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## Message from Jeff Flynn, LOWLINC President

Wow! It is hard to believe we will be three years old in December. Actually, five years old; it took two years to open our doors. Lake of the Woods is the perfect place for a group like ours: neighbors helping neighbors. As a community, we were always doing this. It just was not as “formal” as it is now.

Our board and committee members encompass long-time residents (42 years) and many people newer in the community. Members and volunteers reflect the same: many long-time residents and some more recent.

Of course, our collective mission is to help keep everyone staying at the Lake for as long as feasibly possible. Our members, volunteers, donors and supporters all play a role in accomplishing our mission.

I personally thank all of you for participating in this “experiment” that seems to be working out very well.

## Lake of the Woods Association Honors Three LOWLINC Volunteers

Each year, LOWA recognizes individuals and groups for their contributions to our community. At the LOWA Annual Meeting on September 3, three LOWLINC volunteers received Honors Awards: Carolyn Rourke, Eileen Appleyard and Rick Rappoport.



*Eileen Appleyard (l) and  
Carolyn Rourke*

Carolyn, who is a LOWLINC member, board vice-chair and volunteer, received a Distinguished Service Award for extending LOWLINC services to the larger community by initiating our Speaker Series, mentoring University of Mary Washington students and collaborating with AARP on the October Medicare Workshop. She was also recognized for providing direct services to LOWLINC members.

Eileen Appleyard received an Outstanding Service Award for her dedicated volunteer service to our members. In the last 12 months, Eileen performed 246 services in almost every category, contributed 124 hours, and drove more than 700 miles. Eileen was also recognized for her service as co-chair of the Member Outreach Committee

and for bringing new members to LOWLINC.

Rick Rappoport received a Distinguished Service Award for the work he does with a number of organizations, including the LOW Lions Club (he is the current president), two LOWA committees, LOW Church, and Woodworker's Club, and for serving as the head of the LOWLINC maintenance team, where he helps ensure that members' homes are in good repair so they are safe.

Congratulations to Carolyn, Eileen and Rick and thank you for all you do for LOWLINC!



## Volunteer Spotlight

### LOWLINC Salutes Volunteers at Third Annual Appreciation Event

Ninety LOWLINC members, volunteers, supporters and their guests celebrated the many contributions of our volunteers and supporters on November 7 at a festive fall dinner organized by Volunteers Committee chair Vicky Fleming and the committee. Everyone enjoyed mingling before and during a delicious dinner provided by Rappahannock Rapidan Community Services Central Kitchen Catering.

In his remarks, LOWLINC President Jeff Flynn highlighted collaborations with community organizations and reported that the state of LOWLINC is strong. Board Chair Mary-Jane Atwater praised the work of volunteers and noted that direct service to members is at the heart of LOWLINC. "So far this year, volunteers have provided 2,488 member services (a 26 percent increase over 2017) and contributed 2,800 hours. When it comes to transportation services, LOWLINC volunteers have driven 15,600 miles this year, double the miles driven in 2017." Speaking to volunteers and supporters, she also noted, "Beyond direct services, you also contribute time in many other ways such as fundraising, committee work, administration and board leadership. With your contribution of time and talent, each of you enriches our entire community and enables our older neighbors to stay independent and safe in their homes with connections to the community." Mary-Jane introduced Carolyn Rourke as the newly elected board chair: "I'm thrilled that Carolyn will chair the board beginning in January. LOWLINC's future is bright with Carolyn at the helm," she said.



Shirley Rowe, Flo Clarke and Tom Bailey



Volunteers Committee (l to r) Debbie Beishem, Ann Hatfield, Chair Vicky Fleming and Mary Jane Oldham.

LOWLINC recognized the work of four committee chairs who have completed three years of service: Vicky Fleming (Volunteers), Maureen Callahan (Social Activities), Gordon Rowe (Membership Intake) and Donalda Lovelace (Fundraising). Volunteers Committee members who planned every detail of the dinner event were: Vicky Fleming, Debbie Beisheim, Hope Hall, Ann Hatfield, Natalie Logan, Mary Jane Oldham, Shirley and Gordon Rowe, and Maryann Taylor.

### LOWLINC Elects New Officers for 2019-2020

At its November 5 meeting, the LOWLINC board of directors elected new officers for the next two years:

Jeff Flynn, President

Carolyn Rourke, Board Chair

Emily Slunt, Vice Chair

Mary-Jane Atwater, Secretary

John Beisheim, Treasurer

Vicky Fleming and Donalda Lovelace will continue as board members.

## Health and Wellness Corner

### Providing Access for Optimal Health and Wellness

By Emily Slunt and Mary-Jane Atwater

LOWLINC's mission is to help seniors at the Lake of the Woods to continue living fully and independently in their homes for as long as possible. To help achieve this mission, LOWLINC provides information and services to promote health and wellness.

#### Health Care-related Transportation

- Over 50 LOWLINC volunteer drivers provided 290 services from January 2017 through June 2018, driving 9,961 miles. Our members were transported to medical, dental and physical therapy appointments.
- A small group of LOWLINC volunteers drove the wheelchair-accessible Rappahannock Rapidan Community Services van to transport residents for health care appointments.

#### Advancement of Health Literacy and Education

- A Health Matters Toolkit was designed to empower seniors to better communicate with their doctors and other health care providers through a grant from the Culpeper Wellness Foundation.
- Topics at our Speaker Series focused on health literacy and education and included a physician speaking on knee and shoulder health, a nutritionist speaking about healthy eating for seniors and a specialist describing strategies for assisting persons with dementia.
- A medical notetaking program was developed to train several LOWLINC volunteers to take notes when accompanying a member to a health care appointment, thus helping the member/family recall information and promote compliance.
- Our quarterly newsletter *NewsLinc*, with a "Health and Wellness Corner," is widely distributed and includes such topics as eye diseases, knee pain, nutrition, colds/flu, Alzheimer's and disposing of medications.
- LOWLINC and the local chapter of AARP sponsored a "Know Your Medicare Workshop" with two speakers describing consumers' rights and privileges under the different Medicare Parts.
- LOWLINC leaders have been trained as Dementia Friends Champions, acquiring skills to lead workshops that train others in how to communicate with persons with dementia.

#### Socialization to Diminish Social Isolation

- A series of social activities are planned each month.
- LOWLINC volunteers provide companionship through daily check-in calls and friendly visits.
- A project involving technology assistance has commenced with the University of Mary Washington Honor students working with LOWLINC members to develop a smartphone instruction manual.

#### Programs in Exercise and Nutrition

- Members may participate in a free chair exercise class twice a week. A certified instructor uses a variety of movements to enable seniors to become stronger and more flexible, as well as improve balance.
- To enhance nutrition, transportation is provided to the Wilderness Food Pantry or for home delivery of Food Pantry items for members with demonstrated need.
- Transportation and assistance are provided for grocery shopping.

LOWLINC considers optimizing health and wellness to be an integral part of our mission. We recognize the importance of a safe environment and the support needed when our members are dealing with limitations to physical and mental health. We welcome your suggestions as we continue to improve access to support services in this area.

## Workshop Attendees Get Refresher Course in Medicare, Hear About Open Enrollment

By Carolyn Rourke

Eighty-five participants now know a little more about the Medicare health insurance programs they are enrolled in after attending the **Know Your Medicare Workshop** conducted on October 10. Jointly sponsored by LOWLINC and Locust Grove AARP Chapter #5239, the workshop gave a “refresher course” to Medicare enrollees and provided in-depth information to help navigate among the many prescription plans available and how to choose the right one.



Ridge Multop, AARP Virginia Community Ambassador, gave a “Medicare 101” presentation that covered all Parts of the Medicare program. Poppy Foddrell, the Aging Support Coordinator for the Rappahannock Rapidan Community Services Board (RRCS), delved into the details of Part D – Prescription Drug Plans.

The LOW Clubhouse Great Room afforded a perfect setting for the workshop. Many thanks to Clubhouse Manager Ryan Richardson and his team for the great venue and impeccable service during the event.

The workshop was offered free of charge to attendees, being funded by a grant from the national AARP’s Office of Volunteer Engagement. Local AARP #5239 and LOWLINC were pleased to partner to present this important workshop to Lake of the Woods residents. Lea LeBar and Madeline Salustri, who volunteer with both LOWLINC and AARP, worked with LOWLINC Vice Chair Carolyn Rourke to produce the event.

With Medicare Open Enrollment continuing until Dec. 15, there is still time for Medicare enrollees to get free help with Part D Prescription Drug Plans. Call RRCS at (540) 825-3100 to set up an appointment.

### LOWLINC Gala Holiday Dinner December 6

The LOWLINC Social Activities Committee cordially invites members and volunteers to the third annual Holiday Dinner in the LOW Clubhouse Great Room, December 6 starting at 5:30 p.m. This year’s dinner features an elegant buffet-style meal and a cash bar. The cost is \$20 per ticket. Mail your payment to LOWLINC at P.O. Box 518, Locust Grove, VA 22508. The deadline is November 26.

### LOWLINC To Hold Member Promotion Event

by Carolyn Rourke

If you’ve been thinking about finding out more about LOWLINC and whether it might be a good fit for you or a loved one, please plan to visit with us on Friday, November 23, at the Woods Center.

LOWLINC is the organization here at Lake of the Woods that is dedicated to helping seniors stay in their homes independently, safely and with continued engagement in our community. We do that by providing an array of services that includes transportation, errands, friendly visits and handyman repairs. We offer exciting social activities and health and wellness programs.

LOWLINC members and volunteers from the Member Outreach Committee will be on hand the Friday after Thanksgiving, November 23, from 9:00 a.m. to 1:00 p.m. at the Woods Center to answer your questions and talk to you about membership. Bring the family for breakfast or lunch at Fareways and stop by our table to learn more about us.



## The Art of Wine: Rain Couldn't Dampen LOW's Second Wine-tasting Fundraiser

By Mary-Jane Atwater

The Art of Wine Planning Committee worked hard for eight months to plan every detail of LOWLINC's September 23 wine-tasting fundraiser. However, the one thing over which they had no control was the weather. Nevertheless, a cool day of rain and drizzle didn't deter 281 enthusiastic wine lovers who sampled wine from seven local wineries, enjoyed crab cakes and sandwiches from two food trucks, and snacked on cheese. For a second year, the wine tasting was held on the second day of the Visual Arts Council Art Sale – a wonderful collaboration of our two organizations.

We were delighted to have the following wineries participate: Castle Gruen Vineyards and Winery, Gray Ghost Vineyards, Hammerstone Cellars, Horton Vineyards, Old House Vineyards, Mountain Run Winery, and Prince Michel Vineyard and Winery. Food trucks were the Ultimate Food Operation (UFO Truck) and Talk of the Mountain.

More than 75 LOWLINC volunteers and supporters handled registration, helped the wineries unload and pour, made decorations, and managed traffic and parking. We appreciated support from Walmart, Food Lion and Meadows Farms, which donated supplies.



*Lyn Fogarty shows one of the decorations she made for the event.*

While the chief benefit of The Art of Wine was to bring residents together for a fun afternoon at a true community event, we were pleased that the proceeds of about \$3,000 will help support LOWLINC operations going forward. Encouraged by the many positive comments we received, we plan to organize the Third Annual LOW Wine Tasting in 2019!

Thanks to The Art of Wine Planning Committee: co-chairs Mary-Jane Atwater and Donalda Lovelace, Linda Bowyer, Carla Everhart, Vicky Fleming, Judy Flynn, Lyn Fogarty, Stan Lasover, Mary Jane Oldham, Janis Rieley, Pat Shrader and Kathy Walters. We especially thank all the wonderful volunteers who helped at the event, as well as Joya Lord for her graphic design expertise and LOWA staff Jessie Graves and Tracie Hayes, who were flexible and accommodating as we managed logistics.



*All systems go: The Art of Wine planning team after their last meeting.*



*Nancy and Lee Strain enjoy lunch from one of the food trucks.*



*Seven local wineries offered wine tasting in the Lions Pavilion.*

*Canopies kept attendees dry so they could relax, visit, and enjoy lunch, cheese and wine.*



**DID YOU KNOW....**

... LOWLINC members and volunteers played an important off-stage role in the recent Lake of the Woods Players production of *Hello Dolly!* after Players Manager (and LOWLINC volunteer) Marilyn Davis asked for assistance in making the many fancy hats required for the musical. The LOWLINC group spent an afternoon producing the elaborate and fashionable hats. LOWLINC Volunteer Shirley Rowe was awarded two tickets to the play for winning the good-natured contest to make the best hat.

**Coming Soon: LOWLINC Insert in the November 30 Lake Currents**

As 2018 draws to a close, we are truly grateful for the community support that makes LOWLINC possible. Our dedicated volunteers are the heart of our organization and work each day to enable LOWLINC members to live independently, safely, and with connections to our wonderful community. Our donors help sustain LOWLINC with financial support that covers about half of our annual budget. Year-end donations help cover insurance, volunteer background checks, website, computer services and our part-time member services coordinator. When you receive your November 30 issue of Lake Currents, you'll find our "Thank You" insert. Please look for it and, if you are not already part of the LOWLINC family, consider joining us as a member, volunteer or donor.

**Think of LOWLINC as You Do Your Holiday Shopping.....**

....when you shop on Amazon through [smile.Amazon.com](https://smile.amazon.com), Amazon donates a small percentage of your purchase to LOWLINC...at no cost to you.

**LOWLINC Board:**

Jeff Flynn, President  
 Mary-Jane Atwater, Board Chair  
 Carolyn Rourke, Board Vice-Chair  
 John Beisheim, Treasurer  
 Vicky Fleming, Member  
 Donalda Lovelace, Member  
 Emily Slunt, Member  
 Stacey Madigan, LOWLINC Coordinator

**LOWLINC Committees and Chairs:**

Communications, Mary-Jane Atwater & Carolyn Rourke  
 Fundraising, Donalda Lovelace  
 Membership Intake, Gordon Rowe and Lee Strain  
 Member Outreach, Joe Sauro and Eileen Appleyard  
 Preferred Service Providers, Hope Hall  
 Social Activities, Maureen Callahan  
 Volunteers, Vicky Fleming  
 Newsletter: Carolyn Rourke, editor  
 Marilyn Davis, production  
 Elizabeth McGillicuddy, copy editor

**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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