

June 2013

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NF ANNUAL WINE TASTING EVENT

Please join us for our Annual Wine tasting fundraising event to be held this year on Friday, June 28, 6:30 p.m. in North Falmouth. There will be wines from Falmouth Wine & Spirits, hors d'oeuvres, a silent auction and a raffle. Call the office for additional information and to reserve tickets.



VOLUNTEER APPRECIATION DINNER

Last Saturday evening, an appreciation dinner for our NF volunteers was held at the home of Vicky Cullen, our board president. Almost 50 people attended on a beautiful early summer evening on Cape Cod. The food was delicious and everyone seemed to enjoy the opportunity to relax together. Several people have requested recipes for the main dishes and desserts that Vicky prepared. Please email or call the office to request a copy of them. Thanks to all who contributed to this wonderful event!

BEWARE OF SCAMS

If you receive unsolicited phone calls or mail saying that you've won a trip to the Bahamas or a Sweepstakes, please use caution and ask yourself a few questions before you reply. "Did I send in an entry to the Sweepstakes?" or "When did I put my

name into a drawing?" If you have a concern, please call the office and we'll check it out for you.



Joanne Blum-Carnevale, Volunteer
by Pamela Nelson

Neighborhood Falmouth volunteer Joanne Blum-Carnevale smiles, her face bright and animated, as she shares memories of her rewarding 40-year career as a nurse anesthetist. The daughter of a small-town physician/surgeon and a nurse who lived in upstate New York, young Joanne wanted to become a physician. Her mother, however, counseled her to choose another profession, warning that it would be too difficult to combine a doctor's life with motherhood and marriage.

So Joanne started out on a liberal arts path at the University of Michigan, but soon switched to a nursing program, where she earned a B.S. Recognizing from the outset that she would not be satisfied working in a regular nursing role, she applied shortly after graduation to the highly competitive three-year anesthesia program at Dartmouth's Mary Hitchcock Hospital, where she became a nurse anesthetist. She loved everything about her chosen profession, being part of a team perform-

ing general and trauma surgery, and she especially embraced pediatric anesthesia. As she talks, it is easy to picture her engaging the trust of a child that she is carrying in her arms to the operating room, then playing games with and singing to her patient. She describes attaching EKG pads, each one given a name: Bravery, Courage, Big Boy (or Girl.) The blood pressure cuff became a Huggy Bear, and she encouraged the operating room crew to sing as the child went to sleep. She would tell her young patients to think happy thoughts as they fell asleep so that they would wake with a smile. Her nickname at work was "I.V. Joanne," and she was proud of her skill at intubating difficult patients.

Joanne took her special brand of anesthesia with her wherever she went, starting out at the University of Rochester. With her husband, Dave, she also lived for a time on Long Island, spent four years in rural Alabama, and then moved to Connecticut. Joanne and Dave's first child, Steve, had Down's Syndrome. Then Chris was born a year later. He eventually became Steve's true "older brother," helping look after him when their mother was at work. Steve, high-functioning and educable, had a sunny disposition and flourished at home and in school. He learned to read and was always an excellent, competitive athlete, involved in Special Olympics as a gold-medal swimmer. Later, Steve was able to work and was employed in a shoe store and a grocery store. He took up drumming as well, and joined the town drum corps, marching and traveling with them.

Husband Dave died suddenly, at age 44, of a heart attack. Chris later went off to college, while Joanne and Steve continued life together, buoying each other's spirits at home. One evening, a friend invited Joanne to dinner at a professional group gathering in Fairfield, CT. While there, Joanne made quite an impression on another attendee: Ben Carnevale, an electrical engineer, admits he was smitten from the moment he saw her, swooping down to escort her and to introduce her to others in attendance, even though he himself was actually a newcomer as well. Steve and Ben enjoyed each other's company, and Steve welcomed having a swimming partner to compete with on a regular basis, though Steve was less enthusiastic about sharing his home after Ben and Joanne married. Joanne explains that Steve at that time began to decline, developing early dementia, not uncommon in individuals with Down's. Eventually, he moved into a group home, where he is popular and amongst friends whose company he enjoys.

DATES TO REMEMBER

Meet for Breakfast/Coffee: June 3rd

Please join us at 9:00 a.m. on Monday, June 3rd, at Friendly's for a cup of coffee and/or breakfast. It's a great way to begin the week!

Meet for Lunch: June 19th

Our next monthly luncheon at Coonamessett Inn will be on Wednesday, June 19th, 11:45 a.m. All members, volunteers, and guests are welcome. We order from the menu and individual checks are provided. Please call the office to reserve a place.

NF Board Meeting: June 20th

NF Board of Directors will be meeting at 2:00 on Thursday, June 29th, at Highfield Hall.

NF Book Group: June 27th

We will be meeting at 2:30 on Thursday, June 27th, to discuss *The Light Between Oceans* by M. L. Stedman. We try to select books that Falmouth Library has in audio format. If you like to read, please join us by calling the NF office.

His brother Chris, happily married and the father of three children, works in marketing for IMS Health in Pennsylvania.

After Joanne and Ben enjoyed attending several medical conferences at Seacrest Resort, they decided to move to North Falmouth following her retirement thirteen years ago. They took up sailing while still in Connecticut, and nowadays enjoy day sails in their 30-foot Catalina on Buzzards Bay. Joanne takes the helm, and Ben crews and looks after the engine. In winter, they cross-country ski and snowshoe, and they take full advantage of living near the Shining Sea Bike Path to go on frequent bike rides.

According to Ben, their North Falmouth house has seen some significant remodeling since they moved in. Inspired by Joanne, they have built handsome decks off a sunroom they also designed and built, and have completely finished the basement, doing the work themselves. The results look professional and meticulous, from a detailed fireplace in the living room to outdoor water features, and Ben is proud of Joanne's carpentry skills. Joanne, in turn, is impressed by Ben's

workmanship, showing me a 100-year-old wagon children's wagon (*pictured beside Joanne in photo*), a gift from her Canadian cousin, that Ben completely refurbished one year as a Christmas surprise. Joanne is an enthusiastic flower gardener as well.

The couple began volunteering for Neighborhood Falmouth (in 2009) when they were recruited by Karin and Ken, whom they know from the First Congregational Church, where Joanne is a deacon. Ben and Joanne, both musical, play guitar and sing, leading a folk service at church three times a year, most recently on Mothers' Day. Joanne is also an active member at Highfield Hall, where she is one of three docents. In retirement, Joanne and Ben enjoy traveling together: Italy, Switzerland, Ireland, Hawaii, and Alaska are some of their most memorable destinations.

At Joanne's retirement party in Connecticut, one of the surgeons spoke gratefully of her accomplishments, especially of her efforts that resulted in a whole generation of children who were not afraid of anesthesia. While she admits that luck and education play a role in success, she comments: "I feel sorry for people who get stuck doing things they don't enjoy."

Joanne was determined to forge her own path, and her hard work and positive attitude led to a rich and rewarding life in spite of some serious challenges and setbacks. The pleasure and affirmation she derived from her profession helped her cope creatively with adversity and fed her adventurous spirit. Now she finds fulfillment in pursuing her busy and active life with Ben and happily finds time to give back to her adopted community.

REMINDER: FALMOUTH FUND GRANT

NF received a grant from the Falmouth Fund of the Cape Cod Foundation to support services to NF members by a knowledgeable Advocate Contractor. He is available to review and evaluate bids for home repairs and to ensure that they represent a comparable scope of work. He is available to do a site visit. Please call the office to take advantage of this service.

We gratefully acknowledge support from the following merchants and organizations:

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