

BAY TO SOUND NEIGHBORS



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FROM THE PRESIDENT

Hello friends! Spring is now here. But Cape Codders know about that cold, wet joke that Mother Nature plays on us every year. It goes something like this...March, March, March, June! Maybe it will be different this year, only Mother Nature knows.



Thank you to those who responded to our December member interest survey. As I mentioned in the last issue, we intend to use your responses to guide our social activities this year. Many members responded that they would like to hear about topics related to healthy aging. We plan to begin with a few events this spring which will include some experts who will speak about smart ways to make the home comfortable, safe and fit for older adults as they age; and information for adults aging at home alone. Stay tuned for more information in your mailbox.

As a reminder, Bay to Sound Neighbors continues to require that volunteers and members wear masks when riding in the car together or delivering an in-home service. The experts don't think we are out of this pandemic yet, so please be vigilant, be smart about protecting yourself, and be safe.

Lastly, as a small non-profit, we are continually seeking help. While we do have talented and capable volunteers on our board of directors and committees who do great work, we also need some new faces and new ideas. If you want to get involved, please contact me. Most committees meet monthly. We want to enlist some enthusiastic people for committees, such as social, outreach/marketing, member and volunteer committees, and people with any type of technology background would be very welcome. Please think about it.

Carol Donohue, President



UPCOMING EVENTS!

Bay to Sound Neighbors will present the following topics on Healthy Aging:

HomeFIT, April 12, 11am. This AARP program focuses on tips to live at home comfortably and safely. This event will be held over Zoom. Look for details in your mailbox soon.

Navigating Solo Aging, June 7, location TBD. Presented by Ailene Gerhardt of Navigating Solo, discussing the unique needs of solo agers. More details coming soon.



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!

Kathy Cahill

Shelley Dufresne

Kim Evans

Chris Hill

Kelly O'Rourke



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.



MEMBER SPOTLIGHT:

Getting to know Jeannie Langman

As a young girl, Jeannie Langman always knew she would become a singer. She grew up listening to her parents Broadway musical LP's and just loved the music, with one of her favorites being Shirley Jones singing in 'Oklahoma'. Born in Queens, New York City, her family moved to Miami when she was twelve. At that impressionable age, she recalls being afraid that she wouldn't make friends at her new school. It was never a problem – she easily made friends, her musical talents were recognized there, her voice had matured, and she was cast in her very first play. Her talents were many - she enjoyed the arts as well as played the piano. Later,

as a college student in Kentucky majoring in voice and a minor in conducting, Jeannie's God-given talents strengthened and matured.

After college, she married and gave birth to her son. Since she could work in her profession from anywhere, they moved to the Cape where most of her family was living at the time. She was told by her sister of a job opening at the Unitarian Church of Barnstable as a soloist. It was there she met the director of the Chatham Chorale, and they would sometimes perform pieces together. After four years, Jeannie yearned to continue her studies back in Kentucky. She loved the Appalachian culture, and there she completed her master's degree. One of her proudest memories was when her voice teacher at the university entered her into the district audition for the Metropolitan Opera where Jeannie was the runner up!

Later, upon returning to the Cape, she worked as soloist at West Parish of Barnstable for a few years, and then returned to the Unitarian Church of Barnstable as soloist. While she was raising her own son, her parents were aging in Miami and needed her to help care for them. Too busy in her role as caretaker, she was no longer singing but listened to music constantly. After her Dad passed, she packed up the family and moved back to Cape Cod. When she wasn't providing care to her family, her musical side was fulfilled giving voice lessons. One thing she always instilled in her students is that when you are performing, "it isn't about the performer, you are the interpreter of the piece. When you touch someone with music and you feel the words in your heart, it will naturally come out beautifully."

So for Jeanne, music has always been part of her life and is in her soul. Driving along with a volunteer to an appointment recently, Beethoven was playing on his car radio. They made an instant connection!

WELCOME JEANNIE!



Answers: 1. Chatham 2. Eastham 3. Dennis 4. Brewster
5. Orleans



VOLUNTEER SPOTLIGHT:

Meet Board Member Adela Margules



Adela Margules joined Bay to Sound Neighbors as a volunteer in 2018. She started working with the organizing committee that helped get Bay to Sound Neighbors off the ground. She likes to

joke that she was recruited on the golf course one day and was invited to chair a committee the next.

Adela grew up in New York City, and later moved to Boston to pursue a masters' degree at Boston University – it became her permanent home. It was there that Adela realized that eventually she wanted to run a nonprofit organization. Since her younger days she always had a commitment to help people, one of her core values. An early influence was her grandmother who at a very young age was a leader in the labor movement in NYC. "She was very much an activist. She had emigrated from Russia, and at age sixteen, she led the 1909 garment worker's strike. She shared many of her stories with me as a child and it helped shape my lifelong purpose to help other people."

For close to 40 years, her desire to run a nonprofit was fulfilled at the Bowdoin Street Health Center in Dorchester, the largest and most diverse neighborhood in Boston. Her work there encompassed a range of significant health-related issues impacting the community and the overall health of the patients. She loved the work, the people she worked with and those they cared for. She felt fulfilled in making a difference.

Now, as chair of Bay to Sound Neighbors' Administrative committee and board member, she thinks it is a perfect fit for continuing in her desire to do something that matters to people and makes a difference in the lives of seniors. "I am a big supporter of people organizing to help one another – there is tremendous power in that to build a sense of community, and as we age, we need this even more."



What members are saying about B2SN

"I have been very happy with Bay to Sound Neighbors since Day 1! EVERYONE has been so kind."

"I tell people everywhere I do how wonderful the people at Bay to Sound Neighbors are."

"I love the help I receive, and I like the visits I have with the volunteers that come to help. Makes me feel less lonely. I am so grateful for the help you provide."

"I have been very pleased with my experience so far. I have had three drivers who were friendly and nice – made me feel comfortable and safe. I feel B2SN is a wonderful service to those of us who need transportation. I would recommend this service to others in my age group."





Bay to Sound Neighbors

The Villager

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Cape Cod Towns Trivia

1. The legendary Tisquantum, a.k.a. Squanto, the native American who kept the Pilgrims alive while they navigated warring tribes in an incredibly harsh first winter in 1622 lived and died in which town?
2. Mary "Goody" Hallet, the "Ditched Witch" was kicked out of this town in the late 1700s. She had fallen in love with the pirate Samuel Bellamy (captain of the Whydah) who later ditched her, and legend has it she conjured up the storm that sunk his ship.
3. This town can say it invented the brown paper bag. Luther Crowell invented a machine in the 1800s which made them popular.
4. During the 1800s, this Cape town was America's ship captain capital. The town had more ship captains per capita than any other American town during that century.
5. A famous outer-Cape beach in this town has the distinction of being the only site in the United States hit by foreign munitions during WWI. *Answers on bottom of page 2.*

JOIN US!

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