

# Bay to Sound Neighbors

— A bridge to aging in place



## Letter from the President

So much has changed since I last wrote! Spring has sprung, the birds are singing, and plants are blossoming. As for us, we seem to be honoring the stay at home guidelines, wearing masks if we need to go out, and staying six feet from others. These are necessary for our physical health and most Cape Codders seem to be abiding by them.



One of many downsides of the above practices is that in physically isolating for safety, we are also increasing social isolation for many. I don't know about you, but I'm getting a little bored with my own company. Bay to Sound Neighbors recognizes that social isolation can be challenging to one's spirit, and we are working to think of ways to overcome social distancing while maintaining physical separation. We have implemented two programs to connect volunteers with members; phone buddies and Zoom social groups. With phone buddies, volunteers are calling members on a regular basis, to check in and to chat. We have set up two Zoom meeting groups—one over coffee or tea in the morning, the second over a cocktail or mocktail at 4 pm. Many of you may have been introduced to Zoom by your family. It is a way to both see and talk with others in a group, online, enabling people to chat, laugh and talk about any topic they want. We are keeping our Zoom groups to about five, again made up of volunteers and members. If you are not currently participating but would like to try the coffee or cocktail hour, call our number, 508-470-0585. Try it! We are also on the search for other good ideas.

At this time, we are constantly monitoring the ever-changing information being put out by Governor Baker, and the Dennis and Yarmouth Health Departments to determine when we can begin providing some services, and then phase in more services as the health data allows. Our number one goal is to keep our members and volunteers safe.

May is Older Americans Month. The theme this year is, "Make Your Mark." All of our members have fascinating stories to tell and so we asked volunteers and family members to send in their nominations. In this issue, we honor two inspiring women. A good read!

Stay strong, stay healthy. We are all in this together.

Marilyn Nouri

## Cards for Hope Project



### The Alzheimer's Family Support Center

(AFSC) of Brewster recently introduced their newest initiative "The Cards for Hope Project", bringing needed wishes of support to many of their close community partners in Cape Cod's long-term care facilities who have been particularly hard-hit by the COVID-19 pandemic. AFSC is well-known for their free support, information, education and social connection to Cape Cod's many families living with Alzheimer's and other dementia-related diseases. The project solicits personal greeting cards from the local community to distribute to every long-term care facility on Cape Cod so that residents and staff members know people care about and are thinking of them.

You can contribute a card with your own message of appreciation/support and drop it off at the Alzheimer's Family Support Center office at 2095 Main Street in Brewster in a Ziploc bag, or mail it in to that address, or call them and they will come and pick it up from you. They will make sure that all cards and well wishes are delivered safely - *please do not deliver them yourselves*. For more information about the Cards for Hope Project, please call (508) 896-5170, email [info@capecodalz.org](mailto:info@capecodalz.org), or go to <http://www.alzheimerscapecod.org>

## Members' Corner

### May is Older Americans Month! We're Celebrating Two Wonderful Women

In May, we celebrate Older Americans Month which recognizes the contributions of older adults across the nation. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities. Here, we are celebrating and recognizing the contributions of two delightful B2SN members.

#### Mary Powers – Always an adventurer

'Always keep going and never say no' is the basis for Mary Power's positive attitude and a lifetime filled with adventure, excitement, and love.

Mary was born and raised in Medford, Massachusetts. She attended Boston State College studying elementary education. After college, Mary decided to drive across country to "see it all." Her travels took her to Mt. Rainier where she eventually climbed the mountain at the urging of her friends.

Mary's father, a thirty-year veteran of the Medford police force, met Mary in San Francisco and joined her in L.A., Las Vegas and the Grand Canyon. After her time with Dad, Mary returned to Mt. Rainier to set up house at 8,000 feet. She applied to the Bellevue School District, near the mountain, and was hired as a 5<sup>th</sup> grade teacher to teach conservation and camping. The job was the perfect fit for an adventurous woman.

After three years of teaching she decided to head back to Medford, missing home. After returning she landed a job teaching in east Boston. She spent many weekends in the Outward-Bound program where she met her husband John. The program was meant to teach the teachers about desegregation and how the students could learn about one another.

She and her husband travelled to many, many countries during which she developed a love for theater. She has close friendships with many people at the Cape Cod Playhouse where she has held season tickets for 40 years.

Mary and her husband retired and moved to the Cape to stay in 1995. Mary continued with her adventurous spirit on the Cape and tried everything. Girls Night Out held every Wednesday year-round was a common activity for trying new things. The group would go to the theater on Wednesdays during the summer and then try a different learning experience during the winter at Christine's in W. Dennis. These experiences included learning to play the Steel Drum.

Most recently, Mary had a fall and has been in rehab during the pandemic. She and her roommate have become fast friends and are even planning a trip to Ireland when they are well again. Mary is working with her friend to get her to walk 75 feet because that is the distance from the hotel to the pub in Ireland! Mary will always agree to new adventures to enrich her life.



Mary Powers (right) with volunteer Carmela Turco

#### Charlotte Striebel – Life as a Professional Volunteer

Charlotte has South Carolina blood running through her veins in spite of the fact that she was born and raised in Pittsfield, MA. Her parents were proud South Carolinians and she summered in SC and wintered in Massachusetts for most of her life.

Before marriage, Charlotte's volunteerism erupted as she worked with the Junior League of Berkshire County, The Girls Club of Pittsfield, and the Western Massachusetts Girl Scout Council eventually serving as its President. She became an expert teaching third and fourth graders about the American Indians indigenous to Western Massachusetts.

After a whirlwind career and busy volunteer schedule, Charlotte married in 1960 and raised a family in the Pittsfield area. Her volunteerism continued, as she focused on the elementary school that her daughter attended. She also spent time volunteering at the local hospital. Charlotte and her husband then moved to Southampton, MA where Charlotte established a women's golf league and became interested in politics serving in the Town Assessor's Office.



Charlotte Striebel

Charlotte Striebel Continued

Charlotte and her husband always loved Cape Cod and were thrilled to have the opportunity to move to Yarmouth in 1984. Charlotte has the distinction of having played golf on every golf course on Cape Cod.

Her interest in golf led her to become a Golf Commissioner. Through that work she became devoted to the Town of Yarmouth. She was elected Selectman and served multiple terms from 1994 – 2003. The Select board couldn't completely quell her desire to serve others so she served concurrently on the Barnstable County Assembly of Delegates beginning in 1997 for 12 years. In addition to her elected positions, she volunteered for Cape Light Compact, and served on the board of The Children's Cove.

Charlotte summed up her ninety years as "proud and happy" that she spent so much of her time helping others. She said, "I was never forced to do any of it. I am pleased with my life and feel that I was able to help people. That makes me happy."

### Trivia, but without the Ice Cream

This month Bay to Sound's Social Committee planned for an Ice Cream Social and Trivia. For obvious reasons, it became impossible to gather our members and volunteers for this event. We hope to reschedule this event sometime in the future. But you can still participate in Trivia! See if you can answer these questions. (Answers are on the back page)

1. Who was US President at the start of the 20<sup>th</sup> Century?
2. Which President stated; "Read my lips: no new taxes?"
3. In which decade did Alcatraz close?
4. Who married fellow country star George Jones in 1969?
5. What was President Dwight Eisenhower's middle name?
6. How is actress Angeline Brown better known?
7. Which musical featured the song "Food, Glorious Food"?
8. Which LA hotel was Bobby Kennedy shot?
9. Which motor company topped the fortune 500 list in 1990?
10. The first moon landing was on July 21, 1969, but what date did the Astronauts return to earth?

### Signs of the times ... on the highway, at Taylor-Bray Farm or curb-side shopping.



**We're all in this together.**



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## Join Us!

**Bay to Sound Neighbors'** mission is to support our members who want to remain in their home and age in place. Our all-volunteer organization helps members continue to live in their homes as long as possible and be more actively engaged in the community. You can help by becoming a member or volunteer, or by making a donation. We hope you will join us!

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Answers to trivia quiz: 1. William McKinley, 2. George Bush, 3. 1960s, 4. Tammy Wynette, 5. David, 6. Angie Dickenson, 7. Oliver, 8. Ambassador, 9. General Motors, 10. July 24, 1969.