

Bay to Sound Neighbors

— A bridge to aging in place



Letter from the President

From the outgoing President

Just barely a year ago we were planning our September Bay to Sound Neighbors launch. We anticipated 30 members in the first 3 months and hoped for 100 over the first year. Barely eight months later, we have surpassed our expectations and have exceeded our projected number for the entire year! We currently have more than 110 members and over 90 volunteers — and continue to grow. What a wonderful accomplishment!!! Many have worked hard to get to this point and it has certainly paid off. I am proud of all that we have managed to achieve in such a short time.

We hosted our first volunteer gathering on December 14th at the Yarmouth Senior Center and then our Launch Party hosted by the Dennis Senior Center on December 31st where volunteers and members got the opportunity to meet each other. Recently, we held a Member-Volunteer Social for volunteers and members to again mix and mingle, since the number of both groups has increased so much.

On a personal note, I have resigned my position as President of the Board effective at the end of May. I plan to continue to volunteer to drive our members as that is what I truly enjoy doing. Working with our members is extremely rewarding to me. I have met so many wonderful people and feel very lucky to be able to help our members remain in their homes.

I am confident that the new Bay to Sound Neighbors leadership will continue our mission of helping our members to age in place and continue to be part of their community. It has been an honor and pleasure to be part of Bay to Sound.

Sincerely,
Cheryl Herwig

From the incoming President

I am very excited to join the Bay to Sound Neighbors team as President. The organization's first year was very successful, surpassing our goals early in the year. That shows that the time was right for Yarmouth and Dennis to join other towns on the Cape in becoming part of the Neighbor to Neighbor movement. Our thanks to the directors and staff at the Yarmouth Senior Center and Dennis Senior Center for being great partners in our effort, and a particular thanks to Kathi Bailey for getting a grant that funded our start-up effort.

As we transition into our second year of operation, our focus will be two-pronged: to continue to grow as we think there are many more residents in our two towns in need of services, and second, to plan for sustainability. Over the last two years, we moved through the stages of exploration, development, implementation, and launch. Now we need to write a three year plan for continued growth and sustainability. That will involve setting new, long-term goals, and assessing how well we are organized to carry out the tasks of meeting those goals.

I look forward to being a part of our "working board." Especially, I value continuing to support midlife and older residents so they can age in place and continue to participate in our community through our team of volunteers who make this all possible. Our members say how wonderful our volunteers are; our volunteers say how much they get out of fulfilling the services our members need. To me, that sounds like a "mutual admiration society!" It is certainly something to be highly valued as it builds community in Yarmouth and Dennis.

Sincerely,
Marilyn Nouri

New Board Members

Bay to Sound Neighbors is pleased to announce that at its annual meeting, two new officers were elected to its volunteer board of directors:

- Marilyn Nouri, President, of Dennis
- Carol Donohue, Vice President, also of Dennis

Officers reelected and continuing in their current roles:

- Mariane Broadhurst, Treasurer, of Dennis
- Kate Lathrop, Clerk, of Yarmouthport

We are also pleased to announce the addition of the following volunteers to serve on the board of directors:

- At Large: Marcy Cohen, Todd Deluca, Sally Fogerty
- Volunteer Representative: Jim Lathrop
- Volunteer Team Manager: Tom Turner
- Web/IT Team Manager: Margi Eckhouse



Hearty volunteers walked in the St. Paddy's Parade

Outreach News

The Outreach Committee has been busy approaching organizations and businesses about the growth and mission of Bay to Sound Neighbors (B2SN). Cheryl Herwig, member Lorraine Coyne, and volunteer Gail Fleischer were interviewed by Matt Pitta of CCB Media in April.

B2SN made presentations or were present at the following venues:

- Ring Brothers Marketplace Annual Spring Food Fair
- Dennis Conservation Trust Non-Profit Fair/Dennis Conservation Town-wide Clean-up
- Yarmouth Town Clean-up
- Sight Loss Services in Yarmouth and Dennis
- Friends of Yarmouth Council on Aging Board
- Dennis Chamber of Commerce
- Yarmouth Rotary
- Parkinson's Support Group at Yarmouth Senior Center

Outreach has also distributed information to medical/dental offices, OT/PT facilities, hair salons, etc. Future presentations are planned with local churches.

If you know of other groups that B2SN can speak to, please call and let us know. Thank you to all who are spreading the good word about B2SN's mission!

Bay to Sound Neighbors Celebrates with a Parade and a Party

First, in March, some volunteers got in the St. Patty's Day spirit while spreading the word about Bay to Sound Neighbors. Then, not willing to exclude members from the fun, the newly formed Social Committee organized a get together in May for members and volunteers to socialize over lunch and have some fun playing the Trivia Challenge and winning prizes!

Chuck Broadhurst acted as the Trivia Master and the Social Committee (Mariane Broadhurst, Nancy Schuster, Gail Fleischer, Evelyn Beal and Kathy Donovan) got lots of kudos for a lovely lunch.

The winning trivia team, the Bird Ducks, took home the grand prize! A great time was had by all who attended. Be sure to watch for information for our end of summer event.

Part of the Trivia Challenge was to test the attendees' knowledge of Cape Cod -- how would you do?

1. How many towns are on Cape Cod (not including the Islands)?
2. Which town is the oldest?
3. Who was the first U. S. President to visit Martha's Vineyard while in office?
4. Which President facilitated the purchase of the original Cape Cod Canal from the Belmont Company?
5. In which decade was the Cape Cod Baseball League founded? (circle one)
 1860's 1870's 1880's 1890's 1900's
 1910's 1920's 1930's 1940's 1950's
6. Who first recorded the song "Old Cape Cod" in 1957?
7. How many lighthouses are there on Cape Cod (Active and deactivated)?

(Trivia Challenge answers on last page)



Members' Corner

Who Joins Bay to Sound Neighbors?

Hedy R, "My family and I are so happy and relieved because of the support I now receive."

Hedy, an accomplished artist, says about four years ago she became quite reclusive. She had to surrender her drivers' license, developed some medical issues, lost some of her hearing and gave up both art lessons and her involvement in the art community. When friends asked her to spend time with them or participate in an activity, Hedy would say to them, "I will see how I feel."

Since hearing about and becoming a member of Bay to Sound Neighbors last year, Hedy says she is in transition. "My family and I are so happy and relieved because of the support I now receive. "Bay to Sound Neighbors is there for me when I need to go to the market, get my hair cut or get to medical appointments. I know I am not alone and can rely and depend on the volunteers. In addition to getting transportation to the grocery store, volunteers help me with reaching for and placing grocery items in my cart and even reading the labels for me on my grocery items. Last fall, I had volunteers help with small household projects such as moving my deck furniture, large planters and hoses into the garage."

Hedy has met ten volunteers in only four months with Bay to Sound Neighbors and says that all of her experiences have been positive and wonderful. "I feel overwhelmed with gratefulness. I plan to start painting again and getting out to some art exhibits. I am out of my shell and have joined the human race again because of Bay to Sound Neighbors!"

Member Comments

Recently Dorothy G, a member of Bay to Sound Neighbors, requested a volunteer for Technology assistance. "A gentleman by the name of Jim L. came by and helped get my computers up and running. He impressed me so much because he described everything so clearly and he didn't talk down to me. I just want him to get a pat on the back because he was so wonderful. Thank you very much for your services. Your volunteers are wonderful. I am so grateful."

Volunteers' Corner

Why Volunteer with Bay to Sound Neighbors?

Jim L - "I enjoy transporting people and having spirited conversations"

Before joining Bay to Sound Neighbors as a volunteer last year, Jim already understood that a strong need existed to provide rides for people in the community who are no longer able to drive. He had past experience driving people to medical appointments and knows first-hand how grateful people are for this alternative to taking a taxi or having to ask a neighbor. "When you are not able to drive your own car any more, it is a huge loss for people. I enjoy transporting people and having spirited conversations with them while in the car. People have such fascinating lives."

Jim acknowledges that it feels good when the people he drives give him positive feedback. "So many are lonely and they miss connecting with others. People are happy and comforted knowing that they can just pick up the phone and call Bay to Sound Neighbors for a ride to an appointment or to the grocery store. It's an enjoyable experience for both of us."

At a recent holiday get together, Jim recalls the daughter of a member he has taken to some appointments telling her mother, "This is a whole new you. You are actually getting out now. You are like your old self!" Jim says that after signing up as a volunteer with Bay to Sound Neighbors, he has a whole new appreciation for grocery shopping. "Each person brings their own intensity to how they grocery shop – and I am getting some exercise while I shop with people!"

June Gathering for all Volunteers

We invite all volunteers to a gathering with Bay to Sound Neighbors Volunteer Committee and board members at the Yarmouth Senior Center, June 19th, 6:30-8:30pm. Come and share your ideas for improvement as well as meet and socialize with fellow volunteers. Watch your email for more information then [go to the B2SN website](#) to sign up for this volunteer-only gathering.



**Bay to Sound Neighbors
The Villager**
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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. 15 2. Sandwich 3. Ulysses S. Grant 4. Calvin Coolidge 5. 1880s 6. Patti Page 7. 16