

BAY TO SOUND NEIGHBORS



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FROM THE PRESIDENT



Greetings! In June, the B2SN board of directors held its annual meeting and elections. We are pleased to welcome new board member, Sharon Ladley, who is serving as Service Operations Team Leader.

During these busy summer months, we work extra hard to balance our members' requests with the availability of volunteers. Many of us are busy with visitors and activities and we may not always find a volunteer to fill your request. We appreciate your understanding. Once the fall hits, things should return to normal.

On another note, the B2SN Social Committee has been busy planning a member event at the end of August. We hope you will come and enjoy the music and a light lunch! Enjoy these last weeks of summer.

Carol Donohue

B2SN Elects Board Members

We are pleased to announce the following officers and directors who will lead the organization for 2022-2023.

Officers:

- President: Carol Donohue
- Vice President: Maggie MacDonald
- Secretary: Cathy Hoff
- Treasurer: Barry Barrows

Directors:

- Administrative Team: Adela Margules
- Member Representative: Theresa Perry
- Membership Team: Marcy Cohen
- Service Operations: Sharon Ladley
- Social Team: Marilyn Nouri
- Volunteer Team : Susan Feinberg
- Web/Technology Team: Margi Eckhouse

YOU ARE INVITED TO A MEMBER LUNCHEON!!

Bay to Sound Neighbors invites you to enjoy a light lunch and a performance by **The Cape Cod Ukulele Club**. You can sing along as they play some "oldies but goodies"!

WHEN: Tuesday, August 30 at 12pm

WHERE: Dennis Union Church Fellowship Hall (they have upgraded their ventilation system and the front and side doors will be open to further encourage a safe environment.

HOW TO REGISTER: Call (508) 470-0585 to make a reservation by Friday, August 26th. Please indicate if you need a ride. Feel free to bring your spouse or significant other.

LAUGHTER IS THE BEST MEDICINE

Stress relief from laughing? It's no joke! According to the Mayo Clinic, watching a funny show on TV, giggling at a newspaper cartoon, laughter does you good and it is a great form of stress relief. Here are just a few short-term and long-term effects.



Soothe tension. Laughter can stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs, and muscles, and increases endorphins that are released by your brain.

Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.

Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve self-esteem.

Find a way to laugh at your own situations and watch your stress begin to fade away. Practice laughing! Find an old Carol Burnett or I Love Lucy show or an old Johnny Carson Show on YouTube, Hulu or Prime and have a belly laugh! It will do you good.

VOLUNTEER SPOTLIGHT

In June, the B2SN board elected Sharon Ladley as Service Operations Team Leader. In her new role Sharon oversees the service coordinators who have the important task of handling member service requests and entering them into our computer system so that they are available to be matched by one of our volunteers.



Sharon has been a long-time volunteer and was an organizing member of Bay to Sound Neighbors. She also gives her time interviewing new members, helping the membership and volunteer team, and is a service coordinator herself. She is a resident of Yarmouth, is a member of the towns' Personnel Board as well as a current member of the Age Friendly Yarmouth Team.

Sharon also serves on the leadership team for the Sisterhood at Cape Cod Synagogue.

FROM THE SOCIAL COMMITTEE

Lifelong Learning Opportunities

Are you interested in learning something new and participating in interesting discussions with others? Two organizations on the Cape make that possible.

- **Academy for Lifelong Learning (ALL)** at Cape Cod Community College operates both in person and Zoom classes. Classes begin in September. For a schedule of the offerings at ALL go to www.capecodall.org. Registration is now open. ALL classes are 6 or 12 weeks long. Be sure to note which classes are via Zoom and which are in-person. Membership is \$105 per semester.
- **Lifetime Learning at Snow Library** in Orleans. The schedule of classes is available at: <https://friendsofsnowlibrary.org/lifetime-learning-program/>. Lifetime Learning will post their class list soon. Classes are in-person or via Zoom and run in one to four sessions. The cost of Lifetime Learning classes are \$10 per class.



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!

Theresa Hultin
Jim Logan
Janet Loranger

George Maryniuk
Sheila Reilly

GARDEN TIPS:

Harvesting Hydrangea Blooms



As the Cape Cod summer wanes, hydrangeas are getting tired of blooming. But, you can still get lots of life from your beautiful blooms by drying them and continuing to enjoy their classic beauty year-round. Vase drying can accomplish this easily.

Cut stems in the morning after the dew has dried from the petals. Using sharp shears or pruners cut stems at an angle, allowing for 12-18 inches of stem. Strip the leaves and place cuttings into a bucket of water. Be picky while cutting – drying emphasizes imperfections in the blossoms. Pick the best flowers to dry and leave the rest to enjoy in the garden.

Wait, we use water to dry flowers? It may seem counterproductive, but drying hydrangeas in vases of water helps preserve their color. Place cuttings in vases or other clear containers and fill with water until several inches of the stem are submerged. Do not overcrowd the vases. Each bloom needs good air circulation to dry and room to maintain an open form. Try staggering stem lengths to allow each flower ample space.

Place containers throughout your home where you can enjoy them as they dry. Just be sure to keep the flowers out of direct sunlight. Allow the water to evaporate naturally from the containers as the flowers dry. Blooms may take two or more weeks to dry. You can add more water to the vase if it has evaporated but flowers are not yet dried.

The dried blossoms are ready for use when the petals feel stiff and stem snaps easily. Dried

hydrangeas look lovely in simple vases, mixed into dried wreaths or woven among evergreen stems to decorate window boxes. *(Kim Toscano for Southern Living Plant Collection)*

MEMBER TIPS AND REMINDERS:

- ❖ **Please continue to wear your mask** when taking a ride in a volunteer's vehicle. This is for your safety as well as for our volunteers.
- ❖ For the best chance of your service request being filled, **please call us a week in advance**. We understand that it may not be possible for some medical appointment changes, but it will give you a better chance of getting your request filled by one of our volunteers.
- ❖ If you are interested in joining an exercise class or getting out and doing something fun and social, the Yarmouth Senior Center and Dennis Senior Center offer a wide variety of activities. Get on their mailing list to receive monthly calendars. Call the number below. We can provide a ride so that you can enjoy one of the many activities offered or you can contact both senior centers for rides using their curbside bus service.
- ❖ If you are in need of any equipment such as a walker or wheelchair, you can borrow equipment there at no cost to you. Just call the **Yarmouth Senior Center at (508) 394-7606** or the **Dennis Center for Active Living @ the Senior Center at (508) 385-5067**.

Please feel free to give us feedback on The Villager and/or submit an article for our bi-monthly publication. We would love to add to our writing staff.

Answers: 1. The wild turkey 2. Bee hummingbird 3. Eagle 4. Ostrich 5. Woodpecker



Bay to Sound Neighbors

The Villager

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South Dennis, MA 02660

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How well do you know your bird trivia?

1. What native bird has the longest tail feathers?
2. What is the smallest bird in the world?
3. Which bird has the longest eyesight?
4. What is the largest bird in the world?
5. Which birds exhibit an activity called “drumming” to announce its presence as a defender or a mate?

Answers on page 3.

JOIN US!

Bay to Sound Neighbors
PO Box 1505
S. Dennis, MA 02660

Phone: (508)470-0585
Email: baytosoundneighbors@gmail.com
Website: baytosoundneighbors.org

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