

BAY TO SOUND NEIGHBORS



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FROM THE PRESIDENT

A warm welcome to those who have recently joined Bay to Sound Neighbors!

It's probably no surprise to you that about 80% of the rides we provide to our members are for medical appointments. It's also no surprise that many of us become nervous about our next doctor visit and we might leave the office not completely understanding what was communicated. In this issue, we offer a few tips for better communications with our healthcare providers.

In other news, the B2SN board recently voted to hold our annual meeting and board elections at the end of the fiscal year (December) rather than mid-year, as had been the case in our first five years of operation. The intent of this change in timing is to align our annual meeting and elections with all our financial and annual reporting. This year our board elections will take place at the end of 2024.

We love to hear from you. Feel free to write or call to share stories about your interactions with our members or volunteers. Soon we will all be celebrating the arrival of spring. It's not too far off!



Carol Donohue
President



Welcome New Volunteers!

Bay to Sound welcomes the newest volunteers. We are thankful for your efforts to help your neighbors in Yarmouth and Dennis at a time in their lives when it matters most.

Marcela Hayes
Kim Hicks
Lee Hicks
Melinda Maryniuk

Michael McDonald
Judy Parkhurst
James Stager
Christina Zandri

COFFEE KLATCHES OFF TO A GREAT START



Pictured from left to right: Mim Goldberg, Nancy Clairmont, Marianne Puchalski and Sharon Ladley.

Members and volunteers of Bay to Sound Neighbors began regular coffee klatches in January. The klatches offer the opportunity for members and volunteers to get together in an informal setting once a month to catch up and discuss trips taken, siblings, children and of course grandchildren! Many participants in the 2024 klatches expressed their appreciation for the opportunity to socialize and that they are looking forward to getting together again in March.

VOLUNTEERS NEEDED!

If you love what we do at Bay to Sound Neighbors, consider helping us behind the scenes. We could use some helping hands on a few of our committees from time to time. A sampling of things you can do:



- Plan and organize social activities and special deliveries.
- Help spread the word by taking brochures and posters to public places you visit.
- Help with stuffing envelopes for member mailings.
- Good with technology and web apps? You could be a good fit to help on our web team.

If you'd like to help in some way, call or email Carol Donohue at cdonohue141@gmail.com or (508) 470-0585.



VOLUNTEER SPOTLIGHT: Rick Woods

My wife, Linda Coffey and I were both born and raised in Boston and moved to Canton after we were married in the late 70's. We have lived in Yarmouth Port since 2011, moving here because we have been in love with Cape Cod all our lives.

Through my 20's, 30's and 40's, I was a working musician. I co-founded and was lead singer for the band Trinity, which was a lot of fun. In fact, we scored some success as a club band, function band and recorded two albums as well. I still do some private musical gigs on occasion. In my early 40's, I graduated from the New England School of Law and passed the bar. While I practiced law for a while, I later went to work for Dow Jones in an online news business which was just beginning to catch fire. I retired in 2019.



Linda and I are fortunate to have 3 wonderful children and 6 grandkids who we love spending time with. Linda is a retired educator and has become a passionate painter. I have become a passionate tennis player, although I only play doubles since I turned 70.

In addition to volunteering for Bay to Sound Neighbors, I also deliver food for Meals on Wheels in Yarmouth every week. I love the mission of both organizations, as well as the personal interaction that I receive from my involvement.

TIPS FOR A SUCCESSFUL DOCTOR'S APPOINTMENT

Doctor's visits can be stressful. The offices are often busy and your time with doctors can feel limited. Therefore, it is critical as a patient to make sure that you are fully prepared for the visit to ensure that you receive the proper care. The following are a few tips recommended by the National Institute on Aging (a part of the National Institute of Health) to help you prepare for an upcoming doctor's visit:

1. Make a list and prioritize your concerns: If you have more than a few items to discuss, place the most important ones first, don't put off the things that are really bothering you until the end of your appointment.
2. Bring a list of all the prescription drugs and over-the-counter medications, vitamins and herbal remedies or supplements that you are taking with you to the appointment. Also, remember to bring your insurance cards, and the names of all the doctors that you are seeing.
3. Sometimes, it is helpful to bring a family member or close friend with you to help remind you of what you planned to discuss and to take notes to help you remember what the doctor said.
4. If you are getting started with a new doctor, remember to ask what to do if there is an emergency or if you need a doctor when the office is closed. You also may want to ask the doctor's office to send you a copy of the medical history form in advance of your appointment so you can fill it out at home when you have the time and information you need to complete it.
5. Keep your doctor up to date, letting him or her know what has happened in your life since your last visit. Remember to let your doctor know if you have been treated in an emergency room or by a specialist. Mention any changes you have noticed in your appetite, weight, sleep, or

energy levels as well as any changes to medications you are taking.

6. Remember to take any eyeglasses or hearing aids with you to your appointment and be sure to let your doctor know if you have any hearing or sight issues.
7. Request an interpreter if you need one.

For a more expansive list of how to prepare for a doctor's visit, go to [How to Prepare for a Doctor's Appointment | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov/health/article/how-to-prepare-for-a-doctor-visit)

WHAT PEOPLE ARE SAYING ABOUT BAY TO SOUND NEIGHBORS



"I am so grateful to have the support of this very special organization." Elaine Singer

"I was very delighted with volunteer Joyce Jenks. This is a wonderful organization, and I am so glad that you are here for me." Mary Beth Christensen

"Bless all of you at Bay to Sound who make life possible – not possible without you." Loretta Slovak

Answers: 1. 1929 2. Nineteen 3. Gone with the Wind 4. Katherine Hepburn with 4 awards



Bay to Sound Neighbors

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This year's Academy Awards will take place on Sunday, March 10th. Test your knowledge of Oscar History!

1. What year was the first Academy Award presented?
2. How many Academy Award ceremonies did Bob Hope host?
3. Which film won best picture in the 1940 Academy Award ceremony: Gone with the Wind or The Wizard of Oz?
4. Which actress has won the most Oscars?

Answers on page 3.

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