



YARMOUTH CONNECTS

January 1 – March 31, 2020

Yarmouth Senior Services, Yarmouth Age-Friendly Community Team and D-Y School System are collaborating on a community-wide project called Yarmouth Connects.

Our goal behind this effort is for Yarmouth residents to build our community while physical distancing in the upcoming winter months. We hope to reduce the feelings of isolation and loneliness in our community by encouraging human connection during the cold dark winter months when social isolation is expected to peak. We strongly believe that the power of connection has the ability to boost the daily wellness and human spirit of our beloved Town. We find this mental wellness to be especially important for our older residents who are currently restricted to their homes due to pandemic concerns.

Think back to days past. Do you remember the feeling when the children playing in the street would stop what they are doing to move out of the way and wave at you as you drove by? Or maybe the warmth you felt when you received an unexpected card in the mail from a long lost friend. Perhaps it was the kindness you felt from a stranger who complimented your style as you walked by. We would like to bring those positive feelings back into our Yarmouth community.

In taking the Yarmouth Connects Challenge, you have the opportunity to reach out to family, friends, neighbors and even strangers, and improve the mental well-being throughout our community. Efforts to reach out/Connecting Activities include actions that can be completed while physical distancing. For example:

- Waving to a neighbor
- Smiling at a stranger
- Complementing someone
- Calling/Texting/Messaging a friend or neighbor out of the blue
- Writing a card or a letter to someone - We have launched a card and letter writing campaign to people in nursing facilities, where you can drop off cards and letters in the drop box of the Senior Center and we will quarantine them prior to delivering
- Checking in on an older person to make sure they have everything they need or random acts of kindness such as shoveling or bringing the newspaper to their door

If you should have any questions regarding this challenge, please reach out to:

Yarmouth Senior Services at 508-394-7606 x 1338 or YarmouthSeniorServices@gmail.com



Yarmouth Senior Services, in conjunction with Yarmouth Age-Friendly Community Team and D-Y School System is initiating a community challenge called Yarmouth Connects.

WHO

The Entire Yarmouth Community

WHAT

We would like to accomplish people connecting while social distancing in an attempt to end loneliness. By taking this challenge, one would be agreeing to reach out to someone 5 times per week.

Ways of reaching out include:

- Waving at someone
- Smiling at a stranger
- Complementing someone
- Checking in on an older person to make sure they have everything they need, or suggest picking something up at the store
- Calling/Texting/Messaging a neighbor out of the blue
- Writing a card or a letter to someone
 - We have initiated a card and letter writing campaign to people in nursing facilities where residents can drop off cards/letters/notes/pictures to the Senior Center drop box at the front door of the Senior Center and we will deliver to the facilities once they have quarantined.

WHERE

The reaching out includes things that can be done while social distancing. This can safely be done from home, or while walking or shopping.

WHY

We hope to promote a caring community that looks after one another.

WHEN

This challenge would run through the winter months when loneliness/isolation would be at its peak.

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LETTER & CARD WRITING CAMPAIGN

The Yarmouth Senior Center, AFCT and DY Schools started a local letter and card writing campaign for residents of Yarmouth nursing home facilities.

With your help in writing letters, cards or even pictures that you took from around town, we can bring cheer to someone's day and let them know they are being thought about.

Please drop off filled out cards and letters in the mail slot at the:

YARMOUTH SENIOR CENTER
528 Forest Road West Yarmouth

Items will be quarantined prior to delivery

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Building Community While Physical Distancing

Wave at Someone

Greet Someone

Send a Note/Card/Text



Compliment Someone

Call Someone out of the blue

Smile at Someone

Have you connected today?

Tally sheets to be filled out and dropped off at Yarmouth Senior Center to be eligible for drawings



YARMOUTH CONNECTS TALLY SHEET

Building Community While Physical Distancing

Name:			
Address:			
Phone:			
E-Mail:			
Check the Number of Connections Made			
Week of:	1-2	3-4	5+
1/3/20			
1/10/20			
1/17/20			
1/24/20			
1/31/20			

-Tear off and Submit to Yarmouth Senior Center-

Name:			
Address:			
Phone:			
E-Mail:			
Check the Number of Connections Made			
Week of:	1-2	3-4	5+
2/7/20			
2/14/20			
2/21/20			
2/28/20			

-Tear off and Submit to Yarmouth Senior Center-

Name:			
Address:			
Phone:			
E-Mail:			
Check the Number of Connections Made			
Week of:	1-2	3-4	5+
3/7/20			
3/14/20			
3/21/20			
3/28/20			

Connections Made in January:	
Connections Made in February:	
Connections Made in March:	
Total Connections Made:	



YARMOUTH CONNECTS TALLY SHEET

Building Community While Physical Distancing

Use this Tally Sheet to record # of Times You:

Waved at Someone
 Smiled at Someone
 Greeted Someone
 Complimented Someone
 Sent Someone a Card/Note/Message
 Did a Nice Deed for Someone

(Back Side)