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**NEIGHBORHOOD**  
  
**FALMOUTH**  
*Meeting Seniors' Needs*

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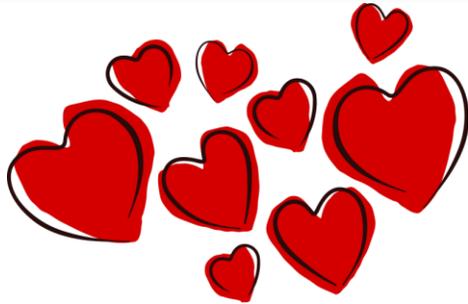
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# Newsletter

February 2018

Phone: 508-564-7543  
PO Box 435, Falmouth, MA 02541  
[www.neighborhoodfalmouth.org](http://www.neighborhoodfalmouth.org)

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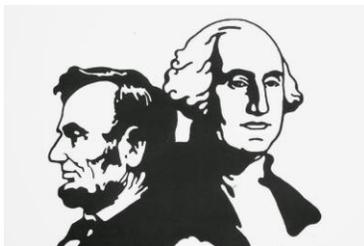


## **DATES TO REMEMBER**

**Annual Winter Soup Lunch, Saturday, February 10, 12:00 P.M., Fellowship Hall at the First Congregational Church on the Village Green.** Join us for a delicious soup lunch with other NF members and volunteers. All are welcome. Please RSVP to Susan in the Office by Feb 5, and let us know if you need a ride.

**Meet For Lunch: Wednesday, February 21, 11:45 A.M.** We had a great group in January—let's gather again in February, when we head to the Quarterdeck in downtown Falmouth (parking behind the restaurant or across the street). Please RSVP to the office, so we can get an accurate head count.

**Senior Salon: "From Mud to Eternity: Ceramics in Our Lives" with Sarah Caruso, Wednesday, March 7, 2:00 P.M. Dillingham Place.** Sarah Caruso is a ceramic artist who is also the manager of the Falmouth Arts Center Ceramics Studio. She will be talking about different kinds of pottery and demonstrating a little of her own technique. She welcomes those who attend to bring along a favorite piece of pottery, to share its story. Call the office to RSVP or request a ride. We'd love to see you!



*JoAnn Fishbein*

## **A Profile of NF Volunteer JoAnn Fishbein**

By Pamela Nelson

JoAnn Fishbein, whose profile appeared in our January newsletter, has an interesting proposal for members of Neighborhood Falmouth. Her idea has evolved over a number of years from a project she originally offered to some of the advanced students she worked with in Senior Net computer classes back at FCTV. Here is a bit of background:

In 1996, Deb Rogers, who manages FCTV, was approached by a national organization, Senior Net. They suggested opening a center at FCTV where Falmouth seniors could learn to use computers. Deb ran the idea past JoAnn, inviting her to develop and run the program, as a volunteer, conjointly with her neighbor, Bill Long. JoAnn agreed to take on the project and found she loved the entire process, offering a variety of classes to hundreds of students and organizing the volunteers who helped teach them. She discovered that working with seniors was personally very satisfying. She was able to

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teach her students in a way that they did not find daunting or embarrassing. For 10 years it was virtually a full-time, albeit volunteer, job. JoAnn began writing grants to replace old equipment and updating training manuals as the technology continued to advance. Early on, the oldest students had the most difficulty, especially men who had never learned to type. For them, the keyboard could be very intimidating. With time, however, fewer people presented themselves as complete neophytes. Toward the latter days of the Senior Net classes, JoAnn discovered a free program called "PhotoStory," which enabled her to help her more advanced students mix pictures, voice, and music to convey some aspect of their lives. One woman wanted to focus on a piece of property she had donated to the 300 Committee. Another, whose husband had been a restaurateur, wanted to use old photos to tell the history of the business, after the restaurant had been torn down. JoAnn loved helping these people tell their stories.

Later, when JoAnn was on the Vineyard as a hospice social worker, she thought back to the photo stories she had helped her students to create. She felt a major part of her role at hospice was life review. Some of her patients enrolled in hospice fairly early, not in their last week or two of life, but many months before their lives actually ended. With them she could say, "Tell me about your life, your family, what's important to you." She knew she had computer skills that could be helpful. For instance, family members often said to her, "What I really miss is my parent's voice." More than once she was asked to help save the recording from the answering machine because that might be the only audio memory the family had of their loved one.

She liked the idea of preserving people's voices. She did not make video recordings because "I think when people are sick they don't like the way they look and don't want to be filmed. But people don't mind telling their stories." JoAnn always asked permission first, and she says a handful of patients allowed her to record them, using a very small recording device that was not distracting. Together they would create a "Legacy Project," meant to be given to the family of her patient. JoAnn would burn a CD of the recording and make a nice cover and an index of the contents, all to be presented to the family as a final gift.

The patients who chose to participate had different, individual approaches to the Legacy Project. One man, in his sixties, asked to borrow the recording device. He had read classic children's stories to his own daughter when she was little, and he wanted to record his own readings of those same stories for his future grandchildren. Another patient talked to JoAnn about the challenges of having raised 10 children, in a

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Whether the weather is frigid, or whether the weather is warm, there are lots of things to do this month. Let us get you there!



**Play: *The Nerd*, Fridays and Saturdays at 7:30 P.M., Sundays at 2:00 P.M. through February 4, Highfield Theater.** *The Nerd* is a funny show with lots of one-liners, laugh-out-loud comedy, and a jaw-dropping twist at the end! Tickets are \$20 for adults, \$18 for Seniors, and can be purchased online or by calling 866-811-4111.

**Author Talk, Thursday, February 8, 1:00 P.M., Falmouth Jewish Congregation.** *The Book of Separation: A Memoir.* Acclaimed novelist Tova Mirvis has written a memoir about leaving her faith and marriage and setting out to navigate the terrifying, liberating terrain of a newly mapless world. Free and open to the public.

**Stage Play on Film: London National Theatre's *Rosencrantz & Guildenstern Are Dead* by Tom Stoppard, Friday, February 16, 7:00 P.M. Falmouth Academy.** Against the backdrop of Hamlet, two hapless minor characters, Rosencrantz and Guildenstern, take center stage. As the young double act stumble their way in and out of the action of Shakespeare's iconic drama, they become increasingly out of their depth as their version of the story unfolds. Tickets are \$15 and are available online at [falmouthacademy.org](http://falmouthacademy.org), by calling 508-457-9696, ext. 200, or at the door.

**Lecture: *Lightships of Cape Cod* with Robertson Dinsmore Thursday, February 22 at 7:00 P.M. and Wednesday, February 10, 3:00 P.M. Falmouth Museums on the Green.** NF Member and Volunteer Bob Dinsmore gives an illustrated talk on lightships, the floating lighthouses positioned where land based lighthouses could not be built. Nearly half of all lightships operated in Cape Cod waters. Entrance is \$5 at the door.

**Concert: Falmouth Chamber Players Orchestra, Sunday, February 24, 4:00 P.M., Cape Cod Conservatory, Falmouth.** Members and friends of the orchestra (Laura and Fritz's orchestra) will play a variety of short works from various musical genres. Suggested admission donation is \$15 for adults and \$5 for students. Please call Fritz Sonnichsen for more info. (508)274-2632.

## VOLUNTEER SPOTLIGHT



*NF Volunteer Louise Baker, left, with NF Member Mary Daigle.*

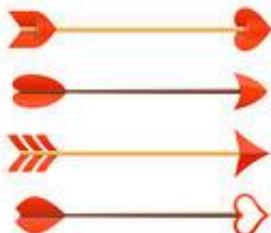
Louise Baker grew up in Falmouth and earned a degree in physical therapy from Tufts University. After she married, she left Falmouth for 51 years.

While she was away, she lived in 8 other states, working as a physical therapist wherever she lived. She also volunteered for two mission trips to Kenya and one to Haiti, working at a Christian Center and as a counselor at a refuge for homeless pregnant women.

Leaving her most recent home, in Alabama where she had retired, she returned to Falmouth two and half years ago to take care of her brother, beloved Falmouth eye doctor Arthur Baker. She reunited with old friends, loved it here, and decided to stay even after Arthur died.

She became a dedicated volunteer with NF and with the Fresh Market at Falmouth Service Center. She facilitates a Women's Bible Study group and co-leads a small group at her church.

Thanks for all you do, Louise! We are happy that you are with us.



## JoAnn Fishbein — *continued from page 2*

neighborhood where large families were the norm. JoAnn made “a zillion copies” of this recording for the woman's numerous children and grandchildren.

A man with Alzheimer's enjoyed looking at a book of Norman Rockwell posters with JoAnn. The images triggered memories and amazing stories of old Americana and of his childhood that he had not been able to relate to his family for years. Yet another woman wanted to record her ethical will, sharing the life lessons she wanted to pass on to the next generations.

When JoAnn retired, she realized she wanted to bring this idea forward. She talked to Susan Loucks about offering a version of the Legacy Project to members of Neighborhood Falmouth. It is not just a matter of turning on a recording device, she says. It takes time to elicit and organize these memories and reflections. “It is more than just getting a story. You are working with people, helping them process their memories. As we get older, we all need to do this. Just by telling the story, even if you have told it before, every time you review it, it helps you accept the life you've had, to be comfortable with where you are and with what you did in life.”

Of course, technology continues to change. Fewer people own CD players, JoAnn tells me. She points out that saving the material on a thumb drive is not as attractive as having a CD with a nice cover.

JoAnn will be away until March. But she has made creating a personal and personalized Legacy Project an intriguing offer for the consideration of Neighborhood Falmouth members.



## *We remember NF Member*

*Eileen Franzen*  
*November 28, 1920 – December 25, 2017*



*She was beloved by many and will be missed.*



## “Cookin’ Cozy” By Bruce Ivar Haslun

After Sunday service at our First Congregational Church of Falmouth, we have a long-standing tradition of getting together for coffee and fellowship. Baked goods have come from various volunteer sources. But this year we are trying to organize things a bit and all of the standing committees are asked to be responsible for a month of baking, thereby sharing the work.

This month was the Board of Deacons’ turn at bat and I happen to be one of those. As I’ve confessed on this page many a time: I CAN bake but I do it reluctantly. Happily, my mother-in-law is a wonderful and creative baker who willingly shares her simple, quick recipes with me. I file them in my cookbooks under “Ma’s Baking.” Thus we have this month:

### **Ma’s Make-Ahead Bran Muffins**

This is the full scale recipe. In parentheses are the half scale ingredients.

- 5 cups flour (2½)
- 2 tsp salt (1)
- 5 tsp baking soda (2½)
- 2 tsp cinnamon (1)
- 2 ½ cups sugar (1¼)
- 15 oz (1 box) Raisin Bran cereal (7½)

In a large bowl mix all above. Then in a separate bowl mix:

- 1 qt buttermilk (1 pint) – FYI, simple to substitute with regular milk & vinegar or lemon juice
- 4 beaten eggs (2)
- 1 cup vegetable oil (1/2)
- 3 TBL orange zest (1½)
- 1 cup chopped pecans (1/2)

Combine contents of both bowls and blend.

This mix will keep in a plastic container in the refrigerator for up to 6 weeks without harm. When needed, bake at 375 degrees:

- Mini muffin cups or regular – 20 minutes
- Mini bread loaf – 45 minutes (check with toothpick method to ensure done)
- Regular (4x8 inch) bread loaf – 55 minutes (again, check with toothpick to ensure done)

Sprinkle liberally with cinnamon sugar (optional.)

Don’t be a slave to the recipe. Instead of Raisin Bran, use any plain bran cereal and mix in any dried fruit (cranberry, chopped apricot, chopped dates, etc.) Same with nuts—walnuts or even try almonds.

Cookin’ Cozy recipes are usually meant for 2–6 adults. But this one is terrific to salt away for those occasions when you’re called upon to contribute to a big family or volunteer breakfast, brunch, or coffee hour. With the full recipe, Carol and I made 24 mini muffins, 24 regular muffins, 1 regular (4x8) bread, and 3 mini (2x6) breads. Great with morning coffee on cold mornings—cozy!

Skoal y’all  
Bruce Ivar Haslun



### *Welcome new NF Members:*

Tom Browne  
Tom Moseley  
Scoba Rhodes

### *Welcome new NF Volunteers:*

George Brodie  
Patricia Casamassima  
Jim Condon  
Christina Jacobi

*We are so glad you have joined us!*

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