
NEIGHBORHOOD

FALMOUTH
Meeting Seniors' Needs

Newsletter

February 2017

Phone: 508-564-7543
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www.neighborhoodfalmouth.org

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DATES TO REMEMBER

Video Simulcast Lecture with Dr. Atul Gawande, Monday, February 13, Falmouth Public Library, Hermann Room, 5:00 – 6:00 P.M., Doors open 4:30 P.M. Renowned author and surgeon Dr. Atul Gawande will speak on the value of community, and opportunities, as we grow older. Tickets are free, and reservations are necessary by calling the NF Office.

NF Book Club: Tuesday, February 14, 2:00 P.M. Join us at the Falmouth Public Library as we discuss the classic *Democracy in America* by Alexis de Tocqueville. On Tuesday, March 14, we'll be talking about *The Good Girls Revolt* by Lynn Povich. Newcomers always welcome, and rides are available.

Meet for Lunch: Wednesday, February 22, 11:45 A.M. Let's enjoy the Silver Lounge in February. All 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.

Looking Ahead

Senior Salon: Monday, March 6, 2:00–3:15 P.M. Judy at the Piano. Sing along with Judy Risch at the Falmouth Senior Center. Refreshments provided. Please let us know you want to attend.

Annual Paper Shredding Fundraiser: Saturday, April 8, 10:00 A.M.–1:00 P.M. Lawrence School Parking Lot. NF members and volunteers can shred personal papers for free, while others pay \$5 per box, thanks to our sponsor Janney Montgomery Scott.



Tanya White enjoying a seasonable winter's day.

Profile of NF Volunteer and Board Member

Tanya White

By Tom Sbarra

Tanya White's lovely old home is a feast for the eyes. You are immediately drawn to the shimmering views over Oyster Pond and across Surf Drive to the sea. Even without her extensive perennial gardens in bloom, it is captivating. When you can finally turn back inside, you first notice the massive brick fireplace and beautiful moldings of the 1920's vintage house.

The next impressions are of the marvelous array of family remembrances, photos galore of children and grandchildren, beautiful watercolors painted by her mother, a collection of letters written over four long years when her father was away in Europe during WWII, lovingly collected and preserved in a simple and powerful volume by her mother. There is also a collection of cartoons drawn by her mother's father, a political cartoonist for the *Omaha World Herald*. Her younger brother is adding to the collection with a biography of his father. Not many families have access to such a rich assortment of touchstones to their history.“

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Tanya White — continued from page 1

The joy of having these reminders at her fingertips is evident on Tanya's face. The artifacts keep recollections of family fresh and alive even as they renew the sense of loss of loved ones, parents and grandparents, a husband and a son. Reviewing these led to a discussion about how all of us, by virtue of longevity, have accumulated multiple wounds inflicted by such losses of family and friends. We are all simultaneously diminished by these losses and reminded of the joy that these people, so important to us, brought to our lives.

Tanya's life has been a remarkable journey that has continuously looped back upon itself. She grew up in Falls Church, VA, now a suburb of Washington, DC., but then still a very small town. Her mother, a Midwesterner, was an artist, and her father, the son of Russian immigrants, a budding writer. They were busy with seven-year-old Tanya when he was called into the Army for WW11. He would be gone for the duration of the war while her mother and Tanya followed him around Europe with pins in a map. Tanya's brother was born shortly after he left. Yet, somehow mother, Tanya, and baby brother managed throughout the war, and her father thankfully returned safely.

Tanya went off to college in 1951. When, her mother, a Cub Scout den leader, got to talking with another woman at a Cub Scout pack meeting, they found that both their older children were in school in the Boston area, Tanya at Wellesley and Martin at Harvard. Word eventually got back to Martin, who remembered the younger Tanya from high school. He invited her to a Harvard football game (of course, in the 1950's by a written note) and they hit it off. They married while he was in medical school and she was a senior in college—the American version of an arranged marriage!

Tanya earned a master's degree and then stayed home raising their four children while Martin was building a large pediatric medical practice in Lexington, where they would live for the next 45 years. Tanya began teaching special needs students but felt she needed a different challenge. When her own children were in their teens and twenties, she enrolled in a PhD psychology program at Boston College. It took Tanya five years to get her degree, followed by another two years of training, but she fulfilled her dream at age 52 of starting a clinical and family psychology practice in Lexington. She would practice for 25 years, far past the customary retirement age, just for the sheer joy of helping and being intellectually stimulated by her clients.

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**Dr. Atul Gawande to speak in Boston.
Live simulcast for Neighborhood
Falmouth**



To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village is presenting a talk by renowned surgeon, public health researcher, and writer Dr. Atul Gawande, MD, MPH, author of the seminal book *Being Mortal*.

The event will be held on Feb. 13, 2017, from 5 P.M.–6 P.M., and Neighborhood Falmouth friends, members, and volunteers are invited to watch this talk live via streaming here in Falmouth at the Main Library Hermann Room. Dr. Gawande will speak about the value of community and opportunities as we grow older and answer questions from Villages, including NF, around the country. From 6:00 – 6:30 P.M. there will be an informational session about NF, so please suggest that friends interested in membership or volunteering attend.

The event is free, but reservations are required. Call the NF Office at 508-564-7543 to hold your seats.



Welcome new Members:

Margaret and Wes Forte

Welcome new Volunteers:

Jennifer Cattin
Harry McCormick
Alison Pilcher
Cheryl Quinn
Heather Wright

We hope you enjoy your time with NF!



Items You May Want...



The family of a former member has a nearly new recliner chair with an electric lift seat to give away. Let Susan in the NF Office know if you would like it.

Another Member Needs...

A simple exercise bicycle to help with her fitness. Let us know if you have one that you are not using.

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Two of the children were bitten by the New England bug, and still live in the area. Kristin, a genetics researcher at MA General Hospital, lives in Newburyport, and Spencer, an exercise physiologist, lives in Easton. Andrew has been lured to New York to become Deputy Commissioner of Child and Family Services under current Mayor de Blasio. Each family has two children. Even the grandchildren are carrying on the family tradition of helping improve people's lives. Fortunately, the whole family gathers each year on the day after Christmas, Boxing Day, for a reunion and to share gifts. Sadly, Tanya's middle son died at age 40. Photos and mementos are no replacement.

Tanya's friend and companion is another NF board member, Dr. Bob McIntire. How they are together is an amazing story. Tanya and Bob were friends at Falls Church High School, as were Bob and Martin. Shirley, who would eventually marry Bob, was Tanya's best friend in third grade. After living in VA, DC, and MD, Shirley and Bob moved to Falmouth. When thinking of a summer place, it seemed only natural for Tanya and Martin to choose Falmouth, only 90 miles from Lexington, and they bought a home near the McIntires'. Their friendship had continued for more than six decades!

Sadly, both Shirley and Martin died about 10 years ago. Tanya and Martin had been together for 52 years, Bob and Shirley for 54 years. At that point, with so much shared history, it seemed only natural that the old school friends would get together. Bob and Tanya both like to cook. They eat together daily and travel together often.

Tanya spends her days reading and volunteering for NF. She is an NF board member as well as a member of the Falmouth Human Services Committee. She exercises in a warm water fitness pool in Mashpee, which, along with some well-placed cortisone shots has helped her avoid the necessity for joint replacements. She is part of a Lexington widows' group composed of six retired professional women who have all lost their husbands. They keep in touch, meet regularly, and call themselves the Good Grief Girls.

Despite the nicks and bruises along the way and her increasing hearing loss, Tanya says she feels fortunate to be in her beautiful home and to still be able to help others.





“Cookin’ Cozy” By Bruce Ivar Haslun

I am an unwilling baker. Of course if we are having guests or a celebration or a holiday, I begrudgingly, but lovingly, pull out all the stops. That is the 6 bowls of varying sizes, 2 sets of measuring cups, 3 of measuring spoons, flour sifter, 3 layer pans and endless spoons, scrapers, mixers, and whisks that every baking recipe seems to require. And then of course the myriad of ingredients: oily, buttery, melted-chocolate. Or the fine-powdered ones that waft through the kitchen zephyrs and coat every surface with fine dustings. And of course the sugars, pecans, walnuts, and multi-colored sprinkles that crunch all over the once spotless floor. As said, all the stops!

But for everyday meals, for winter suppers with old friends or patio picnics and cookouts with summer visitors, I strive for quick and simple. I also strive to leave ’em guessing. “Did he bake it or not?”

No Knead Cranberry & Pistachio Bread

Using Fleischman’s No Knead Multi-Grain Bread Mix, proceed as box directs. Into the dry mix add ¼ cup cranberries and ¼ cup coarsely chopped pistachio nuts. Bake as directed.

Or for Italian-style dishes, use Italian Herb Mix and stir in chopped fresh oregano, chopped fresh spinach, chopped roasted red pepper from a jar, and grated Parmesan. How much of each? TYT! (To your taste!)

The next recipes two start with a can (tube) of dairy-case jumbo buttermilk biscuits:

Orange Pull-Aparts

Combine in a bowl: ½ cup sugar, 1½ tsp orange zest, ½ tsp cinnamon. In a second bowl, squeeze 3 or 4 TBL fresh orange juice (or you could cheat with OJ from a bottle or carton.) Dip biscuits into orange juice and then into sugar mix to coat. Place each of 8 biscuits into round pie plate. Sprinkle with any sugar and juice remnants. Bake 350 degrees for 25 minutes.

Or:

Cream Cheese Clouds

Mix ½ cup sugar and 1 TBL cinnamon. Cut 8 oz. cream cheese into 8 squares. Melt ¼ cup butter. Separate the 8 biscuits and press to ¼ inch thick. Dip cheese square into butter and the cinnamon sugar. Place in center of dough and gather sides up and around. Place seam side up into lightly greased muffin tins. Drizzle with any remaining butter and sprinkle with sugar mix. Bake at 350 degrees for 15 minutes.

The last two recipes are based on a tube of large size dairy-case croissants:

Fruit & Nut Filled Croissants

In whizzer (Cuisinart), mix 2 TBL whole frozen cranberries, 2 dry apricots, 2 TBL chopped pecans or sliced almonds, ¼ of an orange (peel and all), 1 TBL sugar. Lightly spread each triangle with soft cream cheese and then spread with filling. Roll and bake at 350 degrees for 12–15 minutes.

Country Herb Croissants

Combine in a bowl: 1 TBL sour cream, ½ tsp minced onion, ½ tsp dry parsley, ½ tsp sage, ½ tsp celery salt. Spread onto croissants. Roll and bake at 350 degrees for 12–15 minutes.

Skoal, y’all!

FEBRUARY EVENTS AND ACTIVITIES

Don’t let winter keep you inside. If you are interested in these or other activities, let us know! We can get you a ride and perhaps even find someone to join you.

Play: Falmouth Theatre Guild: *Blythe Spirit* Friday, February 3, 7:00 P.M., Saturday and Sunday, February 4 and 5, 4:00 P.M. Highfield Theater. Noel Coward’s classic, ghostly comedy.

Exercise Class: *Low Impact Cardio and Strength Training to Music*, ongoing Wednesdays and Fridays, 10:45 A.M. at the Falmouth Senior Center. Lose weight, increase your energy, improve your overall well-being. Wednesday & Friday at 10:45AM. Call 508-540-0196 to sign up.

Documentary Film: *The Peacemaker* Saturday, February 18, 7:30 P.M., Redfield Auditorium, Woods Hole International peacemaker Pdraig O’Malley helps make peace for others, but struggles to find it for himself as he works a peacemaking model based on his recovery from addiction. Tickets are \$14 general or \$25 for two people, and can be purchased online or at the door.

Lecture: Falmouth Forum Presents William Fitzhugh “Climate Impacts in the Circumpolar Region: An Archeological Perspective on the Present,” Friday, February 24, 7:30 P.M. at Lillie Auditorium, Woods Hole. Dr. William Fitzhugh is an anthropologist specializing in circumpolar archaeology, ethnology, and environmental studies. He has spent more than thirty years studying and publishing on Arctic peoples and cultures in northern Canada, Alaska, Siberia, and Scandinavia.