

# BAY TO SOUND NEIGHBORS



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## Signs of Spring!



## PRESIDENT'S LETTER



Spring never emerges on the Cape as soon as I think it should. The same ocean that gives us such a beautiful fall keeps us from warming up as quickly in spring. But, late April and May bring warmer days, leaves on the trees, and blooming spring bulbs, such as my favorite - tulips! All of this suggests that there is much to look forward to as spring and summer welcome us outdoors.

We have all been through a tough year, but at least now that many have received their shots, we are now able to reunite with family and even hug our grandchildren. Soon, outdoor restaurants will be open and events on the Cape will start welcoming us. I can't wait!

Over the winter, Bay to Sound connected with members by phone to hear of how they have been faring and whether they needed assistance in securing an appointment for the Covid vaccine. In addition, a survey was sent to all volunteers which was then followed up with phone calls. All of this generated a very positive response. We also learned that most of our volunteers and members have already been vaccinated, which is very good news since we believe this to be an important component to our ability to fully re-open.

We also learned that most of our volunteers are still with us and looking forward to the day we can start delivering our full menu of services again. We don't yet know when that will be, but a discussion at the May board meeting will be about that very topic. So, we are hopeful that Bay to Sound Neighbors may soon be able to continue our mission—to help our older residents stay in their own homes *and* be participants in the community. Be well!

Marilyn Nouri, Board President



Marcy Cohen



Kate Lathrop

## MEET THE MEMBERSHIP TEAM

The first step to joining the Bay to Sound Neighbors community as a member is to meet with a few members of our membership committee. The team is responsible for responding to requests for information, interviewing prospective members, creating member profiles and recruiting new members. During the initial startup of Bay to Sound Neighbors, Maggie MacDonald was the first leader of the membership committee, spending much of her time setting up the initial procedures for the committee.

As Maggie completed her term on the board, Marcy Cohen and Kate Lathrop stepped up as the new committee leaders. An interesting point about Marcy and Kate is that they hold a very special distinction among Bay to Sound board members in that they are the founders of the organization.



## Dennis Senior Center News

Brenda Vazquez, Director, Dennis Council on Aging and Senior Center, recently provided exciting news about the soon-to-be opened Senior Center. Brenda joined the Town of Dennis as the director on December 18, 2017 and worked hard to define the project and to engage with town residents to understand their objectives and vision for the senior center. About a year later, the project was approved. Fast forward through planning, ground-breaking and the pandemic, the center is nearing completion and preparing to open.

Just recently, the Select Board voted to change the name of the center to **The Dennis Center for Active Living**. Brenda said that some already refer to it by its acronym D-CAL.

The new addition has added 10,000 square feet of space and will include a grand ballroom for meeting space, two commercial kitchens, a yoga studio, a cardio center, a new café, dining room and workspace. Brenda envisions members stopping into the cybercafé for breakfast and catching up on their emails in between meeting friends. A new outdoor courtyard is also in the works.

Opening day is still a moving target due to the pandemic. Once the center is open, they plan to offer small group tours as a way of introducing the community to the new facility.

The Town is launching a Logo Contest for the new center to all Dennis residents, and everyone is encouraged to enter.

Brenda expresses her gratitude to the Bay to Sound Neighbors organization for their collaborative approach to the improvement of senior living.

Kate and Marcy met at an Academy for Lifetime Learning class and the guest speaker was from Nauset Neighbors, another organization offering neighbor to neighbor support to seniors for the Cape communities to the east of us. After the presentation, Kate spoke up saying she wanted to start an organization for Dennis and Yarmouth and Marcy joined her by expressing her interest. They met after class and began recruiting other people who were interested in helping seniors age in their homes.

Before long, the founders group had grown from just Kate and Marcy to 23 area residents. The group met twice a month for 16 months. Fortunately, at about the same time, the fledgling group was awarded a grant through the Yarmouth Senior Center and was able to engage the consultancy of Marilyn Nouri and Sally Fogerty who helped to guide the group from idea, to recognition as a 501(c)3 nonprofit, to creating operational processes. Marilyn and Sally graciously donated their consultancy back to the organization and continued to volunteer; Marilyn currently serves as Board President.

Marcy and Kate now lead the membership committee, with the help of approximately 10 volunteers who pair up and interview prospective members. Marcy and Kate report they currently have a waiting list of 15-20 people eager to become members. We appreciate the help of our local senior centers, churches, doctor's offices and many other organizations and individuals that care for seniors and have been great partners spreading the word.

## Spring Trivia

### Test your knowledge of all things Spring!

1. The first day of spring is called the vernal equinox. True or False
2. In which country are cherry blossoms considered a sign of the beginning of spring?
3. What does the Easter egg symbolize?
4. What famous cruise ship disaster occurred on April 15, 1912?
5. Which U.S. president was assassinated on April 15, 1865?

*Answers at the bottom of the page.*

## Contact Us

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Answers to Spring Trivia: 1. True 2. Japan 3. New life 4. Titanic 5. Lincoln.