

Safety for Seniors

The Program Committee of NF is presenting its first seminar in the series entitled "Safeguarding Seniors in Their Homes" to be held at St. Anthony's Church on E. Falmouth Highway at 2:00 PM on Wednesday, November 7th (the day after the election). Some light snacks will be served from Pie in the Sky, courtesy of Eric Asendorf of the Sound Financial Advisors of Janney Montgomery Scott financial planning group in Falmouth. Eric, Lou Larrey, Les Wilkinson, Bob Reece, and Karin and Ken Bohr have put together a great program. The idea is to give seniors in the Falmouth community some tips on how to approach some of the problems we all confront in our daily lives.

Program Agenda: Protecting yourself from identity theft, internet fraud and phone scams. Featured speakers:

Barbara Anthony, JD

Undersecretary of Consumer Affairs & Business Regulation, Commonwealth of Massachusetts

Patrolman Cliff Harris, Falmouth Police Department (Computer crimes, phone scams)

Falmouth Fire Rescue Department, Investigator, Michael Matel

We will also conduct a survey of topics that attendees would like to see presented in the future. Come and participate in this informative session and get to know other seniors in the Falmouth Community.

Clothes Dryer Fires

Due to the increased concerns over dryer fires, one of our volunteers (also a service provider) is offering free dryer vent cleaning to members of NF. He will come in and do his best to vacuum

from the back of the dryer to the vent on the outside, circumstances allowing. Be safe. Please call the office (508-564-7543) if you'd like to take advantage of this generous offer.



Ruth Hendrickson, Member
by Pamela Nelson

"Are you Swedish? Your last name is Swedish!"

Ruth Hendrickson greeted me eagerly when I picked her up to take her to an appointment, as arranged through the Neighborhood Falmouth volunteer service. I hated to disappoint her, but my grandparents were Russian, claiming no Swedish antecedents. And Ruth was disappointed.

Ruth Hendrickson, who celebrated her 97th birthday on September 22, was raised in Quincy, MA, the daughter of a Finnish father and a Swedish mother. The family spoke Swedish at home and lived on Swedes Hill in Quincy. Her father, a stonecutter, made tombstones for a living, and her mother raised three children, one son and two

daughters. The family was active in the Lutheran Church, and even now, Ruth enjoys visits to her old church in Quincy several times each year. Parts of the Lutheran ritual are dear to her heart and she recalls them fondly, including the weekly communion, and the traditional greeting in church, "Peace! Peace be with you!"

Ruth married Leimo Parhiala when she was 24 years old, and they began a life together that involved frequent moves around the country. Ruth says Leimo never actually proposed marriage to her. Instead he took her to a jewelry store to pick out a ring. After she chose one, he kissed her, and everyone in the store clapped. At the time that they married, Leimo was a student at Yale, doing graduate work in geology. His advisor did not approve of his marrying while still a student, and so the couple moved to Tennessee, where Leimo got his master's degree in geology. He worked for a time for the TVA, and over the years they lived in rooming houses in Arkansas and Tennessee. Ruth worked for Liberty Mutual when they were in Knoxville, from 1933 to 1940. Later, they lived in Wellesley and Newport. Ruth and Leimo had three children, Paul, Jane, and Will. Leimo's work involved a lot of travel, and he was often away on business, so Ruth did most of the child rearing. After 17 years of marriage, he died while on a business trip to Tyrol, Austria.

Subsequently, Leimo's cousin Ralph proposed marriage to Ruth with another untraditional proposal: he popped the question while lying down with his head in her lap! Ralph, an avid golfer, was a draftsman, working in Fitchburg, MA. They lived in a large, beautiful house in Gardner that Ruth recalls with affection. An enthusiastic baker, she was proud of the double oven in her large kitchen. However, Ralph became fed up with his job and decided he wanted to move to California. Ralph and Ruth's son Paul picked out a house in tiny Pioneer, CA, in the mountains east of San Francisco. Ralph was able to play golf but Ruth was very disappointed by this house, and never really warmed to it as she had her house in Gardner. She was happier after they built a deck, and she was able to sit outdoors. Ruth lived in Pioneer for twenty-five years, remaining two years after Ralph's death from a heart attack and stroke.

Ruth was always an energetic walker. She also enjoyed baking, lunching with friends, playing bridge, and sewing. She made her own curtains,

but early on also sewed clothes for her daughter, Jane, and even made shirts for Leimo. Once, when visiting her children in Falmouth with Ralph, she was unable to work the oven at Will's house, so she walked down Sippewissett Road to her daughter's to bake the batch of bran muffins she had made for Ralph's favorite breakfast. Ruth moved to Falmouth nine years ago to live with her son Will. Jane is just a short distance away, while her oldest son, Paul, still lives in Fremont, CA.

On a fine day in October we sat chatting on the screened porch, and I asked about the flags hanging on the porch wall, flags of Finland, Norway, and Sweden. Ruth reported that she has made two trips to Sweden, once traveling there at age 20 with her older sister to stay with an aunt. Years later, Ruth visited at age 78, when Jane was working in Sweden as an *au pair*.

Ruth lost her driver's license at age 86 because of visual impairment. She is still able to read, thanks to the loan of a reading machine, which projects the printed page onto a monitor and magnifies it. She frequently talks on the telephone to old friends from California. There is one soap opera that she watches every day, a legacy of her mother, who was devoted to a number of soap operas that are no longer on the air.

Ruth is very thoughtful and most appreciative of her children's devotion and attention. She is still a baker—the day we first met, we returned to her home between appointments to pick up a loaf of date bread she had made for her hairdresser's birthday. Then, a week later, she returned with another date bread loaf for a different hairdresser she likes at the same hair salon. Even though she is slowing down more than she likes, her mind is sharp and she does not miss details. She enjoys sharing meals with friends, outings with her daughter, and was looking forward to a get-together with the Ladies' Circle at the First Congregational Church, which she regularly attends with Jane.

Falmouth Chamber Players Concert

Falmouth Chamber Players Orchestra is presenting a concert on Saturday, Nov. 10th, 7:30 p.m. and Sunday, Nov. 11th, 3:00 p.m. at Falmouth Academy. Music will include compositions by Bizet, Grieg, Mussorgsky and Vivaldi. For more information, please contact Laura (our Volunteer

Coordinator) or Fritz Sonnichsen (508-274-2632) or send an email to FCPO@FalmouthChamberPlayers.org.

Senior Center Events

Weekly Exercise Classes: Mondays and Wednesdays, at 9:15 a.m. and Tuesdays and Thursdays at 11:00 a.m.

NF DATES TO REMEMBER

Meet for Breakfast/Coffee: November 5th

Please join us at 9:00 a.m. on Monday, Nov. 5th, at Friendly's for a cup of coffee and/or breakfast. It's a great way to begin the week!

NF Book Club: November 8th

The NF Book Club is open to members, volunteers, friends and guests. Please call the office (508-564-7543) for more information or if you'd like to join us at 2:30 on Thursday, Nov. 8th.

Meet for Lunch: November 21st

Our monthly luncheon at Coonamessett Inn will be on Wednesday, Nov. 21st, 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: November 15th

The next Board Meeting will be held at 2:00 p.m., Thursday, No. 15th, at Highfield Hall.

SAVE THE DATE: January 26th

On Saturday, Jan. 26th, 12 noon, Fellowship Hall at First Congregational Church, NF will have our Annual Winter Soup and Bread luncheon. There will be more detailed information in the next newsletter.

HOW NF HAS HELPED MY MOTHER

My mother is a member of NF. I wanted to thank you for your services and to comment particularly about a volunteer who helped her recently. I talk to my mother each day. When I spoke to her, she had just gotten home from a few appointments. The woman who helped her was so nice and kind to my mother and she sounded so happy. I am sure all of your volunteers are kind and give of themselves. I just wanted to give kudos to this particular woman for spending such a nice day with my mother and to thank her and the other volunteers for their service.

Daughter of one of our NF Members

We gratefully acknowledge support from the following merchants:

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