

BAY TO SOUND NEIGHBORS



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FROM THE PRESIDENT

Happy New Year greetings to all! As January rolls in, inevitably, some of us



like to pause and reflect on the previous year and hope for good things in the coming year. So... I wanted to fill you in on some happenings at Bay to Sound Neighbors this past year that put us in a good position to support members in 2022.

Our ability to provide services last year was limited due to the shutdowns caused by the pandemic. In July, we were able to fully reopen and our Membership Team got busy interviewing and bringing on new members. We had more than 30 people on a waiting list during Covid who needed our services and we were grateful for a break during the pandemic to take on new members. Also, community groups began to gather again and speaking opportunities opened up for us after the summer. Some of the groups we met with included the Yarmouth Rotary, Dennis-Yarmouth Newcomers, the Harvard Club of Cape Cod, the Dennis Center for Active Living grand re-opening event, NARFE (National Active and Retired Federal Employees – Cape Cod Chapter) and we even had a table at the Yarmouth Seaside Festival. All of this paid off, and the Volunteer Team was busy bringing new volunteers onboard. As a result, we welcomed over 35 new members and nearly 20 new volunteers with more to be trained.

In November, our board of directors held a retreat for the purpose of setting goals to work toward for the next three years. The B2SN board is a working board and we are all responsible for continuing our mission to help the elder members of Dennis and Yarmouth age in place at home for as long as possible. At our December meeting, our board voted to request that all members and volunteers provide proof of vaccination by sending a copy of your vaccination card to B2SN. Because of the population we serve, this practice is necessary to ensure a measure of safety for all of us. Please know our intent is to only note in our records that proof of vaccination was provided as well as relevant dates when the vaccine was received, and then we destroy the images/paper copies we receive. Also in December, we sent a Member Interest Survey to all members tucked inside the holiday greeting card. To all who have completed it and sent it back, thank you. If you haven't yet completed and returned the survey, please do -- there is still time to put it in the mail to us. We intend to use your responses to help guide our social activities this year.

I also want to remind everyone that due to the high rate of COVID infections in our area, our COVID protocol requires that everyone providing or receiving a service from us wear a mask and practice social distance when in the car or inside the home. Our COVID protocol is posted on our website at www.baytosoundneighbors.org. If you do test positive for Covid and you have been in contact with any of our members or volunteers, please call us at your earliest convenience at 508-470-0585.

Lastly, in February, Bay to Sound Neighbors will join many other villages in celebrating the 20th anniversary of the launch of Beacon Hill Village in Boston, the very first "aging-in-place village" in the U.S. More coverage on this milestone follows in this issue. We wish you all a happy and healthier 2022.

Carol Donohue, President



Welcome New Volunteers!

Many new volunteers have joined us over the past few months. We celebrate you for your desire to help your fellow neighbors in Yarmouth and Dennis at a time in their lives when their needs are greater. Welcome aboard!

Carol Mauro	Paula Auerbach
Bill Dagilis	Judy Roettig
Charles Satkewich	Dennis Coffey
Michael Barry	Kathleen Ozzella
Judy Barrows	Nina Prikazsky
Ellen Cullen	Laurie Hutton-Corr



National Village Day Celebrates 20th Anniversary of the Village Movement

To celebrate the 20-year anniversary of the Village Movement and the positive impact Villages are having on the experience of aging, Tuesday, February 15 will be recognized as National Village Day! From its beginnings when a small group of Beacon Hill neighbors established the first Village in Boston in 2002 to a thriving network today of more than 300 nonprofit, community-based Villages across the country, the Village model is now established as a cost-effective, sustainable solution for healthy, vibrant aging – a milestone worthy of celebration!



Winter is here! Inclement Weather Policy Reminder

We hope for another mild winter but just in case, here's a reminder of our winter inclement weather policy: We do not offer services when Dennis-Yarmouth Schools are closed. For late start and early close of schools, service is left to the discretion of the volunteer. Call us at 508-470-0585 if in doubt.

Did You Know?

Cape Cod and the Islands have five aging-in-place villages. We all share the same mission.

- Barnstable Neighbor to Neighbor
- Bay to Sound Neighbors
- Nauset Neighbors
- Neighborhood Falmouth
- Vineyard Village at Home

The celebration will reach the halls of the U.S. Congress with a proclamation in the House of Representatives designating February 15 as **National Village Day**, sponsored by Congressman Stephen Lynch (MA), and recognizing Beacon Hill Village and Village Movement.

At Bay to Sound Neighbors, we acknowledge the founders of Beacon Hill Village for their success and for paving the way for many others who have championed the village concept in their own neighborhoods and communities.



Respite Program Now Open

The Dennis Senior Center is now offering a short term respite program for caregivers. This is good option for caregivers to take care of their own needs or social interactions while knowing their loved one is being looked after. Call the Dennis Senior Center directly for more information about this program at (508)365-5067.

Answers: 1. Provincetown 2. Harwich 3. Barnstable
4. Bourne 5. Truro

Local Chambers of Commerce Celebrate Bay to Sound Neighbors Reopening

The Yarmouth Chamber of Commerce joined the Dennis Chamber of Commerce to celebrate the reopening of Bay to Sound Neighbors recently. A ribbon-cutting ceremony was held at the new Dennis Center for Active Living/Dennis Senior Center.



Members of Bay to Sound Neighbors board and volunteers take part in recent ribbon cutting ceremony at the Dennis Senior Center.

Guidelines for Home & Garden Service Requests

This month we spotlight one of our service offerings. One of the ways we can help members is with small Home & Garden tasks that might be difficult to do ourselves as we age. A Home & Garden service request is for light tasks that:

- are a one-time task that can be completed in a brief period of time (usually in under an hour)
- are the kind of tasks you would feel comfortable asking a friendly neighbor to do for you
- are not larger projects that you break down into several separate service requests.

Think of our volunteers as you would one of your friendly neighbors; they are not laborers, landscapers or housemaids. Volunteers can trim a bush or two, but not every bush in the yard broken up into several separate service requests with the goal of getting all the bushes trimmed. There are many handymen and landscaping companies on the Cape who can help with that type of

work. Examples of Home & Garden service requests that we will be happy to try to help with are: moving lightweight patio furniture; hanging a picture; doing a dump run; weeding a small patch of garden; changing a high up light bulb or smoke detector batteries.

When calling in a service request for Home & Garden help, be very specific about the task you need done. If we feel that the task is appropriate for us to ask a volunteer to do, we will happily take the service request. If, however, we feel that the task is more appropriate for a paid professional, we will let you know.



Membership Team Co-chair Marcy Cohen signing up volunteers at a recent Dennis Yarmouth Newcomers meeting.



Volunteers Gail Fleischer and Carol Donohue at Bay to Sound's display at the Yarmouth Seaside Festival.



Bay to Sound Neighbors

The Villager

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Cape Cod Towns Trivia

Test your knowledge about these little known historical facts about the towns on the Cape.

1. In the 1850's, some of this town's houses were moved from Long Point to the mainland by floating them on casks over a mile of water.
2. This town is considered the birthplace of the cranberry industry.
3. Before he became a famous author, Kurt Vonnegut opened the country's first Saab dealership in this Cape Cod town.
4. A stone and its inscriptions once served as a doorstep at an Indian Meetinghouse in this town and are the subject of many archaeological debates.
5. Two of Edward Hopper's paintings depicting this town were on loan to the President and were hung in the Oval Office.

Answers on bottom of page 2.

JOIN US!

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