



*Meeting Seniors' Needs*

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# Newsletter

April 2012

Office Phone: 508-564-7543

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## NF Annual Meeting April 19

Neighborhood Falmouth members are encouraged to attend our Annual Meeting on April 19, 2012, at 2:00 p.m. at Highfield Hall (56 Highfield Drive) in Falmouth. It is the responsibility of NF members to elect new members to the Board of Directors each year. The annual meeting letter and short biographies of the four nominees for board membership are included with this issue of the Newsletter. A call to the office would be appreciated from those planning to attend to ensure a quorum is met, but all members are welcome, with or without a call. We are pleased that Jill Irving Bishop, the new Senior Center Director, will be our featured speaker. An elevator is available.



**Phylisanne Simpson,  
Volunteer Coordinator**

*by Mavise Crocker*

Any NF members who have ever needed a light bulb or smoke alarm battery changed or a ride to a doctor appointment or a hairdresser or a trip to the grocery store, you have probably talked with our soft-spoken volunteer coordinator, Phylisanne Simpson. She has been the hub on one of Neigh

borhood Falmouth's busiest activities—transportation—as well as dispatcher for volunteers to meet other member needs.

Because Falmouth is a wide-spread community, and because we have almost no local bus service, members frequently depend upon our dedicated volunteers to get them where they need to go. This is Phylisanne's job: to coordinate your needs with the right volunteer at the right time. It sometimes takes many calls as well as a lot of patience and perseverance to get the right combination. This is where her warm and friendly nature shines through. She makes the job seem effortless, and creates a win-win situation.

Phylisanne comes naturally to this work. For over fifteen years she volunteered for a similar organization, and before that she worked at a busy real estate office as switchboard operator. One incident will show how her sunny nature turned a potential disaster into a positive, humorous experience.

One client called the real estate office frequently, expressing himself with great irritation and a short temper. Finally, at the end of her patience, Phylisanne said to him sweetly, "I hope you have an antidote for that nasty pill you took this morning." There was a dead silence on the line, and then he burst out laughing. The next day she saw her boss walking toward her with another man – a man she did not recognize. When they arrived at her desk, after introductions were made the man said to her, "I wanted to meet you because of the unique way you found to put me in my place!"

The oldest of five children, Phylisanne often played the mothering role to her younger siblings. She married at the age of 20 and soon had two daughters of her own. Ten years later, now as a single parent, she worked at two jobs to support her two girls – fortunately at a hotel across the

street where she could coordinate her own hours with their school hours.

In 1969 she moved from the Boston area to Norwood, and then to Falmouth with her second husband, where they built a home in Teaticket, and where her girls attended Falmouth schools. After the unexpected death of her husband in 1978, once again Phylisanne found herself the sole supporter of her teenage daughters. She also had a long series of spinal problems, which eventually meant she could no longer work the full-time hours of a supporting parent

By now, her daughters had graduated from high school and were on their own, so her financial burdens were lighter, but her physical problems increased. In her typical upbeat way, Phylisanne has faced spinal operations with humor, not only lightening the burden for herself, but for her family and friends as well. She has even joined a Monday morning session called Laughing Yoga which refreshes the psyche as well as the body.

Who else could face these crises with such grace and humor as this undaunted friend we know as Phylisanne? As she herself philosophically says, "Mental and emotional growth is important, but you have to work at it."

Phylisanne will be stepping down as Volunteer Coordinator soon. There is no way NF could have provided services as well as we have over the past three years without the conscientious dedication she has given. We thank her for all of her contributions to NF and hope she will continue to be a part of Neighborhood Falmouth in other ways.

### **Volunteer Coordinator Needed**

As NF membership increases, the time has come to say a million thanks to our wonderful Volunteer Coordinator, Phylisanne Simpson, who has graciously filled this position as a volunteer for three years, and transfer the coordinator responsibilities to a paid position. Please spread the word to anyone who may be interested that we are looking for a kindly, enthusiastic person to work about two hours per weekday on a flexible schedule to match members' needs with volunteers willing to meet these needs. Database and email computer skills are required. Further information is available from the NF Office.

### **Arts Alive Needs Your Help**

Arts Alive, the three-day Art Festival held annually on the Library lawn, will take place June 23-24 this year. To stage a successful event, about 80 volunteers are needed to sell raffle tickets and soft drinks and to take credit cards. If you would be interested in helping, please contact Judy Day at 508-548-2892 or email at [infor@aartsFalmouth.org](mailto:infor@aartsFalmouth.org).



### **HOW WE'VE USED NF SERVICES**

*We have used the services of NF in so many ways. Recently we discovered that a favorite lamp of ours needed to be rebuilt and a wonderful volunteer showed up to make it usable again. You can see how pleased we are with the "new" lamp. One of the other services that has been most rewarding is the ability to access excellent, reliable technicians and repairmen at very reasonable prices by calling the NF office. It has saved us hours of research to quickly hire a handyman, painter, electrician and even a septic maintenance firm, knowing they have been recommended by other NF members. These referrals have been an important part of our membership.*

*Mavise and Paul Crocker*

### **For Volunteers**

At the January 19<sup>th</sup> volunteer meeting, we were pleased to hear that you would like to meet together more frequently. We'd like to arrange another meeting before the summer begins, perhaps in May. If you have any suggestions or would like

to help plan or organize this, please call the office or send us an email. We're looking forward to hearing from you.

### "SILVER THREADS"

NF is starting a new monthly column in the Falmouth Enterprise, especially for Falmouth senior citizens. We'll have articles on subjects as varied as tips on entertaining visiting grandchildren to advice on what agencies and services are available to provide needed help. If you like to write, we invite you to join us in our new venture. Call the NF Directors for more information. Also, if there's a special topic you'd like us to explore in our column, please let us know.

### DATES TO REMEMBER

#### **Meet for Breakfast/Coffee: April 9<sup>th</sup>**

We have reserved a table at Friendly's for Monday, April 9<sup>th</sup>, at 9 a.m. Please join us for a cup of coffee if you can.

#### **Meet for Lunch: April 18<sup>th</sup>**

We are reserving tables at the Coonamessett Inn for 11:45 a.m., Wednesday, April 18<sup>th</sup>. All members, volunteers, and guests are welcome. Last month, there were 12 people who gathered for a very enjoyable lunch with old and new friends. Please call the office to reserve a seat.

#### **NF Book Club: May 3<sup>rd</sup>**

Next meeting of the Book Club will be Thursday, May 3<sup>rd</sup> at 2:30. We will be discussing *The Greater Journey: Americans in Paris* by David McCullough. If you would like to join us, please call the office for more information.

#### **NF Board Meeting: May 17<sup>th</sup>**

The May Board Meeting will be held at 2:00 p.m., Thursday, May 17<sup>th</sup> at Highfield Hall.

### FALMOUTH ACADEMY WORK DAY

The Senior class at FA is offering to help NF members with Spring chores during the afternoon of Friday, June 1<sup>st</sup>. This is the third year members have benefited from the efforts of the students. If you are interested in putting your name on the list, please call or email the NF office.

### LEARN HOW TO SAVE A LIFE

This new CPR technique is much simpler than the previous method. Please watch the video and forward to your friends and family. The life you save by passing this on may be your own.

<http://tinyurl.com/2fx8r59>

### NF/SENIOR DISCOUNTS

Falmouth Taxi Company: 25% discount to Falmouth Seniors. Be sure to ask for the discount if you use their service.

Eastman/Ace Hardware: 10% discount to members of NF on most full priced items and available every day.

Windfall Market: 5% Senior discount every Wednesday.

Family Foods: 10% Senior discount every Wednesday (no deli items or alcohol).

Mahoney's Garden Center: 10% Senior discount every Wednesday.

Dunkin' Donuts: 10% any time—you have to ask.

We gratefully acknowledge support from the following merchants who responded to our recent business appeal letter:

Four Guys in Tuxes  
Dr. Edward H. Fitch, Optometrist  
Hamilton Tree & Landscape  
Falmouth Elks Club  
Stone L'Oven Pizza Co.  
Chapman, Cole and Gleason  
Lawrence & Lynch  
Uncle Bill's Country Store Florist  
Paint's On Us – David Ward