

September 2015

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DATES TO REMEMBER.

NEW PROGRAM: Senior Salons Wednesday, September 9, 2:00 P.M.

Join us for NF's first *Senior Salon*, a presentation titled "Better Than Broadway, My Forty Years in Community Theater: An afternoon with actor/director Davien Gould." Read more on page 2.

Meet for Breakfast: Monday, Sept. 14, 9:00 A.M.

We are back at Friendly's for coffee and breakfast. Hope you'll join us, but do let us know, if possible, so we can hold a seat for you.

Meet for Lunch: Wednesday, Sept. 16, 11:45 A.M.

Let's head to the Coonamessett Inn for good food and conversation. Call the office if you can make it or would like a ride. The more, the merrier!

NF Book Club: Thursday, Sept. 17, 2:30 P.M.

Join us as we discuss *Vanessa and Her Sister* by Priya Parmar on Thursday, September 17, at the Falmouth Library, Trustees Room. New members are always welcome.

For Volunteers: NF Volunteer Appreciation Party, Sunday, September 20, 5:00 P.M.

NF loves its volunteers and invites all volunteers to the annual celebration and appreciation party, this year at the home of Bobye and Gary Anderson. (NOTE: This is a different location than previously mentioned.) Invitations are coming shortly. RSVP to Susan in the NF Office by September 11. Hope to see you there!

And in October...

Annual Fall Gathering Luncheon: Saturday, Oct. 24

Members and volunteers, our annual Fall Gathering Luncheon is Saturday, October 24, at the First Congregational Church at 12:00 noon. Share a good meal and warm conversation with other Neighborhood Falmouth members and volunteers!



Kim Douglas with some of her lion collection

A Profile of NF Member Kim Douglas

By Susan Loucks

Spend a few minutes with Kim Douglas and you'll be captured by her warmth and lighthearted demeanor.

Born in Boston in 1955, and now 60, Kim is Neighborhood Falmouth's youngest member. She was raised in Jamaica Plain and Roxbury, and moved to Falmouth at age 15 with two of her three brothers and her mother, after her parents divorced. She was not happy about the move and was determined to get back to the Boston area one day. Even now, many years later, Kim considers herself a city girl. "You can take the girl out of the city, but you can't take the city out of the girl!" she says with a chuckle.

Two notable things stand out from her high school life in Falmouth. First was being a small part of Falmouth history. "I was a member of the last graduating class of Falmouth's Lawrence High School in 1973," Kim says, "before it was converted to the Lawrence Middle School and the new Falmouth High School opened." And, within months of her high school graduation, she was married.

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Kim Douglas – continued from page 1

“I was foolish,” Kim says, “I got married right out of high school.” It would be a bumpy relationship. Two years later, she and her husband separated, before beginning what would become many years of on-again, off-again reconciliations.

Ready for a fresh beginning, Kim moved to Boston in 1976 to attend the now-closed Mansfield Beauty Academy on Boylston Street. She loved the possibility of working for others as a stylist, but found getting a job after graduation difficult. “All the salons I applied to required experience, yet it was hard to get experience if no one would hire you.” While at Mansfield, she also picked up part-time work at the Massachusetts Association for the Blind, never knowing that her own sight would be imperiled someday. There she worked with blind, deaf, and deaf-blind children, helping them learn life skills, and was regularly amazed by how capable people with disabilities can be.

After six years, Kim moved back to the Cape, in part to reconcile with her husband, and began what would be two years of regularly commuting by bus to Boston’s Financial District, where she worked at Robin’s Deli, a job she loved. “I was always a people-person. I loved talking to the variety of people who would stop in every day.” She even made an effort to occasionally bring in homeless people who were passing time outside the deli. “Well,” Kim said, with her infectious giggle, “my boss wasn’t too happy about that.”

Kim stayed at Robin’s until just before her son Donald was born in 1983, and at that point, she and Donald Sr. recommitted to building a life together as a family of three. Kim enjoyed full-time motherhood for a year, though the marriage was at its end. She got busy and found work in multiple service jobs around the Cape, including becoming a management trainee at Friendly’s, waitressing at No Place Like Sam’s in Hyannis, and cooking (baklava!) at Cristos in Hyannis. She eventually did a stint as a security guard, overnights, at Falmouth’s iconic Cape Codder Hotel as it was in the process of closing in 1988. In that position, she was there to prevent theft and vandalism as furniture and other hotel items were being moved out. “Did you ever see the movie *The Shining*? At night that place was like *The Shining*. A whole wall made of rocks in the kitchen. It was creepy! I remember one night sitting at my post, bored, until I heard a noise down the hall. I went to investigate, nervous, when a cat ran out,” Kim said, laughing heartily. “I nearly jumped out a window.”

Physically, Kim has always struggled with health issues. In 1966, at age 11, she was diagnosed with epilepsy. And yet, her biggest recollection of that time was her parents’ support. “They never told me I couldn’t do something. Epilepsy never stopped me.”

Things worsened, dramatically, in 1995 when Kim sustained an eye injury while taking clothes off their shipping hangers at her job at the London Fog store near the Sagamore Bridge. Back in 1978, Kim had been diagnosed with PXE (pseudoxanthoma elasticum), a

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Don’t forget!

We have two new program series starting this fall, *Senior Salons* and *Aging Anonymous*.

The first of our quarterly *Senior Salons* series begins **Wednesday, September 9**, with “**Better Than Broadway, My Forty Years in Community Theater: An Afternoon with Actor/Director Davien Gould,**” **from 2:00–3:30 at Dillingham Place**. Davien will share some highs and lows from her many years on and behind the stage. Future *Senior Salons* will vary. One month might focus on music, while another a time for sharing stories from World War II. There could be a cooking demonstration, or information on an important time in Falmouth history. Most of all, we hope to tap into the experience of Falmouth residents, particularly Neighborhood Falmouth members, for what we hope will be an interesting, engaging 90 minutes together. Rides are always available, Just let the office know you want to attend.

Neighborhood Falmouth’s *Aging Anonymous* will be completely different. This first in this series will be Wednesday, October 14, from 2:00–3:30, also at Dillingham Place. *Aging Anonymous* 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, dealing with loneliness ... 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.



Kim Douglas – continued from page 2

rare, genetic disorder that causes calcification, or hardening, of certain tissues in the body, particularly in the eyes, gastrointestinal, and cardiovascular systems. Fully 10% of individuals with PXE will become blind. Throughout the Cape, Kim knows of only two others with PXE, and she is the only one on the Upper Cape. The PXE, aggravated by her eye injury, resulted in the loss of her central vision, and all visual depth perception. A second eye injury, in 2006, damaged her other eye, and Kim's vision is deeply impaired.

Fortunately, determination and fierce independence are among Kim's biggest traits, second only to her optimistic nature. In 2010, she travelled alone by train and plane to the PXE National Conference in Washington, DC, because she had never met anyone with PXE. She giggles when she remembers marching confidently toward the wrong train, and on the return trip realizing that she was on a different train heading away from, rather than toward, Ronald Reagan airport. She learned to rely on the kindness of others to find her way. Her longest laugh comes from remembering finally arriving at the conference hall. "I was finally there, only to discover that I had actually arrived at the Nuclear Regulatory Commission. The conference center was across the street." Kim smiles. "I have to laugh about it. What else can you do?" Kim's recollections of her travel to the conference were chronicled in an article she wrote that was published in the national PXE community newsletter. The conference, itself, was fascinating, informative, and supportive. It was also humbling: "Lots of people are much worse off than I am."

Kim's compassion and willingness to get involved has led her to do volunteer work on behalf of individuals facing difficult circumstances. In 1991, she and a friend founded V.E.R.B. (Victim Empowerment for the Reform of Batterers), which gave support and assistance to domestic-violence victims, something Kim had experienced firsthand in a relationship after she and her husband separated. She has been active in several sightloss programs at the John Wesley Church, and currently sits on the Falmouth Disabilities Commission.

Because of PXE and a pair of strokes in 2012 and 2013, Kim now uses a walker or wheelchair to get around, and she advocates for those, including herself, who depend on the Cape's RTA (bus and van) service. "I could hide out in a cave and say 'woe is me', or I can live my life," she says. Another part of living her life is spending time with family, including her son, now 32, and her mother who lives in Marstons Mills. Kim's an avid photographer, and a collector of anything with a lion motif. She likes how regal male lions are, and, why not? She's a Leo.

Despite many hardships, Kim remains upbeat. Not long ago, she attended a local fundraiser, a dance. The music was great, the gathering happy. As she moved around the dance floor with her walker, she felt exhilarated. "I'm still alive," she heard herself say. And she laughed.

We remember NF Member
Richard D. Otis, MD
December 26, 1924–August 15, 2015



And extend our condolences to his family.
He and his wife Mary were beloved by many.

★ **Falmouth Cares:** ★

CONNECTING ALL AGES TO SUPPORT
FALMOUTH SENIORS

Behind the Scenes at:

★ NEIGHBORHOOD FALMOUTH ★
FALMOUTH SENIOR CENTER
FALMOUTH SERVICE CENTER

How Volunteers Make it Work

Thursday, September 24, 5:00–6:30 p.m.
Falmouth Academy

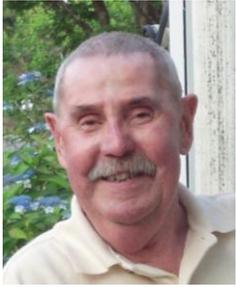
This presentation will help the community learn
about services for Seniors and volunteer
opportunities for those who want to help them. ★

Please encourage friends who could be potential
NF members or volunteers to come and learn
more.



Questions to Susan in the NF Office,
508-564-7543.





“Cookin’ Cozy”

When I was a wee lad growing up during WW II, my Dad and his brothers owned a company that manufactured wooden pull toys. Of course, when The War started, everyone turned

to the effort. They began building very sturdy boxes for shipping ammunition to the front, everything from pistol bullets to anti-aircraft shells. They had a wood processing plant in Cobleskill, NY, and an assembly operation in New York City, and my Dad would travel between the two a couple of weekends each month. It was a long, backroads trip, long before the Thruway and “just to keep me company,” he got to asking me along. We’d leave home in Yonkers at 5 a.m. and invariably we’d stop for breakfast at a diner in Red Hook at about 6:30. Dad knew all the long-haul drivers and state troopers who habituated the place. He was Mr. Haslun and I was The Kid. The owner and chef was Mel, assisted by a short-order counterman named Ray, both called “Sir” by me. I never knew the names of the two waitresses. To me they were “Ma’am.” I’d like to believe Mel would approve of this recipe.

Red Hook Diner Blue Plate Special

Ingredients:

- 1 egg
- 2 or 3 green onions, sliced
- ¼ tbs Dijon mustard
- ¼ cup flavored bread crumbs
- 1 pound ground beef
- 1 (12 oz) jar beef gravy
- ½ cup water
- 3 tsp horseradish
- ½ pound mushrooms, sliced or quartered



Combine the first 5 ingredients, and form into 2 thick patty loaves. Sauté (fry) them in an ungreased skillet for about 4 or 5 minutes per side. Combine the next 4 in a bowl and pour over the beef. Cook uncovered for 5 minutes or until the mushrooms look the way you like them.

I suppose I could serve this with something besides mashed potatoes and peas, but I never do. I think it’s how Mel would have done it. The whole shebang probably cost \$0.75 and included a yeasty roll and butter, a slice of pie, and complimentary a la mode for The Kid—not including fifteen cents for the waitress. Skoal, y’all!

SEPTEMBER EVENTS AND ACTIVITIES

September is a wonderful month, with much to do around town. Let us know if you’d like a ride to these, or other, activities.

A Robert Wyatt Lecture and Recital: We’ve Grown Accustomed to Lerner and Lowe Thursday, September 10, 10:00 A.M.

Highfield Hall & Gardens

In temperament, personality, and background, Lerner and Loewe were perhaps the most dissimilar of all songwriting teams, but their musical productions were brilliant and included Brigadoon, Paint Your Wagon, My Fair Lady, Gigi, and Camelot. Tickets are \$20 for Highfield members, \$25 for non-members. Call 508-495-1878 for more information.

Art Exhibit: Antique Japanese Prints from the Collection of the late Professor John Hanna Thursday, September 10–Saturday, October 31,

Highfield Hall & Gardens

This exhibition features works by Utamaro, Hokusai, Hiroshige, and other great Japanese printmakers.

Lecture “From Novelist to Salesman: How Jules Verne Became a Popular Archetype,” Thursday, September 24, 7:00 P.M.

Falmouth Museums on the Green

Jean-Michel Margot, Vice-President of the Jules Verne Society, will be in Falmouth to discuss the writings of Jules Verne and the effect of his works, and to demonstrate why he remains such a powerful force in science and history. Call 508-548-4857 for more information.

We gratefully acknowledge support from:

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