

April 2015

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

DATES TO REMEMBER

Meet for Breakfast: April 13

Our monthly Meet for Breakfast is Monday, April 13, at 9:00 a.m. at Friendly's. We hope to see you! We order from the menu, and separate checks are provided. Please call the office if you need a ride.

Meet for Lunch: April 15

This month, come to British Beer Company on Wednesday, April 15, at 11:45 a.m. We order from the menu, and get separate checks. Please call the office if you need a ride or to reserve a place. All are welcome.

NF Annual Meeting: April 16

The annual meeting of the NF Board of Directors is Wednesday, April 16, 2:00 p.m. at Highfield Hall. All members and others interested are welcome to meet the incoming directors and enjoy cookies and coffee.

NF Book Club: April 30

We're meeting Thursday, April 30, at 2:30 p.m. in the Trustees Room at the Main Library to discuss *The Invention of Wings* by Sue Monk Kidd. Our book for May is *Americanah* by C.N. Adichie. Get your request to the library now, or Eight Cousins gives a 15% discount for book groups if you want to purchase the book. Newcomers welcome!



Peggy Ledwell at home on her porch.

A Profile of NF Board Member

Peggy Ledwell

By Patricia White

Ask NF's newest board member, Peggy Ledwell, a question and you're likely to observe a skilled listener formulating a thoughtful answer. Her early career in special education and seventeen years as a case manager for Elder Services undoubtedly helped Peggy develop these skills. Now, in her early years of retirement, Peggy has found in Neighborhood Falmouth what she had sought in her professional career, an opportunity to align herself with an organization designed to help others. In a recent interview, Peggy shared some of her reasons for getting involved with Neighborhood Falmouth, reasons that build upon her fondness for case management and concern for people and community.

In fact, Peggy had been following the development of Beacon Hill Village for years while she was working, so when asked to join the board of NF, a similar organization, it was a natural fit. Given her interests, it's no surprise that Peggy found her place on the membership committee and has joined
(continued on page three)

Paper Shredding Event and Cookie Sale!

Shred Those Private Documents
and Support Neighborhood Falmouth

**Saturday, April 11
10:00 a.m. – 1:00 p.m.
Lawrence School Parking Lot**

Members and Volunteers free,
all others pay \$5 per box
NF thanks Sound Financial Advisors at Janney
Montgomery Scott for donating shredder
services. Call the office for more details.



**Spring is here (believe it or not!)
And it's time for the**

**NF Spring Flowers Gala
Friday, May 8, 2015
6:00–8:00 p.m.
Highfield Hall & Gardens**

Enjoy an upbeat evening out with NF Members, Friends, and Volunteers. Find that flowered tie, scarf, brooch, or hat at the back of your closet and be part of the flower theme.

There will be music (not too loud for talking), plentiful hors d'oeuvres, a cash bar, and silent auction items with a flower/garden theme.

*It's going to be great fun,
even better with **YOU** there!*

Tickets are \$75 and are now on sale. Invite your friends and (adult) children so they can support NF, too. Call Susan at the NF Office for details or to purchase your ticket.

Members, let us know if you need a ride!

We gratefully acknowledge support from:

Bank of Cape Cod
Eight Cousins Bookstore
Falmouth Fund of the Cape Cod Foundation
Falmouth Podiatry
Janney Montgomery Scott
John's Liquor Store
Lawrence Lynch Corporation
Locust Street Sign Company
Recovery Without Walls
Royal Health Group/ Megansett
Stop & Shop Companies, Inc.
Waterbury & Olson Optometry
Windfall Market & Windfall Florals
Wood Lumber Company
Woods Hole Foundation



Bakers needed! Strong backs needed!

The Saturday, April 11, Shredding Event is likely to be bustling. We'd be grateful for your contribution of homemade cookies for the bake sale (we can pick them up) or for your time helping to take boxes from cars to the shredder.

Call the office for details. And thanks!

APRIL CULTURE CLUB

Enjoy the cultural life of Falmouth with help from NF! If you'd like to go, we'd love to get you a ride and give you a friendly person to sit with.

Lobby Exhibit: Quilts Galore
Wednesday, April 01, 9:00 A.M. –
Monday, April 27, 4:00 P.M.
Falmouth Artists Guild at Falmouth Art Center

The Falmouth Art Center's lobby gallery will have on a display a collection of art quilts handmade by Cape Cod artists. Come enjoy this free exhibit.

International Cooking Series: Spanish Cuisine with Carmina Mock
Wednesday, April 08, 12:30 – 2:30 P.M.
Highfield Hall & Gardens

Join Gail Blakely and Carmina Mock in the Highfield kitchen to learn tips and enjoy tastes of authentic Spanish cuisine. Tickets are \$34 for Highfield members and \$39 for non-members. Register online or call 508-495-1878, ext. 2.

Classic Movie Night: "The King and I"
Wednesday, April 22, 7:00 P.M.
Falmouth Cinema Pub

Enjoy Yul Brenner, Deborah Kerr, and Rita Moreno in this classic story to benefit the Carousel of Lights. Doors open at 6 pm for food and drinks. Reserve at carouselmovietickets@gmail.com or pay at the door. Suggested donation is \$10.

Spohr Gardens Daffodil Days
Saturday, April 25, 2015 10:00 A.M. – 4:00 P.M.
Spohr Gardens, 45 Fells Road

Experience the sheer beauty of thousands of daffodils! Admission is free, though you can support the Spohr Garden Trust by purchasing plants, gardening books, and raffle tickets. Special children's activities are at 11:00 a.m. and 1:00 p.m. Guided tours run at 12:00 noon and 2:00 p.m.

Peggy Ledwell – continued from page 1

Davien Gould on the hospitality team for NF events. In addition to enjoying the camaraderie of the work with other board members, she noted that while membership is steadily increasing at a rate of one to two new members per month, efforts to maintain and increase those numbers must be repeated and sustained over time. Membership building is not a “one-and-done” enterprise, and the next good idea may come from anywhere.

The same is true for NF activities in general, not just those geared towards membership building. Peggy encourages people to be inquisitive and share your thoughts. One never knows how a spark of interest can grow in an organization of caring individuals. If there is something you, as a Member, Volunteer, or friend of the organization would like to see the NF community investigate or try, let others know. There may be someone else who has a similar interest or idea, there may be a better suggestion just waiting nearby, but none of them will materialize unless people share their ideas and ask others to consider them. Peggy hopes to see more social activities on the NF calendar, like ice cream socials, local sports events, or getting together to make window boxes. What would you like to see or do?

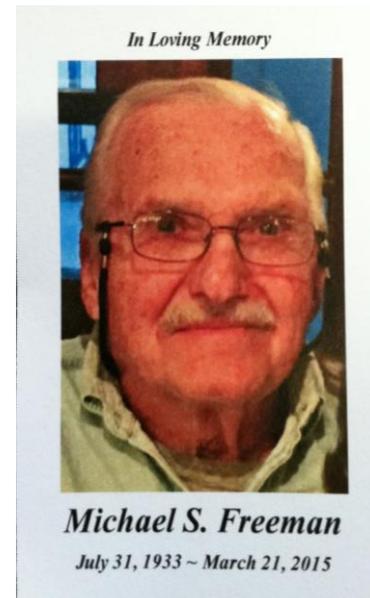
Peggy likes to find out about what people enjoyed doing when they were younger. By asking questions, Peggy learned that one of her Elder Services clients missed painting and was able to arrange for a friendly volunteer to come weekly, help her set up her easel, and paint with her. Thus, this woman began painting again after years away from it. “Sometimes the most simple questions elicit the most heartfelt responses.”

Peggy and her husband Jim moved to the Cape twenty-five years ago when Jim, a physical oceanographer, joined the Woods Hole Oceanographic Institution. For seventeen of those years, Peggy was a case manager for Elder Services with the majority of her 120 clients living in Bourne and Falmouth. She enjoys case management because she likes solving puzzles and helping people get services. She is quick to point out that the help goes both ways: It was one of her elder clients whose self-resilience and life experience helped Peggy cope with the emotional stress brought on by the tragic events of 9/11.

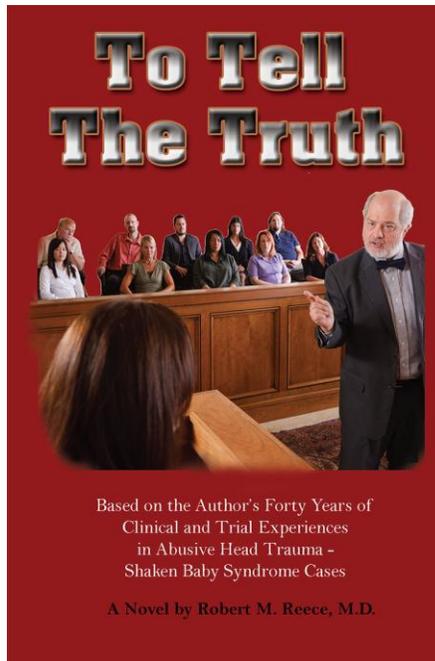
In fact, Peggy had a lot more to say about what she likes about working with her elder clients and the NF Members than she did about herself. (I suspect that had much to do with her character as it did with my rusty reporting skills.) Clearly, community is important to Peggy and she admires greatly the character traits she sees prevalent in so many neighbors who are part of her generation. Self-determination, hard work, and a sense of goodness are three characteristics she recognizes as treasures among the people she has worked with. Peggy noted that many seniors raised their families in a time when long-term job security strengthened housing stability and one’s ties to community, something that today’s workers may not have due to the large increase

in contracted, rather than salaried, positions. The more stable environment of years ago and the tenacity of those who lived then allowed people to dig in and develop their lives within their communities. In many ways, Neighborhood Falmouth directly addresses these changes in community and the importance of staying in contact, helping each other, and sharing interests.

When asked what she would like the members to know about how best to utilize Neighborhood Falmouth, Peggy shared a few pearls: First, that aging is a process, and circumstances are constantly changing. Therefore, it’s helpful to actively consider what your needs are and what they might be in six months, or a year, or given another life event. Ask for help before you need it. Make time with loved ones and yourself to consider and discuss practical matters and what your needs are and how they might be filled by drawing on all available resources of family, friends, neighbors, and organizations designed to help. Don’t be shy—if you have a particular need, there is a good chance others do as well; make your concerns known and help is likely available. Together, people can make a difference in each others’ lives. For those who are helping others navigate life changes, it’s important to “always be respectful and ask simple questions about the future. Remember that the simplest questions can elicit truly heartfelt responses.”



*We extend our deepest sympathies to the family
and friends of NF Member Michael Freeman
who died recently.
Our thoughts are with you.*



Congratulations to NF Board Member
Dr. Robert M. Reece
on the publication of his new novel *To Tell the Truth*,
based on his forty years' experience protecting abused children.