



Neighborhood Falmouth  
 PO Box 435  
 Falmouth, MA 02541

Recipient's Address



## February Neighborhood Happenings

THU 6	2:00 PM	<b>FJC Author Talk—David Tatel on Vision: A Memoir of Blindness &amp; Justice</b> Zoom talk. Judge Tatel served 30 years on the DC Federal Appeals Court. His story of fighting for justice, with is inspiring. Free to all, register at <a href="http://www.falmouthjewish.org">www.falmouthjewish.org</a> .
WED 12	12:00 PM - 1:30 PM	<b>Volunteer Training</b> Join us in the NF office as guest speaker Molly Perdue, of Alzheimer's Family Support Center, shares helpful tips on cognitive impairment, with time for Q & A. Pizza will be provided. Please RSVP to Sarah at <a href="mailto:volunteer@neighborhoodfalmouth.org">volunteer@neighborhoodfalmouth.org</a> .
WED 19	12:00 PM - 1:30 PM	<b>Member-Volunteer Meet for Lunch at Tap City Grille</b> Join us at Falmouth's newest Main Street dining location. Order from the menu and pay for your own. RSVP to <a href="mailto:volunteer@neighborhoodfalmouth.org">volunteer@neighborhoodfalmouth.org</a> if you plan to attend and/or need a ride.
WED 26	1:30 PM - 2:45 PM	<b>Library Talk: TBD</b> <b>Falmouth Public Library: Hermann Room</b> Join us for our monthly talk. Call the office for more info.
THU 27	5:30 PM - 7:00 PM	<b>Author Talk: Dr. Michael Pregot on Slavery and Abolitionism on Cape Cod Highfield Hall</b> After Massachusetts legally prohibited slavery in 1780, the commonwealth's maritime industry became divided with some fighting for the cause of abolitionism while other captains wished only to witness a slow demise of this profitable endeavor.



# Neighborhood Falmouth News

February 2025

## A Note from the Executive Director: Candice A. Geers



Brrrrr! It's cold outside but at least the days are getting longer! It's nice to see that it isn't pitch dark at 5:00 now – small victories, I know.

I attended the recent Martin Luther King breakfast on January 20th and was really pleased to see our community turn out in droves. Almost 400 people were in attendance at the Coonamesett Inn for a lovely buffet breakfast and program of inspirational speakers.

Many local politicians were on hand for the event, including our US Representative Bill Keating, Massachusetts Senator Dylan Fernandes, Barnstable County Sheriff Donna Buckley, and Barnstable County District Attorney Robert Galibois.

Students of Morse Pond 5th grade class were present and recited the famous MLK speech in unison – the 18th year Morse Pond teacher Lynne Buscher has brought students to this event. It was quite moving!

Lastly, James Morton, the former CEO of the YMCA Greater Boston (and former boss of the new Falmouth YMCA CEO) gave an emotional speech about the importance of community, mentoring, and being involved locally. The program ended with all in the room standing and singing We Shall Overcome – many of whom linked hands in a show of solidarity. In these trying times, it reminded me once again how lucky we are to be in this caring and wonderful community of Falmouth.

FYI: Be on the lookout for our Spring Soiree Save The Date card coming soon to your mailbox.

*Candice*

## Volunteer Profile: Margaret Gifford

By Bill Laberis, *Volunteer*

*Sassy. Salty. Independent. Adventurous – with a razor-sharp memory. Not the words usually associated with an 89-year-old widow. But Margaret Gifford is all that, and then some. With a penchant for “just saying whatever pops into my mind and worrying about it later”, she leads an active life, slowed only slightly by a back condition made worse by a botched surgery years ago. She sued the doctor, and won, “with most of the money going to lawyers, but I made my point.” She also played drums in her high school band when they marched in the Rose Bowl parade of 1952. As of this writing she was a day away from boarding a plane to California for a two-week break with relatives – this after having celebrated her 89th birthday in the Grand Tetons of Wyoming.*

### Q: Who or what were the most prominent influences in your life?

A: My mother, Clara Etta Barrett, was unusual in her day because she was such a strong advocate of women's rights. We are talking about the Depression years and the 40's. She and my father griped a lot at each other, but she never backed down. Her red hair fit her perfectly!

### Q: Where was home for you growing up?

A: I was born in Pocatello, Idaho and moved when I was very young to Barstow (California). Talk about a hole in the wall! It is located along the famous Route 66 in the middle of nowhere between Los Angeles and Las Vegas. My dad had a job as a troubleshooter on power lines. The town was awful back then. For a while we lived in a trailer with no running water and certainly no air-conditioning – in the desert. Yuk.



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**Q: Sounds like it was a good place to leave?**

A: Yes, and I did and headed to the University of Redlands in California where I earned a music degree. I met Doug, who would be my first husband. I got married at 21 and had three kids in four years. We moved east to UNC - Chapel Hill where Doug pursued his PhD. in history. I was shocked to learn the public schools were racially segregated there. Also, I did not know at first, but Doug was bipolar. That is what ended our marriage after 13 years.

**Q: What happened next?**

A: Two years later I had met Cameron, a Quaker whose family has deep roots on Cape Cod going back to the 1600s and moved to Falmouth. Gifford Street was named after his family. He also had a Ph.D. and went to work at WHOI. Later, he was chair of the Conservation Commission in Falmouth. With one of his children and my three, we had a big family. We decided in 1977 to buy the HV Lawrence property next to the Falmouth Enterprise, with three acres and a plant nursery business. We all worked hard, even took away our kids' allowances and gave them timecards! Unfortunately, the business went bankrupt in 1993.

**Q: What other interests did you develop?**

A: I always had a deep love for the mountains out west. Not long ago I walked the last sixty miles of the John Muir Trail. Way back when I was ten, we visited the Grand Canyon, and I still have photos I took with my Brownie camera. Cameron and I were also huge opera fans. We would go to New York for a long weekend and see as much live opera as we could fit in. We were getting set for a big vacation to the fjords in 2018 when Cameron died unexpectedly from undiagnosed Lyme disease.

**Q: Volunteerism has been big in your life as well.**

A: I was on the board of Neighborhood Falmouth; a member of the Metropolitan Opera Society; was very active in raising money for Falmouth Hospital as a member of the foundation board; was president of Woods Hole Library; president of Falmouth Band Parents; president of the Falmouth Historical Society. To name a few! Oh,

**Valentine's Day is a great time to practice some self-love.**

Here are a few ways to take care of yourself:

**Practice gratitude.** Reflect on what you're thankful for, like a kind word from a friend or warm sunshine.

**Be kind to yourself.** Challenge unkind thoughts, say positive affirmations, or do something nice for yourself.

**Practice self-compassion.** Forgive yourself and let go of regrets and mistakes you feel you made.

**Meditate.** Practice loving-kindness meditation.

**Journal.** Reflect and discover yourself through journaling.

**Make a date for yourself.** Make time for a fun and relaxing outing.

**Create a collage.** Make a collage of your accomplishments or just things that "spark joy" for you.

**Practice self-care.** Build a daily routine of doing simple things that make you happy.

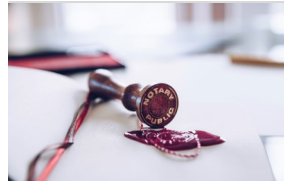
**Surround yourself with positivity:** Spend time with people that leave you with good, positive feelings. (We have volunteers who can help with this!)

**Embrace your uniqueness.** Remember and appreciate what makes you unique.



**Need a Notary?**

NF's Karen Roberts and Candice Geers are Notary Publics, and both are at your service. Call NF at 508-564-7543 to get on their schedule, and one or the other will come to your home at no charge.



February Birthdays

Members

- Herk Donahue 2/2
- Patricia Yoos 2/3
- Judith Sacco 2/19
- Robin Ackroyd 2/26
- Anne Smith 2/28

Volunteers

- Maureen Ellis 2/2
- Susan Carney 2/6
- Marcia Easterling 2/7
- Ilene Barnwell 2/8
- Mike Denomy 2/11
- Carla Zavorskas 2/16
- Anne Buchanan 2/17
- Janet Lauer 2/17
- Ken Peal 2/28



*In Memoriam*

*B. Grant Willis*  
Former Board Member & Secretary



welcome

*New Members*

Mary & Volker Ulbrich  
Pamela Nelson & Kit Olmsted

*New Volunteers*

Andrea Anderson  
Ove Asendorf  
Kathie Hebden  
Henry Jacques  
Susan McCourt  
June Miller  
Katherine Pelletreau  
Priscilla Ruegg



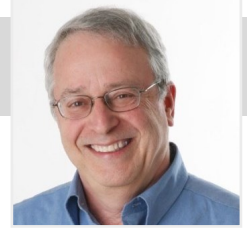
*special thanks to our sponsors*

- Advanced Audiology
- Atria Woodbriar
- Beatrice A. Bunker Architecture
- Bilizekian Family Foundation
- Caithness Foundation
- Cape & Islands United Way
- Cape Cod Church
- Cape Cod Healthcare Foundation
- Falmouth First Congregational Church
- Falmouth Podiatry
- Falmouth Toyota
- Greater Worcester Community Foundation - Rossley Fund
- Hermann Foundation
- James E. And Catherine Schea Lloyd Foundation
- Leader Bank
- Martha's Vineyard Bank
- Paul and Betty G. McDonald Foundation
- Royal Health Group Charitable Foundation
- TLC Private Home Care
- The Cape Cod Foundation - Mary & Redwood Wright
- Walmart - Falmouth
- Waquoit Congregational Church
- West Falmouth Market
- Woods Hole Foundation





# Healthy Living for Older Adults



**By Dr. Michael Bihari**

President Emeritus, Neighborhood Falmouth Board of Directors

*As we age, maintaining a healthy lifestyle, including good nutrition, appropriate physical exercise, and avoiding loneliness can be difficult for many of us. Each month, Neighborhood Falmouth will focus on a health topic of importance for older adults, supply information about Aging in Place, and provide a healthy seasonal recipe.*

## Women and Heart Disease



February is American Heart Month, a time dedicated to raising awareness about heart disease and promoting heart-healthy lifestyles. While heart disease is often perceived as a predominantly male health issue, it is, in fact, the leading cause of death for women in the United States. However, many women remain unaware of their risk and the unique symptoms they may experience.

### Understanding Your Risk Factors

While traditional risk factors for heart disease—such as high blood pressure, high cholesterol, diabetes, and smoking—affect both men and women, several factors are unique to or more prevalent in women, including:

**Hormonal Changes:** Estrogen provides a level of cardiovascular protection, but after menopause, this protection diminishes, increasing the risk of heart disease.

**Pregnancy Complications:** Conditions like preeclampsia, gestational diabetes, and high blood pressure during pregnancy can increase the likelihood of developing heart disease later in life.

**Autoimmune Diseases:** Women are more likely than men to have autoimmune conditions such as rheumatoid arthritis, which can contribute to heart disease.

**Depression and Stress:** Mental health conditions disproportionately affect women and have been linked to an increased risk of heart disease due to their impact on lifestyle choices and inflammation.

**Smoking and Diabetes:** Women who smoke or have diabetes have a higher relative risk of developing heart disease compared to men with the same conditions.

### Recognizing the Symptoms

While men often experience the classic symptom of chest pain, women may have more subtle signs, including: shortness of breath; nausea or vomiting; fatigue; pain in the neck, jaw, shoulder, upper back, or abdomen; and dizziness or lightheadedness.

Because these symptoms can be mistaken for less severe conditions such as acid reflux or anxiety, women often delay seeking medical attention, which can result in worse outcomes. Knowing about these atypical symptoms is critical to ensuring timely diagnosis and treatment.

American Heart Month serves as a timely reminder for you to take charge of your cardiovascular health, not just for yourself but for your family and loved ones. The following online resources provide more information about woman and heart disease:

- Heart Disease in Women (<https://medlineplus.gov/heartdiseaseinwomen.html>)
- How to Prevent Heart Disease (<https://medlineplus.gov/howtopreventheartdisease.html>)



**Need Some Help? Call Us!** If you are feeling depressed or lonely this winter, give us a call at **508-564-7543**.

We can drive you to social activities in Falmouth; spend some time with you in your home or go out with you for a walk; and, if needed, help you find appropriate services.

## From Dr. Mike's Kitchen

February includes Valentine's Day, a great time to serve an easy-to-make but elegant and delicious dinner for a loved one or yourself. And it's healthy!

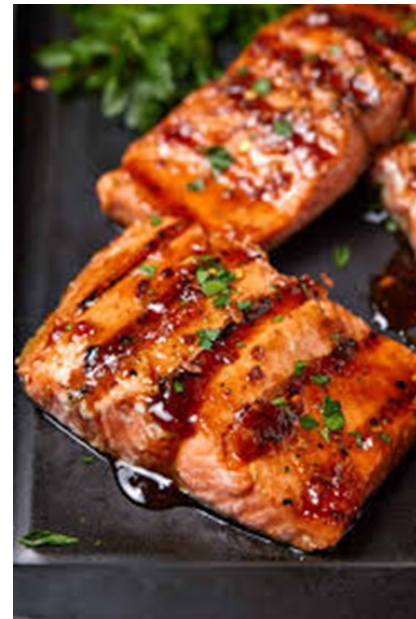
### Roasted Salmon with Two Sauces

4 salmon fillets, each weighing about 6 ounces  
6 tablespoons good quality blueberry preserves  
4 tablespoons BBQ sauce  
Hot sauce, to taste  
5 tablespoons jarred horseradish  
7 tablespoons good quality orange marmalade  
2 teaspoons low-sodium soy sauce (or coconut aminos)  
1 tablespoon water

Preheat oven to 400F. Roast the salmon fillets for about 10 minutes, so that they are still pink and moist inside. Serve with the sauces on the side.

**Blueberry BBQ Sauce:** In a small bowl, mix the blueberry preserves and BBQ sauce until well combined. Add hot sauce to taste.

**Horseradish Marmalade Sauce:** In a small bowl mix horseradish, marmalade, and soy sauce. Add up to 1 tablespoon of water to thin, if needed.



**Recipe Health Tip:** Salmon is healthy for your heart due to its high content of omega-3 fatty acids, which can help lower blood pressure, reduce inflammation, and lower the risk of heart disease.

## Ways Women Can Lower Risk of Heart Disease

Heart disease is largely preventable through proactive lifestyle changes. As a woman, you can significantly lower your risk by adopting the following heart-healthy habits:

**Eat a Balanced Diet:** Focus on a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats, such as those found in olive oil and avocados. Limiting processed foods, sugary beverages, and excessive sodium intake is also important.

**Get Regular Physical Activity:** Engaging in at least 150 minutes of moderate-intensity exercise per week, such as brisk walking, swimming, or cycling, can improve heart health.

**Manage Stress:** Incorporating stress-reducing activities such as yoga, meditation, and deep breathing exercises can help lower blood pressure and promote overall well-being.

**Maintain a Healthy Weight:** Obesity is a major risk factor for heart disease, so achieving and maintaining a healthy weight can significantly reduce the likelihood of developing heart-related complications.

**Avoid Smoking and Limit Alcohol:** Smoking cessation is one of the most impactful steps in heart disease prevention, and alcohol should be consumed in moderation.

**Get Regular Health Screenings:** Monitoring blood pressure, cholesterol levels, and blood sugar regularly can help detect and manage risk factors early.