public Library to enjoy free weekly movies beginning at 3:00 P.M. in the Hermann Foundation Meeting Room. For a list of featured films, please visit the library's Info Desk or contact the library.

Tuesdays, January 19 and 26, 3:00–4:00 P.M.

History Lecture Series with Michael McNaught West Falmouth Library

Join local resident and speaker, Michael McNaught for a fascinating and dynamic series. Reservations are strongly recommended by calling the Library at 508-548-4709. Donations will be accepted at the door.

January 19 – Presidential Wives: Three First Ladies

(Abigail Adams, Mary Todd Lincoln, and Eleanor Roosevelt)

January 26 – Women Spies of the Civil War

Friday, January 15, 7 P.M.

Saturday, January 16, 2 P.M.

National Theater Live: "Behind the Beautiful Forevers" Falmouth Academy

Set in India, this tumultuous play is based on the non-fiction award-winning book of the same name. Recorded live on stage in London and presented by Woods Hole Library and Falmouth Academy. Tickets are \$15 per person. Ticket orders can be placed online at Falmouthacademy.org or by calling (508) 457-9696 ext. 200.

MARK YOUR CALENDAR

The Annual Neighborhood Falmouth Soup and Bread Lunch will be Saturday, February 13, 12:00 P.M. in the Fellowship Hall at First Congregational Church on the Green. Lunch is free and open to all NF members, volunteers and guests.

Jean Adelman – continued from page 2

she wore was none too flattering. “So I got myself some falsies and I wore them afterwards for a long time.” Her program aired once a week, but it took her three days to prepare, including deciding exactly what she was going to say, because nothing was taped. “At first I was scared shitless, but after I got into it, it was kinda fun.”

From Rochester, they moved to San Antonio, where Bill worked for a time as a biophysicist for the Air Force at Randolph Field. Their final academic move was to Bethesda, MD, where Bill was chief of the biophysics department at the National Institutes of Health (NIH), with summers spent as a researcher at MBL. Jean says, “Once we were in the Woods Hole racket, every winter we went back to wherever we were at the time [Buffalo and later Bethesda], and in summer we came to Woods Hole.” They lived in the cottages in Devil’s Lane. “I was a lab wife. We had a beach period in the mornings. We would all be on Stony Beach, watching the little kids. And in the evenings we threw cocktail parties. It was like a club.” Eventually the couple bought a house on Quisset Avenue in Woods Hole. Their three children—Rett (Everett), John, and Willa—liked to sit on the stone wall in front of the house, commenting loudly about passersby and misdirecting people looking for the Webster Rose Garden. “The kids were pretty awful,” she comments wryly. Jean, with a couple of MBL friends, organized the popular and inclusive Woods Hole 4th of July parade, open to the entire community and welcoming the participation of children of all ages.

During Bill’s 20 years at NIH, Jean got interested in Bethesda community theater. She landed small acting roles and spent a lot of time backstage, learning about and helping create sets. After Bill’s retirement from NIH, he and Jean moved to Woods Hole, and he gave up science to become a full time artist. It was not until she was in her fifties that Jean decided to try her own hand at art.

“I never considered myself an artist,” she says. “I just painted sometimes.” But she became president of the Falmouth Artists Guild, taking classes there from Edie Bruce and painting in acrylics. She is also proud to have founded the annual Arts Alive Festival in Falmouth. Jean became president of the Woods Hole Theater Company in 1974, and she and Bill participated in the Falmouth Theater Guild as well. For a period of time, he directed plays while she served as producer, assistant director, and worked on executing some of his set designs. She occasionally

appeared onstage, her largest role being the captain’s wife in *Showboat*. They founded the Fireside Comedy Club, producing comedies in various locations, from the MBL Club to the Sheraton Hotel. Bill died in April of 2014.

Nowadays Jean relies on Neighborhood Falmouth to help her get out and about. She has morning and evening caregivers, who each help her for a couple of hours and also check on her by phone. Her evening caregiver brings supper and they eat together and chat. “It’s great to have someone to talk to in the house,” says Jean.

Welcome new Volunteers:

Karen Roberts
Martha Tarafa
Ginny Gregg
Jim Dooley

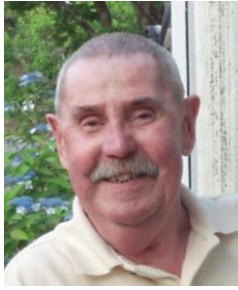
We’re so happy you have joined us!

We gratefully acknowledge support from:

Bank of Cape Cod · Beatrice A. Bunker Architecture
Cape and Islands United Way ·
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· Cape Cod Five Cents Savings Bank Charitable
Foundation Trust · Celebrations · Falmouth Podiatry/Dr.
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Megansett · Simply Hearing · Upper Cape Ear Nose and
Throat · Waterbury Optometry · Windfall Market &
Windfall Florals · Dr. William Wittmann ·
Wood Lumber Company · Woods Hole Foundation

WE HAVE RECOMMENDATIONS

Don’t forget that Neighborhood Falmouth keeps a list of recommended service vendors including plumbers, handymen, and yard maintenance workers. If you need to hire someone at your home, give us a call. We may have a recommendation for you. Similarly, if you have worked with a service provider whose work has been excellent, let us know. We’re always looking to keep our list up to date.



“Cookin’ Cozy”

By Bruce Ivar Haslun

Ok, guys, this one’s for you!
Your opportunity to be a hero,
to take the romantic leading
man role. Neither of us are sure,
but Carol and I think this may

have been the menu I cooked up on New Year’s Eve
1991 when I beguiled (hoodwinked!?) her into
marrying me.

Elegant Saint Valentine’s Dinner for Two

2 skinless boneless chicken breasts
Flour (about 1/2 cup)
Cracked pepper
1 egg lightly beaten with 2 TBL water
3 parts flavored bread crumbs and 1 part grated
Parmesan cheese mixed (about 1 cup total)
2 parts olive oil (about 1/2 cup) mixed with 1 part
butter (about 1/4 cup)
Lemon wedges for garnish

Pound each breast to one-half inch thickness. (If you
don’t have a pounder, improvise: Place a breast on a
square of wax paper. Cover with another square.
Using a flat-bottom pot or frying pan, flail the breast
to one half inch thickness.)

On a shallow plate, mix flour and cracked pepper. On
a second plate using a fork, mix egg and water. On a
third plate mix the bread crumbs and cheese mixture.
Dredge each breast, both sides, with flour mix. Dip
floured breasts in egg mix to coat completely. Dip
breasts in crumb mix and pat on crumbs so the
chicken is well breaded. Heat the oil in that frying
pan you used to beat up the chicken. Sauté (fry) the
chicken, turning as it cooks for 3 to 5 minutes or until
a nice crisp looking golden color. Serve with lemon
wedges... or if you’re putting on dinner for someone
special, wrap the baked breasts in aluminum foil and
put into an oven you’ve preheated to 250 degrees and
turn off the heat. This will keep them warm while you
prepare:

Grape Tomatoes with Garlic & Parsley

Heat a couple of tablespoons of oil with 2 or 3 cloves
of minced garlic (or sprinkle with garlic powder).
Add as many grape tomatoes (those multi-colored
ones would add some ambiance) as two of you can
eat. Shake the skillet over the heat for 2 or 3 minutes
until tomatoes are hot. Sprinkle with chopped parsley.

Lemon Green Beans

Steam as many trimmed green beans as you want.
Have a bowl with 2 tablespoons of butter and the
juice of half a lemon at the ready. Drain the beans and
put into the bowl and stir to coat them well. Sprinkle
with chopped parsley.

Because you steam the beans instead of boiling, they
keep a lovely, green color that contrasts perfectly
with the tomatoes, which have a sheen from the oil
and butter. Plated next to the golden chicken and a
quarter wedge of yellow lemon, the presentation is
picture perfect. Pour out two glasses of that elegant
white wine you’ve been chilling and trust me on this,
you’ll win her heart. I did!

Skoal, y’all!

NF SENIOR DISCOUNTS

Eastman/Ace Hardware: 10% discount to members of
NF on most full-priced items and available every day.
You must present your NF membership card to
receive the discount.

Falmouth Taxi Company: 25% discount to Falmouth
Seniors. Be sure to ask for the discount if you use
their service.

Green Shuttle: \$15 discount to members of
Neighborhood Falmouth.

Mahoney’s Garden Center: 10% Senior discount
every Wednesday.

Windfall Market: 5% Senior discount every
Wednesday.

Dunkin’ Donuts: 10% Senior discount anytime—you
have to request it.

HAPPY 2016 ONE AND ALL!