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Message from the Chair

Is this year passing as quickly for you as for me? With the first half of the year behind us, the LOWLINC Board of Directors spent time at our July meeting reviewing our 2018 work plan to evaluate what we've accomplished so far and what we still plan to do during the remaining months. You may be interested in a few highlights from our review:

- Memberships have increased, and as of July 30, we have 71 members (20 Households comprising 40 people, 31 individuals).
- Our new Member Outreach Committee, chaired by Joe Sauro and Eileen Appleyard, is exploring ways to engage members and promote membership.
- We currently have 85 volunteers, but as we grow, we could use more, especially drivers.
- Our Preferred Service Provider Committee has been reconstituted with Hope Hall as chair, and the committee is working to expand our list of screened contractors and vendors.
- We conducted a survey of members to determine what types of social activities they prefer (see the article in this issue).
- A creative committee of volunteers and supporters is planning our wine-tasting fundraiser for September 23 (see the article in this issue).
- Planning is nearly complete for the joint LOWLINC/AARP Medicare Workshop on October 10 (see the article in this issue).
- Our partnerships and collaborations with other groups (AARP, RRCS, University of Mary Washington Honors Program, Aging Together) benefit our members and involve us with aging issues outside LOW.

We look forward to a very busy fall with lots of activities and programs. Big thanks go to our dedicated volunteers and wonderful members who together make LOWLINC possible.

Mary-Jane

The Art of Wine: Wine-Tasting Fundraiser

by Mary-Jane Atwater, LOWLINC Board Chair

It's a fact: LOW residents love wine! On Sunday, September 23, LOWLINC will hold its major annual fundraiser, The Art of Wine, at the Lions Pavilion at Sweetbriar Park, noon to 4 p.m. Come for a leisurely afternoon where you can pair your favorite Virginia wine with delicious fare purchased from one of two food trucks, or enjoy a cheese plate we'll offer for sale. Plus, you won't want to miss the LOW Visual Arts Council Art Sale next door at the Community Center.



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The Art of Wine (cont'd)

Wine-tasting tickets (\$15) are on sale now for this LOWLINC fundraiser, which is open only to LOW residents and their invited guests. Go to www.lowlinc.org and follow the instructions to register and purchase your ticket online. The first 500 ticket holders will receive a wine glass to use in tasting. Your ticket entitles you to free tasting with the seven participating wineries. You also can purchase a glass or bottle of your favorite wine to enjoy with your food. Tickets the day of the event will cost \$20 (cash only).

We welcome the following local wineries: Castle Gruen Vineyards and Winery, Gray Ghost Vineyards, Hammerstone Cellars, Horton Vineyards, Mountain Run Winery, Old House Vineyards and Prince Michel Vineyard and Winery. Our two food trucks are the Ultimate Food Operation (UFO Food Truck) and Talk of the Mountain. You must show a photo ID with proof that you are 21 or older to participate in tasting. We will have a separate entrance with no fee for those who wish to come for lunch only and won't participate in wine tasting. See you at the Pavilion on September 23!

Know Your Medicare: AARP/LOWLINC Medicare Workshop October 10

By Carolyn Rourke, LOWLINC Board Vice Chair

Interest is growing in the Medicare Workshop to be conducted October 10, 2018, 1 p.m. to 4 p.m. at Lake of the Woods Clubhouse. The workshop, jointly sponsored by Locust Grove AARP and LOWLINC, is aimed at helping Medicare recipients understand their rights and privileges under the several different Medicare Parts: Hospital, Health Insurance and Prescription. Many of us are Medicare enrollees...how well do we understand the intricacies of all the plans and the benefits that are available?

We are fortunate to have two Medicare experts presenting at the workshop:

Ridge Multop is an AARP Virginia Community Ambassador who will give the "Medicare 101" lecture: Plans A, B, C and D—coverages and costs. Prior to his retirement, Ridge was Director of Congressional Relations and Political Affairs at AARP. His areas of expertise include Social Security, retirement security, Medicare and health care.

Poppy Foddrell is Aging Support Coordinator with Rappahannock Rapidan Community Services/Area Agency on Aging. She is also the coordinator of the Virginia Insurance Counseling Assistance Program



(VICAP). Poppy will delve into the details of Medicare Part D – Prescriptions. She will have information on the prescription plans that will be available for 2019 and will provide information on how you can ensure you have the best plan for your needs.

There is no cost for the workshop. The workshop is funded in part from a grant received from AARP's Chapter Awareness Grant program. Registration will be required, and tickets will be available starting August 24 at www.lowlinc.org.

New Medicare Cards

New Medicare Cards featuring a new number have been mailed to all Virginia residents who have Medicare. There have been some reports of recipients receiving the card, not understanding its purpose and destroying it.

If you have not received your card or accidentally disposed of it, you can call the Medicare hotline at 800-633-4227. If you use the Internet, you can also log onto your mymedicare.gov account where you can see your new Medicare number and print an official copy of the card.

Volunteer Spotlight — LOWLINC'S "Office Time" Volunteers

By Carolyn Rourke

Here's to the volunteers who provide administrative support to LOWLINC operations! There are many details to attend to in support of LOWLINC's mission to provide services that help seniors age in their homes independently and safely. Here are a few of the behind-the-scenes jobs and the volunteers who fill those jobs.

Mailings. Ruth Pavlik is responsible for mailing communications: the monthly Social Activities Flyer mailed to all members, as well as the quarterly NewsLinc newsletter and the LOWLINC Annual Report mailed to a few people who don't have email addresses. Every LOWLINC member also receives a greeting on their birthday, courtesy of Ruth, who keeps track of birthdays and sends the cards. Many members have expressed their appreciation at receiving Ruth's hand-addressed mailings featuring her lost-art cursive penmanship.



Membership Fee Invoices. Volunteer John Rourke prepares on a monthly basis the membership fee renewal notices, contributing an average of 3.5 hours a month to the task.

Phone Coverage. Three volunteers answer LOWLINC phone calls to back up Coordinator Stacey Madigan. Linda Fogarty, Mary Jane Oldham and Hattie Brinsfield answer your calls when Stacey is attending meetings or social events, or on one of her periodic trips to care for her grandmother. Volunteer phone coverage is a relatively new LOWLINC program that helps to ensure members get to a live person during phone coverage hours of 10 a.m. to 3 p.m. Monday through Friday.

Website Calendar Maintenance. LOWLINC maintains an event calendar and a listing of upcoming Social Activities on its website at www.lowlinc.org. Volunteer Lee Strain has stepped up to this task, keeping the calendar up to date with notices of both LOWLINC and other LOW meetings and events, and maintaining the custom web page that lists LOWLINC's social activities.

Newsletter Production. Even this newsletter gets assistance from volunteers! Volunteer Marilyn Davis takes the copy from the various authors and puts it into the newsletter format, and LOWLINC member Liz McGillicuddy, who is a professional copy editor, donates her skills to whip the newsletter into readable and consistent shape.

Do you have a talent for the critical administrative work that keeps an organization running? LOWLINC members and volunteers are invited to contribute in one of the following areas. Training is provided.

- We would like to increase the corps of volunteers who answer the LOWLINC phone. The typical commitment is one or two three-hour shifts a month.
- Do you like preparing reports and analyzing data? Help to compile the monthly report of LOWLINC services performed (featured on the home page of the website). Are you an organizer? We have hundreds of photos that could be categorized and tagged.
- Have you ever wanted to dabble in web design and maintenance? The LOWLINC website is easy to learn and maintain, and you could be a part of that team.

Email us at lowlinc.communications@gmail.com if you are already a LOWLINC member or volunteer and want to assist in office work. For information about becoming a volunteer, see our website (lowlinc.org) or email lowlinc.volunteer@gmail.com.

Health and Wellness Corner

Getting Rid of Unneeded Medications

By Mary-Jane Atwater

What's in your medicine cabinet? If you're like about one-third of Americans, you haven't cleaned out your medicine cabinet in the past year. Nearly one-fifth of Americans haven't done so in the past three years. (Source: 2017 Consumer Reports survey.)

When you want to get rid of unneeded prescriptions and over-the-counter drugs, it's important to know your disposal options so you will protect yourself, your family and the environment. Proper disposal avoids health problems from accidentally taking the wrong medication, too much of one drug or a medicine that has expired and is no longer effective. It also prevents accidental poisoning of children and pets and deters misuse by teenagers and adults. Plus, prescription and over-the-counter drugs poured down the sink or flushed down the toilet can pass through water treatment systems and enter rivers and lakes. This disposal method can affect drinking water, since water treatment plants are generally not equipped to remove these drugs from the water supply.

Your first and best choice to get rid of prescription and over-the-counter drugs is to dispose of them at a take-back collection site. The Orange Police Department and Culpeper Police Department both collect drugs throughout the year (see sidebar) and on National Prescription Drug Take-Back Days. The next Take-Back Day will be October 27, 2018. LOWLINC will offer to drive members' unused and unneeded medications to a Take-Back Day collection site, so be sure to watch for more information. In addition, two local Walgreens have kiosks where you can drop off unused medications.

Another choice is to dispose of medications at home by following these instructions offered by the U.S. EPA and Office of National Drug Control Policy:

1. Take your prescription drugs out of their original containers.
2. Mix drugs with an undesirable substance such as cat litter or used coffee grounds.
3. Put the mixture in a disposal container with a lid or into a sealable bag.
4. Protect your privacy by concealing or removing any personal information, such as your name and the Rx number, on the empty containers by covering it with a marker.
5. Place the sealed container with the drug mixture, and the empty drug containers in the trash.

We all have a responsibility to properly and safely dispose of unused and unneeded medications. For more information on safe disposal, see How to Dispose of Medicines Properly [go.usa.gov/xNwXc](https://www.go.usa.gov/xNwXc); Disposal of Unused Medicines: What You Should Know [go.usa.gov/xNw9z](https://www.go.usa.gov/xNw9z); and How to Dispose of Unused Medicines [go.usa.gov/xNw9S](https://www.go.usa.gov/xNw9S).

Locations That Take Back Medications

Note: These locations do not accept needles or liquids.

Orange Police Department

249 Blue Ridge Drive, Orange, VA 22960

540-672-1491

Weekdays, 8 am to 4:30 pm

Culpeper Police Department

740 Old Brandy Rd.

540-727-3430

Weekdays, 8 am to 5 pm

Walgreens Pharmacy

10600 Rollingwood Drive, Fredericksburg
22407

540-735-3161

50 White Oak Road, Fredericksburg 22405

540-368-5870

Weekdays, 9 am to 6 pm

LOWLINC's Social Activities Survey: the Results Are In

by Mary-Jane Atwater

LOWLINC members are a social bunch who enjoy dining out, game days, ice cream socials, movies, performances and just getting out with others. But which activities do they like best and what others do they want to see LOWLINC offer? To help answer that question, in April, Social Activities Committee Chair Maureen Callahan and Board Liaison Emily Slunt distributed to members a Social Activities Survey– and the results are in from the 24 members who responded. Here are some highlights:

- Overall, our members enjoy the types of activities we have been offering, especially dining out. The Clubhouse was the top choice of dining venues, followed by Fareways. Asian, Thai and Mexican cuisines received expressions of high interest.
- Members expressed an interest in a day trip to the Marine Corps Museum in Quantico, now planned for the fall.
- When it comes to entertainment, the LOW Players, musical performances and movies at local theaters and Mt. Pony (Library of Congress Packard Theater) were favored, with wine tasting and concerts on Clubhouse Point also of interest.
- Members are also interested in a new type of program: small-group activities, where a group of members would meet on a periodic basis to focus on a specific activity. Cooking demos, theater outings and technology training were top choices.
- Surprisingly, the survey revealed a lack of interest in attending sporting activities (e.g., minor league baseball, basketball, hockey).

The Committee will also offer “pop-up events,” where a volunteer who plans to attend an event or activity on short notice publicizes it via email to members, who then can sign up.

Maureen and her committee of 10 volunteers will use the results of the survey to plan events for the fall and 2019. Thank you to all the members who responded to the survey.



Members and Volunteers enjoy authentic Italian cuisine at Castiglia's on Courthouse Road.




Is there anything better than an ice cream social on a summer evening?!

Carolyn Graham
July 9, 1940 - July 30, 2018

The LOWLINC family mourns the passing of Carolyn Graham on July 30, 2018. Carolyn served as a LOWLINC board member and volunteer from 2015-2017 and was named Board Member Emeritus when she completed her term. She then became a LOWLINC member. Carolyn was passionate about LOWLINC and its mission, and we are a better organization for her dedication, wisdom and expertise. We will miss her.



DID YOU KNOW....

...LOWLINC member Sam Thomsen recently gave a remarkable interview on his distinguished career in the U.S. Foreign Service from 1960 to 1990. His service started in the '60s in Vietnam, progressed to a deputy ambassadorship in Botswana, and culminated with his appointment as the first U.S. Ambassador to the Marshall Islands. Ambassador Thomsen's insights into the historical context of his service are revealing and thought-provoking. The interview, conducted by Norm Allen as part of his "Meet Your Neighbor" series, can be seen by going to http://www.iowa.org/Amenities/LOWA_Communications and clicking on the menu icon  in the TV screen.

Upcoming LOWLINC Events

LOWLINC Speaker Series: Orange County Sheriff's Department Chief Deputy Major Mike LaCasse and LOW Neighborhood Watch Coordinator Randy Schwabenbauer. Wednesday, Sept. 12, 1:30 p.m. to 3:00 p.m. Community Center.

Members Social and Pizza Party. Conversation, company and games! Bimonthly get together, September 9. 10:30 a.m. to 1:00 p.m. Community Center.

Monthly Dining Out. Members and Volunteers Invited. Various local restaurants.

The Art of Wine Fundraiser. Sunday, September 23, noon to 4:00 p.m. Sweetbriar Park.

Know Your Medicare Workshop. Wednesday, October 10, 1:00 p.m. to 4:00 p.m. Clubhouse.

LOWLINC (Lake of the Woods, Living Independently in Our Community), is a 501(c)(3) nonprofit fee-based service organization whose mission is to enable LOW's older residents to remain safely and independently at home. Our operating model is based on the nationwide village model.

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