



Dear Volunteers:

This edition starts with news from **Martha's Vineyard**:

On May 12th, **Elder Services of Cape Cod and the Islands** held its **Annual Meeting** at the Cape Codder Resort in Hyannis. One of the highlights of the program was the recognition of the important contributions that our many volunteers make to the quality of life here on the Cape and Islands.

On Martha's Vineyard, **Stanley Call** was recognized for his efforts as a Meals on Wheels driver.



In the words of **Jacque Cage**, "*Stan is the "point man" for the UpIsland home delivered meals route on Martha's Vineyard. The UpIsland route is a 55-mile odyssey—with 10 stops. Covering the towns of West Tisbury, Chilmark and Aquinnah it is a route with great views, jarring bumps, and alarming ruts filled with ice, water, or mud depending on the season. Stan takes it all in stride; our MOW participants love him—they know instinctively that he is a calm, capable, caring man--- an outstanding asset to the Martha's Vineyard*

Meals on Wheels Program." (submitted by Jacque Cage, Martha's Vineyard Director)

One of our newest service partners, also on Martha's Vineyard, are the **Friends of Sengekontacket**. Supported by SEC members, the Friends recently had a major project planting 60,000 culms ⇨ of beach grass at State Beach.



From their website,

"Over a hundred volunteers planted thousands of culms of beach grass on Joseph Sylvia State Beach on Saturday March 14. Teams of two dug



carefully spaced rows of holes with metal instruments known as dibles, then filled those holes with one or two strands of grass, tamping the sand around them. By mid-afternoon row upon row of beach grass marched from the Little Bridge in Oak Bluffs to the fourth





stone groin. The planting was sponsored jointly by *Friends of Sengekontacket, Inc.* and *Dukes County, co-chairs of the Barrier Beach Task Force.* Planting on the beach was permitted by the *Oak Bluffs Conservation Commission.*

Beach grass can withstand the beach's temperature extremes and being battered by ocean storms. As it grows it sends our horizontal fibrous stems that trap grains of sand building dunes and protecting the road and inland. Nevertheless periodic replanting is essential.



In a recent edition of the *Cape Cod Times*, there was a heart wrenching story about 12 ducklings that had been orphaned by an accused drunk driver. These 2 day old ducklings were immediately taken to **Cape Wildlife Center** in Cummaquid.



Center Director Robbie Fearn said that they would stay at the center for about two months before being release back into the wild in the area they were rescued. Senior Environment Corps members have volunteered there since The Center became a service partner in 2008, and they are always looking for support of all types and skill sets.

<http://www.capecodonline.com/apps/pbcs.dll/article?AID=/20090520/NEWS/905200328>

The Center also has an ongoing need for supplies for their guests. Their current wish list includes:

- Liquid Laundry detergent (low phosphate)
- Scrub brushes of all sizes
- Toilet paper, newspaper, non-lotion tissue, and paper towels
- Freezer Zip-lock bags
- Pillowcases, flat sheets, and bath towels
- Sweet potatoes, apples, ripe bananas and red grapes
- Frozen blueberries and other types of berries
- Good quality puppy, dog, kitten, or cat food



If you'd like to find out what additional items on their 'Wish List', contact **Debbie** at 508-362-0111 X201.



Erika Fox of Cataumet was chosen as this year's recipient of the **Senior Environment Corps' Volunteer of the Year Award**. Erika has served with the Senior Environment Corps (SEC) for nearly six years accruing over 2,500 volunteer hours.

She functions as team leader for the upper Cape SEC volunteers

at the USCG Recycling Center and the USCG Falcon Golf Club Bluebird Trail Monitoring Program on the Massachusetts Military Reservation (MMR).

In addition to these, some of Erika's other duties include certifying vernal pools for the Army National Guard Natural Resources Office, monitoring mosquito populations for diseases on the MMR for the Cape Cod Mosquito Control Project, maintaining seed quahogs for the Falmouth Department of Natural Resources, conducting census of spawning horseshoe crabs for the Division of Marine Fisheries, assisting the Division of Fisheries and Wildlife with the MMR deer management project, and performing water quality sampling for the Coalition for Buzzards Bay.

Besides all of these activities, Erika also helps Elder Services' Nutrition Program in Pocasset by delivering Meals on Wheels. Erika Fox has also been recognized for her service with the SEC with the Presidential Service Award in 2006 and the Presidential Service Gold Award in 2008. Congratulations Erika on this well-deserved recognition!
(Submitted by Arthur Neill, Senior Environment Corps Fieldwork Coordinator)



Also recognized at the 2009 Annual Meeting was Meals on Wheels driver **Nancy Moylan** of Nantucket. "Since 2000, Nancy Moylan has been a very important part of the Nantucket Meals on Wheels program. Nancy is one of those volunteers you wish you could clone, although we wouldn't need many of her since she is so efficient and full of energy. The word

'no' just doesn't seem to exist in her vocabulary. Thank you, Nancy, for your dedication and for sharing your compassion with our island community!"

(submitted by Mark Budaj, Nantucket Nutrition Coordinator)



Now that spring is here, we all can enjoy the early sunrises. While most of us are sitting at home enjoying that first cup of coffee, **SEC Volunteer Leslie Kenney** is already out patrolling the beaches looking for signs of nesting activity by piping plovers.

From early April until the beginning of September, Leslie grabs her binoculars and walks Town Neck Beach in Sandwich - every single day, rain or shine! She then compiles a detailed report on her observations and submits it to Becky Harris of the Coastal Waterbird Project.

In describing her experiences, she said, “You have no idea just how personally rewarding it is to walk the beach and see all the bird life in the early morning sun. I especially love the horned larks!”

When asked why she would get up so early each morning for almost half the year, Leslie responded, “It is a fragile and vulnerable place for the plovers and we have to realize how much our help is needed to protect them”.

You watch the plovers arrive then start scratching holes in the sand, then one day there is one egg, then the next day two until there are four. You watch these nests for about four weeks and if lucky you’ll see chicks hatching. The next day they are gone scurrying around with their parents fending for themselves. Some will make it to the end of summer and then they will have flown away.

Leslie enjoys “Educating the public; most people don’t realize there are endangered birds where they walk and almost all of them appreciate it when I explain the reason for rope fences and signs asking folks to stay out of the nesting sites.”

Leslie’s efforts have not gone unnoticed- **Mass Audubon** has feature Leslie in their member magazine, *Connections*.





ESCCI Ombudsman Program:

Join a team of committed volunteers who advocate for quality care in nursing and rest homes, protect resident's rights, and serve as a voice for nursing and rest home residents. Long Term Care Ombudsman Volunteers are people just like you who have an hour or two a week to spare.

In Massachusetts, there are 350 Ombudsmen visiting residents in nursing and rest homes on a regular basis striving to resolve issues about quality care and life of these citizens. Ombudsmen offer residents a way to voice their concerns and have their issues addressed. Volunteers receive extensive training and support.

To learn more: contact Cheryl Gayle, Program Director, Long Term Care Ombudsman Program @ 1-800-244 4630, x 501 or email cheryl.gayle@escci.org.



(L to R) Will Rowe, Wendy Nelson, Gerry Gallagher, Sandy Wonders, Cheryl Gayle
(Submitted by Cheryl Gayle, Program Director)

Money management Money Management Program

Volunteer **Dan Appleton** was honored as Volunteer of the Year at the Elder Services Annual Meeting in May. Dan has been a volunteer with the **Money Management Program since 2001**. He helped consumers with their finances for a number of years before becoming a volunteer monitor.

Dan is responsible for the reconciliation of all monthly financial statements sent in by volunteers working individually with consumers. This is one of the safeguards built into the program.



other basic bills on time.

The Money Management Program is a service which promotes independent living for older people by assisting income eligible seniors who may be at risk of losing their independence due to their failure to pay rent, utility or



Would you enjoy helping someone with their financial management? Contact Martha Waldo at 508-394-4630 X510. (Submitted by Martha Waldo, Program Director)



Hurricane season is upon us! Keeping in mind the active hurricane season we experienced in 2008, today serves as a great reminder of the importance of being *Ready!* And, it's a great time to encourage preparedness among your family members, colleagues, and community.

On Friday, President Obama visited FEMA and spoke about the importance of preparedness. Visit

http://www.whitehouse.gov/the_press_office/Remarks-by-the-President-after-hurricane-preparedness-meeting-at-FEMA-Headquarters/ to view the remarks.

Although scientists can now predict hurricanes, their trajectories can change at a moment's notice and the *Ready* Campaign wants to make sure that people who live in regions affected by hurricanes and coastal communities are prepared for what they will do in the event of a hurricane, particularly if they need to evacuate.

It's also important to remember that hurricanes bring residual hazards including [high winds](#), [tornadoes](#), and [flooding](#) that cause damage hundreds of miles from the coast. In fact, the largest amount of rainfall from hurricanes is usually produced by slow moving tropical storms that stall over an area.



As all hurricanes weaken to tropical storms and move inland, the threat of torrential rains and high winds over large areas intensify the risks of flooding. Therefore, even in-land communities should take steps to prepare for the upcoming hurricane season.

To prepare for hurricanes, everyone should:

Get a Kit – An [emergency supply kit](#) should include items such as non-perishable food, water, a battery-powered or hand-crank radio, extra flashlights and batteries. It's important to also have a “to-go bag” ready in case you need to evacuate.

Make a [Family Emergency Plan](#) – Your family may not be together when a hurricane strikes, so it is important to know how you will contact one another, how you will get back together and what you will do if an evacuation is necessary.

Be Informed – Familiarize yourself with the terms that are used to identify a hurricane and learn about the emergency plans that have been established in your area by your [state and local government](#).



For more information on how to prepare for hurricanes, visit the *Ready* Web site at :

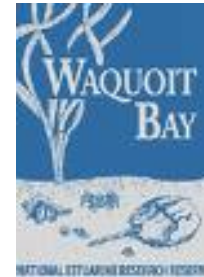
<http://www.ready.gov/america/beinformed/hurricanes.html>.

Also, if you have not yet signed up to be a 2009 Coalition Member, visit <http://ready.adcouncil.org/> to register.

As of this week, more than 1,000 organizations have registered as Coalition Members for National Preparedness Month 2009 and we look forward to the addition of many more organizations! If you have any questions, please feel free to e-mail us at npm@dhs.gov.

(reprinted with permission from David Vieira, Barnstable Sheriff's Department)

Ken Duffy and **Bill Geise** of the (Upper Cape) Senior Environment Corps were recognized in a recent article in *Worcester Living*. Ken, a retired school teacher, and Bill, who is retired from the Environmental Protection Agency, have been working tirelessly with the Waquoit Bay National Estuarine Research Reserve (locals call it “web-ner”) for a number of years.



Bill acts as a trail steward, and said, “Waquoit Bay is doing a lot with educating the public on renewable energy, alternative energy sources and climate change. That’s important work.”



Ken referred to the reserve as, “Kind of like a hidden gem. There are so many different kinds of environments you can be in.”

To read the entire article, visit the following link:

<http://www.telegram.com/article/20090429/WORCESTERLIVING/904290317/-1/WorcesterLiving>

The **Association to Preserve Cape Cod** needs volunteers to assist with office work a couple of hours a week. If you can help out, please contact Tara Nye at 508-362-4226. Thanks!



As always, please share your comments and suggestions to keep this forever a ‘work in progress’. Thanks.

Kevin
Kevin Minnigerode



May-June 2009 SEC Newsletter



Senior Environment Corps, Fieldwork Coordinator
508-394-4630 X523