

NEIGHBORHOOD
FALMOUTH
Meeting Seniors' Needs

Newsletter – February 2011

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NF Gathering on January 29th

We'd like to extend a big *Thank You* to all who helped in any way (before, during or after) with the luncheon last week and to all of you who came out on a cold wintery day. It was a great turnout and everyone seemed to enjoy the wonderful soups and fellowship. Thanks!

Meet for Breakfast/Coffee

We have reserved tables at the Falmouth Grille (formerly Hearth and Kettle) for Monday, February 7th, at 9 a.m. Please join us if you can—it's a great way to begin the week.

Meet for Lunch

We are reserving tables at the Coonamessett Inn for 11:45 a.m., Wednesday, February 23rd. Please call the office to reserve a seat or, if you find you can attend at the last minute, just come. We'll simply add another chair.

NF Book Club

After twice postponing due to snow storms in January, a meeting of the NF Book Club was held on February 3rd. If you have vision problems but would like to join us, please let us know. We are happy to select books that are available on tape from the Falmouth Public Library. New members are always welcome!



**Lynn Vecchione, Member
Neighborhood Falmouth**
by Mavise Crocker

From the time she was just a little girl, there were two things Lynn Vecchione wanted to do in life: fly an airplane and join the Navy. Now that she is almost 90 years old, she has achieved both of her life dreams. There were many detours along the way—set-backs as well as achievements that have made for a very interesting life.

One of the achievements was a 35-year nursing career. At first, Lynn considered taking the RN training, but when she realized the mountain of paper work she would have to handle, and the time she would spend behind a desk, she decided that being an LPN (Licensed Practical Nurse) would give her greater satisfaction.

Lynn spent ten years at the state mental hospital in Grafton, MA. Later she turned to hospice work, one of the most caring and dedicated areas of the nursing profession. She says she thoroughly enjoyed working in what is usually considered difficult areas. Perhaps she is uniquely suited to this work because of her warm and outgoing perso-

nality and her straightforward, honest philosophy when it comes to handling difficult people and end-of-life issues. As she explains it, "Someone has to do it, and I can do it."

Another achievement is that, when she was about 45, Lynn took up golf, and to this day she loves to play an 18-hole course. For many years she played the Woodbriar 9-hole course, doing 2 rounds to make the 18 holes. But, Atria Woodbriar closed the course in order to expand their assisted living facility, so now she golfs in Sandwich. Her golf buddies feel that once a week is enough for them, but Lynn is itching to go more often. Golf, anyone?

Growing up on a farm in Arkansas made for an independent, sturdy, no-nonsense attitude in life, which Lynn exemplifies today. At the outbreak of World War II she fulfilled a childhood dream by joining the Navy at the age of 20 and becoming a Navy cook. There she met Sam, a Navy medic who was to become her husband.

They were married in 1946 and soon reversed roles. Lynn took up nursing, and Sam entered the restaurant business. They started out in the Worcester area, but when they moved to the Cape they created Seafood Sam's where you can get a delicious, fast seafood meal to take out or eat in their immaculate restaurant. Two additional restaurants were opened in Sandwich and Yarmouth before they retired and sold their business. Their daughter now manages the Seafood Sam's in Sandwich.

Lynn's active life has not always been an easy one. She has broken both of her wrists. Two years ago her house caught fire because of a delinquent cigarette. The smoke and water damage was so severe they could no longer live in the house. Leaving your home with all its possessions is no easy feat when you are 87. Ten years ago she had two knee replacements (both done at the same time!), but that has not put a hold on her golfing. At the present time she

is coping with macular degeneration, which means she can no longer drive.

When our interview was about to end, I learned that one of Lynn's three sons was a professional artist. As she was showing me some of his work, I remarked on a beautiful painting of a single engine plane. It was then I learned that Lynn had indeed fulfilled her lifetime goal of learning to fly! At this point I was not at all surprised. Here is how it happened: At the age of 58, Lynn and a friend decided to take flying lessons from a local pilot. After sufficient training hours they took their solo flight tests on the same day, flying from Middleboro, Mass. to Windsor Locks, Connecticut. Somehow Lynn got off course. She tried to land several times to find out where she was, but no field seemed exactly right to touch down on. Finally she landed, but not at the intended destination. She took her test the next week, passed it, and then received her pilot's license.

Lecture on the Middle East

Hon. Robert H. Pelletreau, former Assistant Secretary of State for Near Eastern Affairs & former Ambassador to Bahrain, Tunisia and Egypt, will present "*Challenges Facing the U.S. in the Middle East*" on Wednesday, February 9th, at 7 p.m. at Falmouth Academy. Admission is free.

Scrabble Anyone? Suggestions?

We have had a request to form an NF Scrabble group and are looking for at least three more people. Please let us know if you are interested, or if you would enjoy a different type of social group.

Reminder: *NF Board meeting will be on Thursday, February 17th at 2 p.m. in the Falmouth Hospital Board Room.*