

BAY TO SOUND NEIGHBORS



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DELIVERING A TASTE OF FALL

As October rolled in, 23 B2SN volunteers delivered a “taste of fall” treat bags to 119 households in 8 zip codes throughout Yarmouth and Dennis. A big thank you to B2SN’s Social Committee members Nancy Schuster, Kathy Picariello, Evelyn Beal, Gail Fleischer and Kathy Donovan for assembling the goodies *and* to the group of volunteers who made the deliveries. Members were very appreciative!



Treat bags spread cheer to B2SN members

PRESIDENT’S LETTER



This month, we are pleased to let you know that we are resuming medically necessary rides for our members. The first member who called with a request indicated that now her daughter wouldn’t have to drive 200 miles to take her to the doctor. She was delighted! We hope the rate of COVID infection will stay low on the Cape so we can continue to provide this service to you.

We have also set up a voting ballot pickup service, thanks to Marcy Cohen and Kate Lathrop, our membership team managers. Volunteers will pick up your sealed ballot and mail it or take it to a drop box in your town. Voting this year is *so* important and voting in person may seem risky to some of you, given the COVID-19 virus that is modifying everything we do to stay safe. Call us at 508-470-0585 to place your request to have your ballot picked up.

Enjoy the fall season. As the days get shorter, it is great to take advantage of any warm days we still have. Be well!

Marilyn Nouri

MEMBER FOCUS: A TRUE PARTNERSHIP

Lorenzo and Klara Campos have been members of Bay to Sound Neighbors since September 2019. Lorenzo and Klara lived in Worcester from 1956-2002 before moving to South Yarmouth to enjoy their well-earned retirement. They had spent their one-week summer vacation on the Cape for many years prior to moving to the Cape.

Lorenzo was what was known at the time as a local MD (now we refer to that role as a Primary Care Physician). Lorenzo practiced from his doctor’s office located in his home and he had only one other employee who was his wife Klara, a registered nurse. In addition, Klara took care of all the office duties. He says their role was straightforward; to take care of their patients. *(Continued on next page)*

PRESIDENTIAL TRIVIA

1. Who was the 5th President?
2. Which President was on the cover of Cosmopolitan Magazine?
3. Which President proposed to his wife with a \$2.50 ring from Sears?
4. Which President loved to skinny dip in the Potomac?
5. Which President gave the White House its name? *(Answers on page 2)*



October cranberry harvest on Cape Cod

News from our friends at the Alzheimer's Family Support Center

- Offering 20 free online caregiver support groups
- The Savvy Caregiver six session free online training
- "Managing Dementia Care In The Time Of COVID-19" - free re-broadcast of Aug. 29th day long training with Teepa Snow - call to get on list for link
- Free open enrollment insurance phone consultation
- Birdhouse Project - Volunteer to paint or decorate (at home) a small wooden birdhouse the AFSC will place outside the window of someone with dementia in long-term care
- Meal delivery - Volunteer to drop off a contactless full meal for one of our client families
- Join the 2020 Virtual Walk & Give for Alzheimer's to help make all these free services possible - no actual walking necessary! Donate \$5 and see if you can get 5 others to do the same. Visit www.alzheimerscapecod.org or call the office 508-896-5170

MEMBER FOCUS (CONT'D)

Lorenzo and Klara enjoy the beach, the weather, concerts and musical theater on Cape Cod. They are loyal patrons of the Cape Cod Symphony and also take the bus to listen to the Boston Symphonic Orchestra from time to time. Klara went beyond consuming art to creating art by taking art lessons at the Cultural Center of Cape Cod.

While Lorenzo found time to volunteer at the Cape Cod Hospital, Klara spent time volunteering at the Visiting Nurses Association Thrift Shop and the Garden Club. Lorenzo and Klara have used Bay to Sound Neighbors for medical rides in the past. Before the pandemic they took note of the driver who called to arrange their ride. The driver was their own primary care physician who had retired and is now both a volunteer and board member of Bay to Sound Neighbors, Dr. Barry Barrows.

TIPS TO HELP PROTECT AGAINST SCAMS

Why are there so many scams seemingly targeting seniors and how can we better protect ourselves? Kathleen Pedini of the Dennis Police Department Victim Services, and Officer Matt Swett, Dennis Police Department Community Services, shared their insights via a Zoom event sponsored by B2SN over the summer.

Kathleen explains that "elders may be targeted for several reasons. This population may be financially stable, own their own home, retired, and polite so may be less likely to hang up on someone. Some may have cognitive or health issues and may rely on someone else to pay bills and monitor finances. Often, scams aren't reported to authorities because people are embarrassed, don't want to get someone in trouble, or don't realize they are being victimized."

"Most commonly, the caller tries to rush you over the phone with a story that has urgency and asks for money in the form of a gift card," Officer Swett explains. Sometimes you get an email with a link asking you to enter your information. Don't fall for this. Sometimes the scammer has some personal information about you. Whether you think you know the person calling or not, if someone asks for money, this is a red flag. If it is someone who has befriended you online or through several phone calls, then asks you to send money, be very wary. What to do? Hang up. Report it to the local police department and describe what has happened. They will offer you advice and help you get out of the situation.

Contact Us

Bay to Sound Neighbors

PO Box 1505

S. Dennis, MA 02660

508-470-0585

Baytosoundneighbors@gmail.com

www.Baytosoundneighbors.org