

May 2016

Phone: 508-564-7543
PO Box 435, Falmouth, MA 02541
www.neighborhoodfalmouth.org

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HAPPY MOTHER'S DAY!

Meet for Breakfast: Monday, May 9, 9:00 A.M.

Our last Meet for Breakfast before we break for summer is Monday, May 9, at 9:00 a.m. at Friendly's. We are a small and spirited group, and we'd love you to join us! Please call the office if you need a ride.

The NF Annual Spring Gala: Friday, May 13, 6:00–8:00 P.M. Come to the Falmouth Yacht Club for this fun evening of music and friendship with a beautiful sunset—which will be even better with you there! Tickets are \$75, and reservations are required. Let us know if you need a ride.

NF Book Club: Thursday, May 26, 2:00 P.M. Our next book is *Nora Webster* by Colm Toibin. We meet in the Trustees' Room at the Main Library. Newcomers always welcome.

Meet for Lunch: Tuesday, May 31, 11:45 A.M. In May, join us at the BBC in Falmouth Heights for friendship and conversation. 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.

SAVE THE DATE: June 30, 7:00 P.M.

"Navigating the Care of Your Aging Parents"

A conversation with Janet Benvenuti, author and family and aging advocate, on how to address the legal, financial, medical, and caregiving challenges of aging, even when families live at a distance. To be held at the Unitarian Universalist Church on Sandwich Road. Free and open to the public.
Thanks to Sponsors: Elder Life Care Network, Janney Montgomery Scott, and Royal Megansett.



Judy Tenca at an NF event.

A Profile of NF Member Judy Tenca, Part 2 By Pamela Nelson

Judy and Joe Tenca arrived with their three children in New London, Connecticut, during the summer of 1963, after leaving Naples, Italy, where Joe had been stationed for over three years. Joe, who enjoyed working in the specialty branches of dentistry, including pediatric dentistry, decided to apply for a residency in endodontics (root canals). This decision worried Judy, who had hoped to remain physically close to her recently widowed mother, still living back in Ohio. However, the only program open to Joe was at Balboa Naval Hospital in San Diego, and Judy reluctantly moved the family "as far away as they could go," to California. After completing the two-year residency program and passing his boards, Joe then served on an aircraft carrier out of Long Beach, bound for Vietnam for a seven-month mission. Being in California in the mid 1960s was hard on Judy, but after that, returning to the Washington, DC, area during the height of the Vietnam War protests was difficult as well. The family drove back east through Canada on a scenic route, a narrow two-lane highway, with three children and a dog crammed into a Buick Special sedan, nights spent under Motel 6 signs. They finally turned south in heavy traffic on Canada's national "birthday," Dominion Day, and arrived in DC in time for the Fourth of July.

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Judy Tenca – continued from page 1

The Tencas lived in Silver Spring, Maryland, while Joe taught in Bethesda and earned a master's degree in higher education. By the mid 1970s, daughter Mary was enrolled at Boston College and Tim had followed his father's footsteps to Holy Cross. Joe decided to retire from the Navy and embarked on a new, 19-year career as chairman of the Division of Endodontics at Tufts Dental School. There, in spite of friction with administration, he was popular with students and known as the "open-door professor." He routinely arrived at 7 a.m. to work with eager undergraduate dental students and with graduate students interested in becoming certified endodontists.

The family lived in Weston, and Beth, the youngest child, who was accustomed to strict parochial schools, struggled in its public high school, with its open campus and relaxed rules. Eventually she became more disciplined, and was admitted to and excelled at Boston University in their occupational therapy program. She now works with special needs students.

Joe, who grew up on Long Island, loved the idea of living on Cape Cod near saltwater. Beginning in the late 1970s, they escaped on weekends and holidays to a condominium in East Falmouth, and later they bought a house in Acapesket, where they retired. Mary, Tim, and Beth have all married and had children. A photograph taken at Acapesket on their dock on the occasion of Judy and Joe's 50th wedding anniversary shows the entire family, including the 10 grandchildren, five boys and five girls, all of whom have since graduated from college and are gainfully employed. (At the celebration dinner that evening, held in Sandwich at the Belfry Restaurant, Judy reports "there were 35 Shirley Temples on the bill"!) Judy is proud of all of the grandchildren, and told Beth's oldest daughter, who works with special needs students in an orphanage in Uganda, "If you don't make a dime, but you are happy, you'll be okay."

Judy herself is familiar with the advantages and hardships of aging. At about the time that Joe retired from Tufts, he was diagnosed with metastatic, inoperable prostate cancer and began hormone therapy. More than 20 years later, he appears to be cancer-free. But 11 years ago, after a series of falls and other worrisome symptoms, he was diagnosed with Alzheimer's disease. At first he cut back on golf and shellfishing as well as on activities requiring social interaction. The couple had been spending winter breaks in Vero Beach, Florida. During their last foray to Vero Beach, Judy had hoped to visit the Florida Keys, go to lots of movies, and eat out every other night. Joe,

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MAY EVENTS AND ACTIVITIES

With spring here, there is so much to do, and we'd love to get you a ride to these or other activities if you are interested. Please call the office to learn more.

Play Screening: National Theatre of London's "The Audience" Friday, May 6, 7:00 P.M. at Falmouth Academy. "The Audience" features Helen Mirren as Queen Elizabeth II. For 60 years, the queen has met with prime ministers in a private weekly session. Tickets are \$15 and can be purchased online, by phone, or at the door.

Falmouth Theater Guild: Shrek—The Musical Fridays and Saturdays May 6–22, 7:30 P.M., Sundays at 2:00 P.M. The tale of an unlikely hero, an ogre named Shrek. Irreverent fun for the whole family. Tickets are \$20 for adults, \$16 for Seniors. Buy online at falmouththeatreguild.org or call 866-811-4111.

Falmouth Chamber Players Orchestra Musicale (Laura's group): Members and friends of the orchestra will present a variety of short classical and contemporary chamber music works, including works by Bach and Mozart. Admission is by donation at the door, suggested donation \$15 adults. For information, call (508) 274-2632.

Woods Hole May Festival: Saturday, May 28, 10:00 A.M.–3:00 P.M. Taft Playground and Ball Park, Bell Tower Lane, Woods Hole. Enjoy lobster rolls, hamburgers, and strawberry shortcake while seeing old friends and lots of young families. Parking is limited.

Welcome new Members:

**Caroline Bacon
Helen Willis**

Welcome new Volunteers:

**Louise Baker
Jeremy Brown
Ellie Lascari
Anne Zettlier**

Welcome new Board Members:

**Carol Chittenden
Martha Gavenas
Karen Rinaldo
Ton Sbarra
Lee Turner**

We're glad you have joined us!

Judy Tenca – continued from page 2

however, was unable to budge from the couch, and instead Judy enlisted her daughter Mary's help to return with him to Falmouth. Six years ago, Joe fell downstairs, sustaining cervical and thoracic vertebral fractures. After hospitalization in Boston and rehab at Spaulding Rehab Center, he entered JML. Judy visits him there regularly, and tells him the family's news but is uncertain if he can follow her or recognize her. She imagines that the thoughts Joe does have "get caught in the amyloid tangles in his brain and can't find their way out." And yet, on a recent visit, he surprised her, looking up when she entered the room and saying, "Look who's here!"

Visits from her three children help to sustain her, and Neighborhood Falmouth events provide her with occasional company and some needed household assistance. (She says she can no longer climb on a stepstool.) Judy and Mary have traveled twice to Greece in recent years. But Judy misses Joe's company and the adventures they shared, especially during his Navy years. She looks forward to the upcoming wedding of one grandson, confident that the whole family will make every effort to be there. It is a testament to her success as a parent, and a solace as well, that the Tenca family remains close-knit and that the grandchildren enjoy each other's company. Back when she and Joe were moving every 18 to 24 months and her children were always the new kids in school, she used to encourage them, saying, "Got the butterflies in order? Just keep those butterflies in formation and we'll be fine." That same determination serves her well now, with one of the more challenging episodes of her life's journey still in progress.

**We remember NF Member
Carmela Kinsman
October 12, 1927–April 27, 2016**



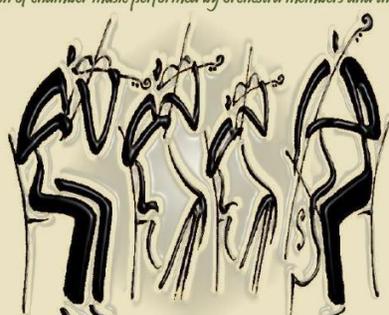
Carmela, at left, with Becky Moffitt

**and extend our condolences to her family.
NF Volunteers remember fondly Carmela's
warmth, humor, and generosity.**

Falmouth Chamber Players Orchestra
Presents *John Yankee, Music Director*

Musicale

An afternoon of chamber music performed by orchestra members and their friends!



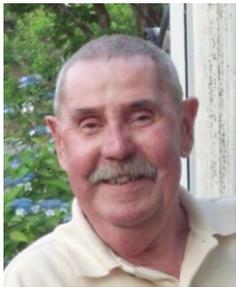
Continuing our tradition of bringing great music and fun to Cape Cod audiences!

Bach, Dvorak, Lianhou, Mahaut, Mozart, Purcell, Reicha, Staeps and more!

Sunday, May 15, 2016 at 3:00 pm
Cape Cod Conservatory - 60 Highfield Drive, Falmouth

Admission is by donation - suggested donation is \$15 for adults, \$5 for students
For more information contact Fritz Sonnichsen (508) 274-2632 Email: FCPO@FalmouthChamberPlayers.org
www.FalmouthChamberPlayers.org
Falmouth Chamber Players Orchestra is a 501(c)(3) organization





“Cookin’ Cozy”

By Bruce Ivar Haslun

Another of those recipes that I love! Carol doesn’t cook much, but this is one she got from her mother, and I’ve been using it ever since. It only takes 6 ingredients for the basic recipe,

but you can tart it up with all kinds of extras. Served with a bit of fruit and store-bought sweet buns, it’s an elegant brunch. Add a green salad and croissants from the dairy case and you have a lovely luncheon dish. Carol and I will have two slices for dinner, put the rest in the fridge and have it again a few days later. It keeps well and reheats in the oven or microwave. It can be made one day and cooked two or three days later. Best of all, the recipe has never failed me and that includes at College Light Opera Company where I fed 10 tables of 8 people and would cook up 20 quiches at a time. The crew loved them in all their variations.

Ma’s Impossible Quiche (serves 4)

- 1 10-ounce package chopped frozen spinach or broccoli
- 1 – 2 cups shredded cheddar or Swiss cheese
- 1/3 cup chopped onions
- 2 cups milk
- 4 eggs
- 1/2 cup Bisquick

Grease/spray a 9-inch pie or quiche plate (see note below.) If using frozen spinach, thaw and squeeze dry. For frozen broccoli, thaw and chop. For fresh broccoli, steam florets for 5 minutes and chop. Sprinkle green vegetable and onion into pie plate. Mix last 3 ingredients with a whisk and pour over vegetables. Place pie plate on a sheet pan...very occasionally I’ve had the dish overflow. (It makes a real mess!) Bake at 350 degrees for 55 minutes. Let stand 10 minutes before slicing.

Variations I’ve developed over the years:

- Can add any cooked meat, chopped, crumbled, or diced, about 1 cup.
- Leave out green vegetable and add cooked, crumbled sausage and cranberries.
- Arrange sliced tomatoes on top before cooking and sprinkle with chopped parsley or basil before serving.
- For a seafood variation, use 12 ounces crabmeat or small salad shrimp, 3 chopped green onions, 1 teaspoon lemon zest, 1/2 teaspoon Old Bay seasoning, 1/8 tablespoon red pepper flakes, and sprinkle with shredded parmesan.

- For a poultry variation, use 1 cup grilled chicken cubed or shredded, sliced mushrooms, 2 tablespoons sliced black olives, and 2 tablespoons of basil cut in strips.

Notes re pie/quiche plate size: Can use, 8, 9, or 10 inch plate. It will rise up, so don’t forget the sheet pan underneath while baking. As you add more “fillings,” you’ll need a larger dish.

Skoal y’all!
Bruce

We gratefully acknowledge support from:

Beatrice A. Bunker Architecture • Cape and Islands United Way • Cape Cod Cooperative Bank • Cape Cod Five Cents Savings Bank • Cape Cod Five Cents Savings Bank Charitable Foundation Trust • Bristol County Savings Bank • Celebrations • Pat Dillon, Ermine Lovell Real Estate • Dr. Richard Armstrong, Falmouth Podiatry • Falmouth Fund of the Cape Cod Foundation • Foley & Foley, PC • Gardens by Barbara Conolly • Hamilton Tree and Landscape • Janney Montgomery Scott • Carol Kenney, Esq. • Michael Leahy, MD • Dr. James W. O’Connor • Dr. Gerald Roan • Royal Nursing Megansett • Simply Hearing • Upper Cape Ear Nose and Throat • Waterbury Optometry • Windfall Market & Windfall Florals • Dr. William Wittmann • Wood Lumber Company • Woods Hole Foundation



Community Service Day

Do you need help with yard work, need windows washed, or patio furniture brought out from the garage? Sunday, May 15, is Mikvah, a community service day, thanks to the Falmouth Jewish Congregation. If you have spring projects that you would like help with, please call the office, and we’ll get you on the list. Don’t be shy!