

BAY TO SOUND NEIGHBOR



The Villager Newsletter | April/May 2023 | Volume 5 Issue 2



FROM THE PRESIDENT

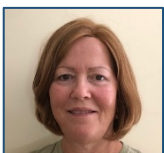
Spring greetings! At Bay to Sound Neighbors, while we continue to be busy welcoming new

members and training new volunteers, we are also working on several spring initiatives. For example, the board will be holding a planning retreat in April. The goal of the retreat will be to set a course for B2SN for the next few years. Also, our Social Committee is planning a member luncheon for May. Look for more details below.

Importantly, B2SN will be providing presentations on our organization before local community groups. We are particularly looking forward to speaking at the May meeting of the Retired Men's Club of Cape Cod and will attend Yarmouth Senior Center's Health and Wellness Fair on May 19th. These community presentations are a great way to promote the services that Bay to Sound provides, so please let us know if you are a member of a local community group and would like us to give a talk.

As always, the heart of our organization is our volunteers. If you know someone who might have some extra time in their week, tell them about the services we offer for older adults in Dennis and Yarmouth. Volunteering with us is VERY flexible and it feels good to help your neighbors.

Carol Donohue
President



volunteer
do good, feel good

Welcome New Volunteers!

Bay to Sound welcomes the newest volunteers. We are thankful for your efforts to help your neighbors in Yarmouth and Dennis at a time in their lives when it matters most.

Paula Dillon
Anne Marquardt

John Uhlshoeffer

MEMBER LUNCHEON

SAVE THE DATE!



Bay to Sound Neighbors is holding a "**Spring Fling Luncheon**" for members from noon – 2:30 pm on May 11th at the Family Table Collaborative (formerly The Riverway Restaurant). You may have heard about Family Table Collaborative in the news and you will be able to hear more at the event about its' important mission for Cape residents in need.

Look for your invitation in the mail mid-April and then RSVP at (508)470-0585 to save your spot. After a light lunch, we will play board games and bingo. We invite you to bring your own favorite board game if you would like. Volunteers will provide rides for those who need it.

VOLUNTEER SPOTLIGHT: Meet Aaron Lowe

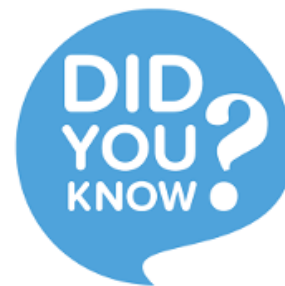
Why I volunteer for Bay to Sound

My wife, Gina, and I recently moved to West Yarmouth from Silver Spring, Maryland which is a suburb of Washington, DC. I retired recently from the Auto Care Association which represents the independent vehicle repair industry where I ran their government affairs department. Why Cape Cod? Our family which includes our now grown children vacationed on the Cape for years and when it came to deciding where we felt our happiest, it was here.



My interest in volunteering for Bay to Sound stems from my own experience with my parents. While I lived in Maryland, my parents continued to live in West Hartford, Connecticut, in the same split-level house that I grew up in. Although I tried to convince them to move to Silver Spring, they insisted on staying in the home that they loved and where they felt the most where they felt the most comfortable. This was not a problem until they began to have medical issues and could not drive anymore. I had to work with neighbors, taxis and eventually care takers to get them to their doctor's appointments and the grocery store. It was often a logistics nightmare, but worth it in the end since I believe that their ability to live at home was a major contributor to the fact that they lived long and happy lives. I only wish that Bay to Sound had existed when they were alive.

I now feel fortunate to live in a place that has such a strong sense of community and giving, all which are embodied by the Bay to Sound organization. Not only is it a great organization run by a committed group of volunteers, but I have had the privilege of getting to know many of the members, all of whom come from interesting backgrounds. Whether it is getting people to a doctor's appointment or simply a scenic drive around the Cape, it is always interesting and rewarding. I look forward to continuing to work with the Bay to Sound organization and to meeting more members and volunteers.



BEWARE: TOP 7 SCAMS IN 2023

A "puppy purchase scam" is just one of the scams that the AARP highlights in a list of the top seven emerging scams that fraud experts are tracking in 2023. As documented by the Better Business Bureau, a woman paid \$850 for a Dalmatian puppy that led to additional requests for money, including \$725 for travel insurance and then \$650 for a special crate. In the end the buyer gave \$2,200 to the scammer for a non-existent puppy.

The full list of seven scams to look out for in 2023 can be found at [Here Are 7 Top Scams You Should Watch Out for in 2023 \(aarp.org\)](https://www.aarp.org/scams/2023/top-7-scams/).

You can also keep up to date on the latest scams by signing up for AARP's "Watchdog Alerts by going to: [AARP.ORG log in - Register Free Online](https://www.aarp.org/scams/2023/top-7-scams/).

**** SENIOR DISCOUNTS ****

TheSeniorList has put together the “Biggest List of Senior Discounts in 2023”. The list includes a wide range of discounts that are available from rentals, airlines AMTRAK and more. Many of the discounts listed are for AARP members as well for active military and veterans. You can check out these discounts by going to:

[2023 Biggest List of Senior Discounts \(Restaurants, Retail, Travel & More\) \(theseniorlist.com\)](https://theseniorlist.com)



Recently, our President, Carol Donohue, had the pleasure to speak with folks at the Yarmouth Senior Center.



TIPS FOR MEMBERS

When calling Bay to Sound Neighbors with your transportation requests, give us the dates of your appointments for no more than one month at a time. As the next month approaches, you can call us with your future appointments for the new month. This helps us to focus on getting the current month's requests filled.

If you need to cancel an upcoming request that you have already called Bay to Sound Neighbors about, and a volunteer has called you directly to let you know they will fill your request; please be sure to contact the office to let us know about your cancelled request. Even if you have called the volunteer directly to let them know about the cancellation, please also contact the office so that we can cancel your request in our system.



Bay to Sound Neighbors

The Villager

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How Well Do You Know Your Cape Cod Spring Trivia?

1. What is the first day of spring called?
2. What two U.S. states do not follow daylight savings time?
3. What is the average temperature in April on the Cape?
4. Red Sox opening day was March 30th. The team was one of the eight teams in the inaugural season of the new American League in 1901. What was the franchise called?
5. One of the featured holidays in April is Easter. What is the most popular color for the popular Easter treat, Peeps?

Answers on page 2.

JOIN US!

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