



Letter from the President

As the president of the board, I am involved in all aspects of Bay to Sound Neighbors, but I have to say my favorite role is providing rides to members. The conversations are delightful, the members are so appreciative, and I know we are assisting in enabling members to truly “age in place.” As one members’ daughter recently told me, “your program was a critical support for us for keeping my mom living in her own home as long as possible, and for that we are grateful.” Another benefit of providing transportation to members is that it has taken me to parts of Yarmouth and Dennis I had never seen before!



This month, we celebrate Bay to Sound Neighbors first anniversary and about that we are very excited. We had originally hoped for 100 members at the end of our first year; in fact, over 140 have joined. Our initial memberships are beginning to come up for renewal. Many are already renewing and that alone is a signal that we are meeting our initial goals. It is so rewarding to hear our members say how helpful the services are to their independence and well-being.

By the time this newsletter goes out, the September Ice Cream Social and 1st Anniversary Celebration will have happened. Many members have said to me that they fully enjoy the social activities we have planned. It is something we will continue doing, thanks to our dedicated social committee.

And finally, without our many volunteers we would not be able to do what we are doing. Thanks to all of you for making our first year a success!

Marilyn Nouri
President, Bay to Sound Neighbors

Outreach

The Outreach Committee has been busy approaching organizations and businesses about the growth and mission of Bay to Sound Neighbors (B2SN).



**Maureen Boland and Carol Donohue
attending a B2SN table at a
July D-Y Red Sox game**

Outreach has also distributed information to medical/dental offices, OT/PT facilities, hair salons, etc. If you know of other groups that B2SN can speak to, please call and let us know.

Thank you to all who are spreading the good word about B2SN’s mission!

Dotty's Story

Dotty G spent many years of her career as a nursing home administrator, even travelling for a few years filling in for vacant director positions in nursing homes all over the U.S. She had always dreamed of retiring to Cape Cod to fulfill her love of the sea. Her dream became a reality. One year into her retirement, Dotty had a series of health issues; then depression set in. She had a rough time recovering; she was lonely and wanted nothing more than to have someone to keep her company. It was then that she heard about B2SN.

Initially, Dotty just wanted someone to visit with her. She then learned about other services B2SN provides. She realized she needed help around the house for small tasks. Some B2SN volunteers even came and put a small grill together. As time went on, her children helped her to realize she needed to be more connected to them via technology. She also enjoyed listening to music. B2SN volunteers helped her do all of these things and now she can FaceTime with her grandchildren and use her computer.

As Dotty's strength returns, she has become more involved in the community. Mostly, Dottie is so appreciative of all the volunteers who have treated her with respect in a time of need when she didn't want to ask for help. "No one ever made me feel like I was needy", says Dotty. Her greatest benefit - knowing that B2SN is there for her.

Spotlight on Member Services: Technology Assistance

Bay to Sound Neighbors offers a variety of services to assist members in their daily living. One area where we can help is with smart phones, tablets, computers or remote controls. We have volunteers comfortable with basic setup or tech problems that take 2 hours or less to complete.

Please realize that some requests may be too complex for a volunteer to handle and may require the member to contact a paid service. When you call to request technology assistance, please describe your request in detail so the volunteer can determine if they have the expertise to assist you.



Volunteer Cathy H sets up a printer for member Dotty G.

What people are saying about B2SN

"Joining Bay to Sound Neighbors was the best thing I ever did for myself."

"My whole experience with Bay to Sound Neighbors has been phenomenal. It has contributed to me being more able to do what I need to do."

"All of the volunteers are wonderful, kind and generous."

Volunteers' Corner

Why Volunteer with Bay to Sound Neighbors?

Joe's Story

Joe B enjoys his retirement by staying active in a senior softball league, bicycling around Cape Cod and volunteering his time. Prior to his retirement, Joe, a Vietnam veteran, had spent a number of years working at the local hardware store in Dennis and got to know many of his customers. As he pondered what to do after retirement, he knew he wanted to stay busy and connected with the community. So when he heard from a friend about Bay to Sound Neighbors, he decided to donate some of his time to people who aren't able to get around as easily or no longer can drive.

"What impressed me most was how enjoyable the people that I meet are while having conversations with them to and from their activities or appointments." Recently, when he took two men to the art museum, he was told that he, too, could take part in their pottery class. He had no expectations, but decided to try it! He found that it was a good, positive experience. The members were so appreciative. Other times, Joe volunteers for small home & garden chores for the members – "sometimes you don't really know what you are getting into, but that is half the fun of it. Overall, it's been a positive experience, and when I find myself waiting for a member at an appointment, I have more time to read, it's great."

Volunteer Notes

We know our volunteers are passionate about helping our members. In fact, our analysis shows that the top method that our volunteers first learned about Bay to Sound Neighbors is from a friend. Please continue spreading the word to your friends!

Upcoming Volunteer Information Meetings

B2SN plans to hold Volunteer Information Meetings this fall. Tell a friend!

- Volunteer Information Meeting, Oct. 15, 2019, 2 PM at Dennis Memorial Library.
- Volunteer Information Meeting, Nov. 5, 2019, 7 PM, location to be announced.

Bay to Sound Neighbors Celebrates 1st Anniversary

Members and volunteers recently came out to celebrate our first anniversary! Despite the weather, we had a terrific turnout and everyone enjoyed cake and ice cream. Thanks to Ice Cream Smuggler of Dennis for donating the ice cream.



Thank you to our Social Committee for organizing the event and to all for helping to support our mission.



Bay to Sound Neighbors

The Villager

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South Dennis, MA 02660

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Join Us!

Bay to Sound Neighbors' mission is to support our members who want to remain in their home and age in place. Our all-volunteer organization helps members continue to live in their homes as long as possible and be more actively engaged in the community. You can help by becoming a member or volunteer, or by making a donation. We hope you will join us!

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