



Newsletter

September 2016

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DATES TO REMEMBER

Senior Salon: Wednesday, September 7, 2:00–3:15 P.M.

The Road We're All On: Healthy Planning For Healthy Aging. Join us at Dillingham Place when Melissa Weidman, Director of Community Education and Outreach at HopeHealth, shares resources and ideas on how we can plan for the challenges of aging and serious illness before there is a crisis. She'll tell us what HopeHealth is and does, and about the wide range of services available that can provide expert care delivered wherever you are and covered by Medicare and all private insurance. Let us know if you are coming, and if you need a ride.

NF Book Club: Wednesday, September 7, 3:30 P.M.

Plan to join us at Dillingham Place after the above program to discuss our latest book, *What She Knew* by Gilly Macmillan. Newcomers always welcome, and rides are available.

Meet for Breakfast: Monday, September 12, 9:00 A.M.

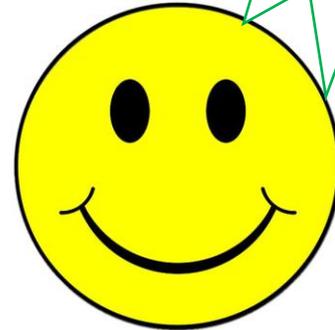
Meet for Breakfast returns! We are a small and spirited group tucked away in the back of Friendly's. Please join us! RSVP's helpful, but not at all necessary. Please call the office if you need a ride.

Meet for Lunch: Wednesday, September 28, 11:45 A.M.

Now that moving around town is a bit easier, let's meet up at the Coonamessett Inn for good food 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.

NF Portrait Exhibit in September

Neighborhood Falmouth: Honoring a Part of Our Community, the portrait exhibit that features faces and gives a peek into the lives of a few NF members and volunteers, moves to the Eastern Bank Teaticket Branch (Sandwich Road near Main Street) for the month of September, with more stops planned throughout the fall and into 2017. If you missed seeing it at the library, be sure to catch it at this or a coming destination.



Our member profiles are taking the month off and will resume again in October. Happy September!

Welcome new Members:

John Donnelly
Cynthia Haigh

Welcome new Volunteer:

Tony Colacchio

*We hope you love your experience with
Neighborhood Falmouth!*

ELECTION TIME NEARS

Your vote is important, in every election, and NF wants to make sure that you get to the polls on voting days: Thursday, September 8, for local elections, and Tuesday, November 8, for the national election.

Please call the office (and it's never too early!) if you would like a ride on either election day.

SEPTEMBER EVENTS AND ACTIVITIES

Falmouth offers so much culturally, aren't we lucky? If you are interested in these or other activities, we'd love to get you a ride and perhaps even someone to join you. Please call the office to learn more.

Play Screening: National Theatre of London's *A View From The Bridge* Friday and Saturday, September 16 and 17, 7:00 P.M. at Falmouth Academy. Arthur Miller confronts the American dream in this dark and passionate tale.. Tickets are \$15 and can be purchased online, by phone, or at the door.

Fall Open House: Highfield Hall & Gardens, Sunday, September 18, 12:30–3:00 P.M. Celebrate Highfield Hall's 10th anniversary. Free admission.

Falmouth Theater Guild: *The Ferndale Avenue Housing Estate Townswomen's Guild Drama Society Presents Murder at Checkmate Manor*, Friday and Saturday September 23 and 24, 8:00 P.M., Sunday, September 25, 2:00 P.M., Highfield Theater. A small town theater group stages a murder mystery with comic mayhem both on and off the stage. Tickets are \$18 for seniors (aged 62+), \$20 for adults. Call 866-811-4111 to purchase tickets.

Falmouth Chamber Players Orchestra (Laura's group): *Musicale*, Sunday, September 25, 3:00 P.M., Cape Cod Conservatory, Highfield Drive, Falmouth. Under the direction of John Yankee, members and friends of the orchestra will present a variety of short classical and contemporary chamber music works, including works by Mendelssohn and Mozart. Admission is by donation at the door. Suggested donation is \$15 adults, \$5 students. For more information, contact Fritz Sonnichsen (508) 274-2632, email: FCPO@FalmouthChamberPlayers.org.

Women Sing The Blues: A Robert Wyatt Lecture Thursday, September 22, 7:00 P.M. - 9:00 P.M. Highfield Hall & Gardens. Although blues music was spun by slaves on southern plantations as an oral tradition, classic female blues emerged early in the 20th century as a mixture of traditional folk blues and urban theater music. Dazzling pioneers like Ma Rainey, Bessie Smith and Ethel Waters catapulted the vocal form onto the world stage, and the blues grew as one of the most popular forms of jazz. Tickets are \$25 for non-members, \$20 for members.



“Cookin’ Cozy”

By Bruce Ivar Haslun

The good Lord and my dear Carol know I can (occasionally) be a curmudgeon. I detest cold weather, both mentally and physically. I suspect it's a by-product of too many 40-day ocean station patrols in the far north Atlantic during my days as a Coast Guard cutterman. Trouble is, I also dislike Florida, mentally and physically. In a more perfect world, I would have had a doting uncle leaving me millions and allowing me my wonderful home in Falmouth and another, equally glorious, on one of those little South Carolina islands that Yankees don't know about. And while I'm lost in my dream world, how about a fast, comfortable, fully crewed motor yacht to take me back and forth?!?

All this by way of saying we are still far from dreaded winter, and first we have that wonderful New England season, autumn. It's cooler weather, not too many outlanders, a great array of migrating birds, much milder automotive traffic. Never mind leaf peep. Let's get a picnic hamper and go “beach peep” with a simple four-course elegant luncheon for two friends.

Picnic Appetizer

I'd suggest cooked shrimp in two containers. In one, do a traditional shrimp cocktail sauce with ketchup and horseradish. In the other, do Sauce Louis: 3 Tbs mayo, splash heavy cream, 2 Tbs chili sauce, splash Worcestershire sauce, and a squeeze of lemon. Mix shrimp in, and take two forks along. Next course, sandwiches for two (or cut in two and share.)

Honey Wheat Poultry Sandwiches

Stir together soft cream cheese and apricot preserves. Butter this mix onto 4 pieces of honey wheat bread. Layer on roasted or grilled thin-sliced chicken breast. Top with cooked bacon and planed or shredded cheddar cheese. Top with second piece of honey wheat.

Tuna Avocado Sandwiches

Mash, combine, and mix 1 avocado, 1 Tbs lime juice, 1/8 cup chopped red pepper, ¼ tsp garlic powder, and black pepper. Into this mixture, gently flake one can drained tuna. Spread onto two slices favorite bread. Add slice of ripe tomato and maybe some red onion slices and finish with another favorite bread slice.

Tomato and Cucumber Soup

Put into the food processor 1 small peeled and seeded cucumber, 1 large peeled tomato, 1 clove garlic, 2 green onions (white and green parts), 1 Tbs parsley, 1½ Tbs cider vinegar. Whiz to liquefy. Stir in ½ cup chicken broth and chill. Whisk in 8 oz. sour cream.

Or a bit more daring...

Carol's Really Good and Really Easy White Sangria

In a 4 cup measuring pitcher: 2 tsp lime zest, 1 cup (3 limes) lime juice, ¾ cup sugar, top off with water to equal 4 cups. Refrigerate mix and add 1 bottle white Rioja wine (\$6.99 at local big liquor store.) When ready, pour both into thermos. Take ice along and put into glasses, not into punch container or thermos. (Don't want to water this down!)

And finally for dessert. I love yogurt for breakfast. (It's as if Mom said, "You can have ice cream instead of cereal.") So save two plastic containers and rinse them out. Fill them with your favorite ice cream or sherbet. Cover with plastic wrap and hold it down with a rubber band. Freeze hard. By the time you and your friend have finished lunch, dessert will be ready.

Just curious. Do any of you New Yorkers remember Coney Island Beach? Jones Beach? Glen Island Beach? Rye Beach? Swimming in the Bronx River? Email us at hashardt@comcast.net

Skoal, y'all!



We gratefully thank the following organizations for their support of Neighborhood Falmouth:

Beatrice A. Bunker Architecture • Cape Cod Cooperative Bank • Cape Cod Five Cents Savings Bank • Cape Cod Five Cents Savings Bank Charitable Foundation Trust • Chapman Cole & Gleason • Bristol County Savings Bank • Celebrations • Elder Life Care Network • 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 • Jorge Muxica, Kalospix • 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

Senior Salon and Aging Anonymous Return in September

The first of our quarterly *Senior Salon* series begins **Wednesday, September 7, from 2:00–3:15** at Dillingham Place. Melissa Weidman, Director of Community Education and Outreach at HopeHealth will lead us in conversation about *The Road We're All On: Healthy Planning For Healthy Aging*. Learn more about resources that you can take advantage of, no matter what insurance you have or where you are, as well as how you can plan for the challenges of serious illness before there is a crisis. She'll also tell us how HopeHealth works. Rides are always available, Just let the office know you want to attend.

The season's first *Aging Anonymous* will be on **Wednesday, October 12, from 2:00–3:15**, also at Dillingham Place. Aging Anonymous, also held quarterly, is an opportunity to get to know each other and to share what's on our minds in a supportive and non-judgmental atmosphere. From the quirks and indignities of our aging bodies to the joys and privilege of wisdom gained through the years, we're open to talking about it all. Friendship, changing attitudes . . . whatever comes up. Come and share or come and listen as we navigate this "Elderhood" time of our lives. All are welcome. As with *Senior Salons*, rides are available—just let us know you want to attend.