



Meeting Seniors' Needs

Newsletter

March 2012

Office Phone: 508-564-7543

Do You Like to Sing?

The Falmouth Senior Center is sponsoring a Sing-along once a month. The next one will be on Monday, March 27th, at 1:00 p.m. It's just for fun and no experience is necessary. A couple of our NF members have been attending, and they say it is a very welcoming group. Call Joanne Voorhis for more details.

Special Event for Seniors

Neighborhood Falmouth is recommending a special event sponsored by the Council on Aging and Senior Center – “Live Your Life Well. You can handle life's hurdles. They can show you how.”

Monday, March 19th

10:30 a.m. – 1:30 p.m.

Falmouth Senior Center

Delicious free lunch!

Pre-registration absolutely required.

Call 508-540-0196

Reminders for Members

Please remember that all calls for assistance must come through the NF office. Our liability insurance covers the requests for NF assistance when the process is initiated in the main office.

Please do your best to give at least 72 hours of notice for a service request in order to allow the volunteers to plan ahead. We understand that sometimes that's not possible; we will do our best to try to accommodate last-minute requests but cannot promise that someone will be available.

For Volunteers

We'd like to thank our volunteers for all that you do to assist our members and our staff. Almost every day, we hear comments from members who call to

tell us how much they enjoyed and appreciated the help that they received from a specific volunteer. Sometimes, they may not remember your name but they do not forget your willing assistance, your enthusiasm, or your sense of humor. Thank you!

At the January 19th volunteer meeting, we were pleased to hear that you would like to meet together more frequently, perhaps three or four times a year. Sounds like a great idea and we'd like to arrange another meeting before the summer begins. It can be fairly simple but do you want it to be a social event so that you can get to know each other better—or would you prefer to focus on a specific subject? 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.



**Kathryn Paine, NF Member,
Board Member, Volunteer**

by Mavise Crocker

Those of us who did not grow up in the '20 or '30s or even the '40s may find it difficult to realize that women at that time were not expected to hold jobs as well as manage a household. Single “old maids” might be teachers or librarians or nurses,

but they were the exception. There were few divorces and even fewer single parents; women were simply not expected to work outside the home.

World War II, the economy, and the evolving culture have turned our perspectives upside down. So it is not unusual to find someone like Kay Paine who has had a foot in two worlds. Married at the age of 20, with two years of college behind her, she entered a domestic life, had three children, and dutifully followed her husband in establishing his career.

But the winds of change were blowing in the right direction for Kay. While her husband attended the University of Cincinnati, Kay, with a strong affinity for math, got a job with General Electric as an Information Technician. This was in the early 1950s, at the very beginning of the computer revolution. As Kay herself says, she always seemed to be in the right place at the right time.

The year 1959 found Kay back in her home town, where she had been raised and educated in the Falmouth school system. With her background already established in the computer world, she had no trouble getting a job in the burgeoning computer department at WHOI. From there, she moved over to NOAA's Marine Fisheries lab in Woods Hole, where she worked until 1983.

The Fisheries lab offered Kay what was probably the most enriching experience of her career—not only in the stimulating work itself but also in the friendships she made there. She became active in ICES, the International Council for Exploration of the Sea, which sent her traveling to conferences all over the world.

Later, she had an opportunity to work in the Boston area with DEC (Digital Equipment Corporation) but this time her work expanded from software development to marketing and dealing with software vendors. This was an area Kay was well suited for, as she had been an information technician from the very beginning and knew the business from the ground up. Once again her work required her to travel to many parts of the world, and once again she was in the right place at the right time.

When personal computers became the new wizards of the computer world, DEC had not kept up with the trend, so was preparing to close down.

Ready for a change in career at this point, Kay was glad to accept a retirement package and seek new fields. Her children were now grown and had careers of their own, so the timing was right.

For a while she did free lance consulting, but she still felt the need to decide where she wanted to put down her roots in retirement. The answer seemed inevitable: the right place would be Falmouth, where she had spent so many happy years in the early days of her career, where she had many friends and was comfortable with the lifestyle. So, in 1996, Kay once again moved back to Falmouth to take up a part of her life that she could enjoy in a very active retirement.

Who knows why we do what we do in retirement? Perhaps it is the fulfillment of a long suppressed dream; perhaps it is a strong desire to stretch our intellectual limits; perhaps it is the challenge of something that might seem totally foreign to our nature. Whatever the reason, Kay at one point took up an intense and invigorating study of the French language—she has traveled several times to France, once spending a month in southern France under L'Institut de Français. Her current passion is learning to play the piano.

In the past, Kay has been active in town affairs, having served on the School Committee and as a Town Meeting member. Now she reserves her time for causes she thinks important to both herself and Falmouth. Currently, she is an active member of Neighborhood Falmouth's Board of Directors. Her hope is that this organization is becoming a significant part of what makes Falmouth a great place to live.

Who knows what the future holds? Perhaps writing a book? Or being a tour guide in France? Or even a stint at acting in local theater? Whatever it might be, Kay will be there, full of optimism, full of enthusiasm, full of joie de vivre—in the right place, at the right time.

OTHER DATES TO REMEMBER

Meet for Breakfast/Coffee: March 5th

We have reserved a table at Friendly's for Monday, March 5th, at 9 a.m. Please join us for a cup of coffee if you can.

NF Book Club: March 13th

The Book Club will meet at 2:30, Tuesday, March 13th. We will be discussing *Moloka'i* by Alan Brennert. If you'd like to join us, please call the office for more information.

Next NF Board Meeting: March 15th

NF Board of Directors will meet at 2:00, Thursday, March 15th in the Faxon II conference room at Falmouth Hospital (on the floor below the Faxon Center).

Meet for Lunch: March 21st

We are reserving tables at the Coonamessett Inn for 11:45 a.m., Wednesday, March 21st. All members, volunteers, and guests are welcome. Last month, there were 18 people who gathered for a very enjoyable lunch with old and new friends. Please call the office to reserve a seat.

NF Annual Meeting: April 19th

Our NF Annual Meeting will be held at 2:00 p.m., Thursday, April 19th. Location will be announced in the next newsletter. All members and volunteers are invited to attend.

HOW I'VE USED NF SERVICES

It was very helpful to me to have an NF volunteer so willing to take my air conditioner from the window to the shed for the winter and put it back in the window for the summer. Little jobs; big help!
—Anonymous

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