



March 25, 2020

Dear Members of Bay to Sound Neighbors,

Continuing our efforts to help keep members and volunteers safe during this health crisis, the B2SN Board of Directors took the extraordinary step to suspend all member services involving face to face contact, effective Saturday, March 21, 2020, until it becomes safe to resume.

We reached this difficult decision after careful and prolonged review of recommendations from local, state and federal health officials. We considered allowing volunteers to continue providing rides to necessary medical appointments; however, we believe this poses an unacceptable risk of exposure to COVID-19 and may further spread the virus among our valued members and volunteers and our community.

### **For your safety**

Many of you, our members, have pre-existing conditions and it is particularly important that you stay at home. If you need to go out or someone visits you, be sure to honor the practice of staying six feet from others. Regular and thorough washing of your hands and using hand sanitizer also help in avoiding the virus. If you have a doctor's appointment, call before you go. Most are being handled by teleconferencing.

During the time we are suspending service delivery we will not be charging the B2SN membership fee. So, for example, if we end up not providing services for three months, we will extend your membership for three months with no charge.

### **Staying in contact**

We also plan to stay in contact with you through this difficult time. Our service coordinators will continue to answer the phone. Please feel free to call in if you have questions or just want to talk with someone. Staying at home is very important to avoiding the coronavirus but it can be a challenge. Social interaction is important to keeping up one's spirits. To that end, Bay to Sound Neighbors is looking into forming phone trees between members and volunteers. You will hear more about that later.

**Grocery delivery assistance**

Due to the virus threat, we are no longer able to take members' grocery shopping or do grocery shopping for you. Instead we want to help you set up grocery delivery. Each of the following markets provide same day or next day delivery. Call them to place an order. They will explain how it is done.

**Petersons in Yarmouth Port (508-362-2147)**

**Dennis Public Market in Dennis Village (508-385-3215)**

**Ring Brothers in South Dennis (508-394-2244)**

These markets will deliver any item available in the store. Both Stop & Shop, via PeaPod, and Shaw's via Instacart also provide delivery but you are required to set up an account and place your order via the internet. There is a delivery charge with any of these options. Only PeaPod requires a minimum order and it is \$60. If you would like to start food delivery and would like some assistance, feel free to call B2SN 9am-12 and 1-4pm, Monday through Friday. Alternatively, you can ask a family member to help. CVS also delivers via Instacart. When they call you to tell you your prescription is ready, you can specify that you want it delivered. Many household and personal care items can be ordered from Amazon.

Many local restaurants are providing take-out or delivery of meals. Call your favorite place and ask if they are doing that. It is the only way they can stay open. Some have a required minimum order. To safely have food or groceries delivered, ask them to ring the doorbell when they arrive and leave the food on your front steps. Throw the outside packaging away, and then wash your hands. If the groceries are too heavy for you to lift, ask them to set them inside your door. Do not invite them in, for their safety and yours.

**Looking ahead**

Our Board will continue to meet regularly and we will bring B2SN service delivery back as soon as the safety guidelines of the state Department of Public Health and local authorities determine it is safe. If you have a question or concern, please call at 508-470-0585 or email at [baytosoundneighbors@gmail.com](mailto:baytosoundneighbors@gmail.com). We are with you in spirit during this difficult time.

Respectfully,

Marilyn Nouri

President, Bay to Sound Neighbors