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Jeff Flynn Receives Aging Together's Five Over Fifty Award by Carolyn Rourke

On May 30, the threat of a tornado and downed power lines didn't deter 120 people who gathered to honor five local residents who have provided outstanding, long-term leadership and community service in our region. One of them, LOWLINC President and co-founder Jeff Flynn, was honored as the Orange County recipient of Aging Together's Five Over Fifty Award. Jeff received the award at a gala celebration at the Country Club of Culpeper.



Jeff speaks about his love of LOW and the many satisfactions of serving as a volunteer.

"When selecting the honorees for Five Over Fifty, we look for people who have been giving to their community over the course of their lives," Aging Together Executive Director Carol Simpson told the crowd. LOWLINC co-founder Mary-Jane Atwater introduced Jeff and described his longstanding, day-in, day-out leadership and service to Lake of the Woods, where he and his wife, Judy have lived for 41 years. "Jeff's ability to see a need and fill it, along with his passion for service, were both key in building LOWLINC," she said. "Jeff has served as LOWLINC president since our founding and is a relentless and respected ambassador for our organization."

Jeff has been a longstanding advocate for improving transportation services for seniors. He and LOWLINC's third co-founder, Joe Sakole, arranged LOWLINC's collaboration with the Rappahannock-Rapidan Community Services (RRCS) to park its Care-a-Van at the LOW Church to transport Orange County seniors living in east Orange County to medical and legal appointments. Jeff heads a team of LOWLINC van drivers, and during the last year, he drove the Care-a-Van nearly 2,800 miles.



Aging Together Executive Director Carol Simpson presents Jeff Flynn with the Five Over Fifty Award. Aging Together (agingtogether.org) provides collaborative support to the aging population in five counties in our region.

Jeff's community leadership goes back to the earliest days of Lake of the Woods, when he started the first soccer teams in Orange County, "when no one here knew what soccer was," according to Jeff. He also organized the first water ski club and scout troops at the lake, performed in the Lake of the Woods Players, and has served on 21 LOW Lions Club committees during his 23 years as a Lions Club member. Jeff also served on the LOW Association Board of Directors and was president in 2010-11,

Mary-Jane noted that "many of us are the beneficiaries, standing on Jeff's shoulders, of his many years of dedicated service and leadership." When accepting the award, Jeff spoke of his love for Lake of the Woods and the personal satisfaction of serving as a volunteer for LOWLINC, the LOW Lions Club, AARP, and the Lake of the Woods Association. Congratulations, Jeff, on this well-deserved award.

Volunteers in the Spotlight by Carolyn Rourke

If you are an active, can-do, get-it-done kind of person, those characteristics don't disappear when you retire. After you get settled into the freedom and changes retirement brings, you start looking around for meaningful pursuits to which you can devote your considerable energies. That's how this quarter's *Volunteers in the Spotlight* – Joe Cross and George Seymour -- came to be LOWLINC volunteers.

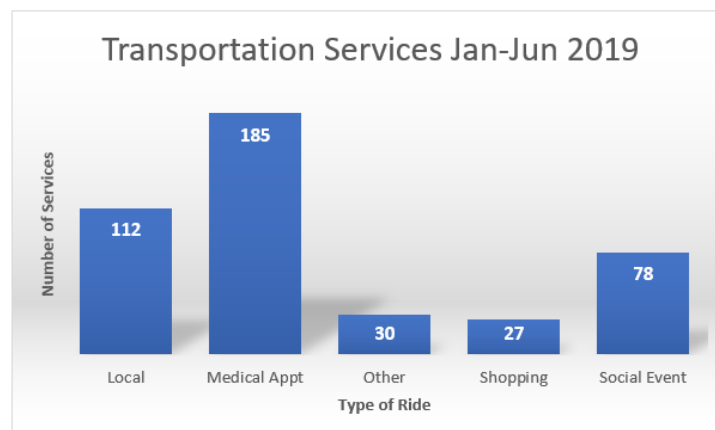
George Seymour retired to Lake of the Woods last October after a distinguished career in the U.S. Army and as a defense contractor. His work in military intelligence and law enforcement took him all over the world, including a three-year posting to Japan (when you see him, ask George about his break from his duties in Japan to be a contestant on Jeopardy!). George says that after he moved to the Lake and got settled in, he "needed a purpose." He had read about LOWLINC in the *Lake Currents*, looked into us on our website, and decided that volunteering with LOWLINC would fulfill his goals of keeping active, having contact with his new community, and helping people.

George became a LOWLINC volunteer in March of this year, with a focus on driving. He has performed 12 driving services, including taking members to medical appointments in Culpeper and Fredericksburg and providing several local rides to shopping in the immediate area. He has made daily phone calls to check in on members. In addition, George has become a member of the new Call Handlers team, which assists LOWLINC Coordinator Stacey Madigan in answering calls and scheduling services. George uses the new Volunteer Self Signup to review and select the available services that fit his lifestyle and schedule.

Joe Cross became a LOWLINC volunteer in April of this year. He moved to Lake of the Woods in October 2014 to be closer to his children, grandchildren, and great-grandchild, after first retiring to a home on Virginia's Northern Neck. Joe spent 35 years in the defense industry, primarily in Northern Virginia, with some time in Newport News and Hampton. Joe was born and raised in Hampton and still gets together with his high school fraternity brothers. Like George, Joe was looking for a meaningful way to donate his time here at the Lake. He heard about LOWLINC, found out more about us, and decided to join.

Joe is a driver for LOWLINC. When he joined, he decided he would drive once a week, and he signs on to Volunteer Self Signup to see what transportation services are open and finds one that works for him. In the eight weeks since Joe started driving, he has volunteered for eight driving services, all of them important rides to medical appointments, donating a half day out of his week to helping his Lake neighbors.

It is a pleasure to salute these two new volunteers who are contributing so much to LOWLINC's ability to help its members stay in their homes safely and independently, with continued connections to their community.





New Members Corner by Mary-Jane Atwater

We extend a warm welcome to the following four members who joined LOW-LINC earlier this year.

Rae Lamon

When Rae and her husband moved to the lake 30 years ago, there were fewer houses on the lake, and the community was much smaller. "I made lots of friends and played golf and tennis," says Rae. "Many of my friends are no longer here, and my husband died 10 years ago, but that's life. Life is about change." Rae now enjoys playing bridge, and she still loves living here: "In the morning, I watch the sun come up as I drink my coffee." Rae's daughter, Lori Barnes, lives at LOW, and Rae also has a second daughter and a son who live in Northern Virginia, four grandchildren, and seven great-grandchildren. Rae joined LOW-LINC early this year and says the volunteers have been a big help with transportation and taking trash to the compactor. Each year, Rae likes to plant begonias in her front yard, but this year, planting was going to be a challenge. As part of LOWLINC's new spring planting service, two LOWLINC volunteers had the begonias in the soil in no time. "All the volunteers have been wonderful," Rae says.

Micky Talbott

The entry hallway of Micky's house is filled with wonderful pictures from the Kennedy and Eisenhower administrations, which belonged to her father-in-law, captain of the White House Police Force. The White House figures prominently in Micky's own childhood memories. That's because her high school friend, Rick Talbott, had a job working on the grounds of the White House during the Truman Administration and invited Micky to bowl in the White House bowling alley, watch the fireworks on the lawn, and help deliver fresh flowers to Bessie Truman each day. Rick was to become her husband, but not before Micky drove across the country at age 18 to help a family friend who was moving to California. After graduation, Micky worked for the Department of Agriculture and then for 30 years for the Social Security Administration. Rick was a building contractor who built their retirement home at LOW where they moved in 2000 from Vienna. Micky stays busy with her book club, bunco, AARP, and the LOW Church where she especially loves the music. Micky's family includes three daughters, eight grandchildren, and eight great-grandchildren. "I'm very happy at LOW," says Micky, who especially enjoys LOWLINC's social activities.

Edward "Danny" Beecham

Danny was born overseas in Tokyo and spent his first 10 years in Bangkok before moving to Washington, D.C. Danny's dad, Bob Beecham, who also is a LOWLINC member, was with the State Department at that time. During college at the University of Maryland, Danny became interested in cancer research – an interest that led to a career at the forefront of cutting-edge gene therapies for cancer treatment. Danny worked for 10 years at the National Institutes of Health (NIH) National Cancer Institute, where he received training for his Ph.D. in chemistry. He was involved in the world's first gene therapy trial at the NIH for two girls with Severe Combined Immune Deficiency. This successful trial led Danny to Des Moines, Iowa, for three years, where he conducted research trials at a then-new cancer research institute. He next held research positions at Harvard Medical School for 10 years and for eight years at the University of North Carolina. After early retirement, Danny moved to LOW in November 2018 to be closer to his dad and stepmom. No longer driving, he takes advantage of LOWLINC transportation services, which he says have been "very helpful, a fantastic service."

(Cont'd on page 7)

Sharing the McMurtry Award with Our Community by Emily T. Slunt

In December, 2018, LOWLINC received a \$5,000 McMurtry Award for Excellence and Innovation in Community Health and Wellness, being deemed the outstanding non-profit organization in providing access to health and wellness services in the Mary Washington Healthcare region. In deciding to use the funds from this award to expand health and wellness resources, the LOWLINC Board voted to provide funds to meet a variety of needs in our community.

Seniors will benefit from the 10 Guardian Alert monitors that we donated for distribution by TRIAD of Orange County. These devices are critical for our elderly population to be able to call for help if they fall or become incapacitated. Other medical equipment we donated included a couple of rollator walkers and knee scooters that can be loaned out through the Lake of the Woods Lions Club medical equipment program.

LOWLINC also provided support for individuals with dementia. We used McMurtry Award funds to enhance a learning session for our volunteers and to print Dementia Friends workbooks focused on promoting a dementia-friendly community. We also provided an honorarium to a volunteer who has provided free exercise classes for our members twice weekly since last September.

With the opening of the new Fitness Center and Clubhouse Pool, we recognized the need for a bike rack to

encourage bike riding to the complex. We also purchased three umbrellas to provide shade at the pool and protect from the sun's harmful rays. With the umbrellas, persons of all ages, including grandparents, can have some shade protection.

At the end of June, LOWLINC sponsored a workshop in partnership with Mary Washington Hospital Trauma Services focused on "Stop the Bleed." LOW's Fire and Rescue provided support during the hands-on sessions, helping with tourniquets and using mannequins for practice in applying pressure to bleeding wounds. Following this excellent presentation to more than 40 community residents, the LOWLINC Board voted to purchase three bleeding control kits for placement in critical areas, such as the Community Center, the Clubhouse, and the Fitness Center/Pool complex.

It has been a privilege to have the opportunity to explore ways to benefit health and wellness in our community through donations from the McMurtry Award. Some of the items purchased have the potential to change or save a person's life. Expenditure of the funds is going fast, but for very worthwhile purposes.



LOWLINC donated 10 Guardian Alert pendants to Orange County TRIAD, using the McMurtry Award funds.

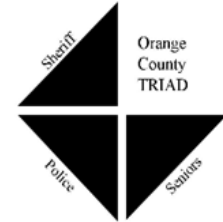


During the June 29 Stop the Bleed Workshop, LOW Fire & Rescue Volunteer Rick Hooper coaches Bill Derryberry in how to apply pressure to a wound, as Gail and Chuck Spruce look on.



Orange County TRIAD: A Resource for Seniors

By Ron Kesner, TRIAD Coordinator



Editor's Note: We invited Deputy Ron Kesner, TRIAD's new Coordinator, to tell us about himself and TRIAD in this article for NewsLinc.

I joined the Orange County Sheriff's Office on April 1, 2019, as the TRIAD Coordinator. I have been a law enforcement officer for 37 years. A Virginia native, I retired from the Albemarle County Police Department in 2009 as a Master Police Officer and have worked part time in law enforcement since then. I am the first sworn officer to hold the position of TRIAD Coordinator and thus bring a new dimension to the position. When I am speaking to groups about senior citizen victimization, I am able to answer questions and give advice from a law enforcement perspective and experience level. Additionally, I am able to assist with law enforcement issues as needed.

TRIAD is a partnership between local law enforcement, senior citizen provider organizations, and the Virginia State Attorney General's Office to reduce the victimization of our senior population. The Orange County Sheriff's Office offers several programs to assist seniors in our jurisdiction. Project Lifesaver tracks citizens via a radio transmitter worn by the client if they wander and become disoriented, and we offer Guardian Alert pendants directly connected to the 911 Center. These programs are funded by donations and provided to individuals regardless of ability to pay or donate as long as the equipment is available.

We also offer crime prevention programs, home and car safety packets known as a File of Life, a 911 cell phone program, and home security surveys for seniors. We partner with many local and state agencies, such as LOWLINC, Aging Together, the Orange Senior Center, Rappahannock-Rapidan Community Services Board, Virginia State Police, Orange County Commonwealth Attorney, Orange County Victim Witness, Town of Orange Police Department, Town of Gordonsville Police Department, and the Orange County Department of Human Services, as well as others.

I am hoping that my professional experience, as well as my personal experience with my own parents, will be beneficial to those families in need of the services that TRIAD has to offer. Sheriff Mark Amos and I want all citizens and families to know that we are here to help and welcome your request for assistance.



We are dedicated to preventing victimization of our senior population through interaction and education. If you know of a citizen in your area who may need services, please feel free to reach out to us. You may contact me through e-mail at rkesner@orangecountyva.gov, or call me directly at my desk at 540-672-1536 or cell phone at 540-920-7870.

Deputy Ron Kesner is the first sworn officer to hold the position of TRIAD coordinator. TRIAD strives to reduce criminal victimization of seniors, enhance delivery of law enforcement services to the senior population, and provide opportunities for the exchange of information between law enforcement and seniors.

Out and About With LOWLINC

Hats Off to the Derby Day Party at Fareways, May 4

More than 60 LOWLINC members, volunteers, supporters, and LOW residents gathered to watch the "Greatest Two Minutes in Sports," with many women sporting wide-brimmed, festive hats. Thanks go to Maureen Callahan, Mary Ann Rogers, Phyllis Sakole, Susie Wright, Vicky Fleming, and Carolyn Rourke for organizing this fun event.



Delizioso! Special Italian Dinner, June 7

Volunteers Hattie Brinsfield and her guest Peggy Morrison, George and Diane Duffy, John and Marion Rourke, and Lee and Nancy Strain were the lucky eight who drew invitations to a very special six-course Italian meal prepared by Joya Lord to honor volunteers. The meal, held in memory of the late Carolyn Graham, was hosted by Judy and Jeff Flynn.

Maureen Callahan, Pat Schrader, and Mary Jane Oldham

were the helpers. The delicious bread was baked by Loretta LaTerra, and the beautiful flowers on the table were arranged by Helga Birdsong and Karin Mollard.

LOWLINC Wine Tasting at Old House Vineyards, June 20

Member and volunteer Joe Sauro organized our second visit to Old House Vineyards where 15 members and volunteers enjoyed tasting a variety of wines and learning some little-known facts about local history related to the wines we sampled.



Summer Fun: An Old-Fashioned Picnic on the Point, June 27

LOWLINC's first Picnic on the Point drew 52 members and volunteers, who enjoyed pontoon boat rides, fishing, corn hole games, and a delicious BBQ dinner complete with homemade desserts. The picnic was organized by the Social Activities and Member Outreach committees with assistance from the Volunteers Committee whose members provided desserts.



New Members Corner *(Cont'd from page 3)***Peter and Julie Reynierse**

After serving 16 years active duty in the Navy, during which he was a hospital corpsman in Vietnam, Father Peter met his wife Julie, who also was in the Navy at that time, and they started a family of two sons and a daughter. In her 20s, Julie had spent time in an Episcopal convent where she explored joining a religious order. Father Peter has the unusual distinction of having earned his Master's in Divinity degree before a BA degree. He was ordained as an Episcopal priest and served as pastor in a Pennsylvania parish while completing his bachelor's degree. When he decided to join the Navy Reserve, there were no Episcopal chaplain openings, so Father Peter applied for and received a commission as a Navy public affairs officer, where he managed high-profile special events, wrote scripts for Navy movies, and served at the Pentagon. He retired in 1995 as a commander. In 1990, Father Peter and Julie converted to Roman Catholicism, and he applied to Rome to be ordained a Catholic priest, a permission granted in 1994 by Pope St. John Paul II and then-Cardinal Ratzinger. After his ordination, Father Peter served as chaplain for Little Sisters of the Poor and priest at a parish in Rockville, MD. His ministry also included an organization for families with special needs children. Father Peter retired in 2006, and he and Julie moved to LOW in 2009. His ministry continues as Head of School for St. Michael the Archangel Catholic High School and by conducting Masses at St. Patrick's and St. Jude's Catholic churches. Father Peter describes Julie, his wife of 55 years, as "the wind beneath my wings." Julie is focused on their grandchildren and great-grandchildren, and they both enjoy LOWLINC social activities.

DID YOU KNOW....

... The state of Virginia offers a Livable Homes Tax Credit for home renovations and new-home construction that incorporate features designed to help seniors age in their homes. Features that are eligible for the credit include doors that are at least 32 inches wide, hallways that are 36 inches wide, zero-step entrances, and accessible bathrooms and kitchens. For more information visit <https://dhcd.virginia.gov/lhtc> or call 804-371-7124.

...Six members of the LOWLINC Board plan to attend the annual conference of the Village to Village Network in Chicago, September 18-20. Emily Slunt and Mary-Jane Atwater will make a presentation focused on LOWLINC's partnerships with Mary Washington Healthcare, Rappahannock-Rapidan Community Services, and other organizations.



...LOWLINC is looking for volunteers to drive and perform light home maintenance. If you'd like to join the volunteer team, please call 855-569-6562 or complete a volunteer application, downloadable from lowlinc.org. Volunteers drive locally and no more than 25 miles from LOW. You can volunteer for opportunities that fit your interests and availability using our online Volunteer Self-Signup (training provided).

Upcoming LOWLINC Events

Member/Volunteer Social Gatherings: 4:30—6 30 pm, Fareways, July 16, August 6, August 20.

CPR/AED Free Workshop: September 5, 4 - 6 pm at the Community Center. Watch for registration information later this summer.

Art of Wine: LOWLINC Wine-Tasting Fundraiser: September 29, noon - 4 pm, at the Sweetbriar Park Lions Pavilion. Paired with the LOW Visual Arts Council Art Sale. Wine-tasting tickets go on sale at lowlinc.org on August 16.

Charity Night at Harry's Ale House: October 28. More information to come.

LOWLINC Open House. November 29, 9 am - 1 pm. Fareways Café.



Save the Date!
THIRD ANNUAL LOW WINE TASTING
THE ART OF WINE
Sunday, September 29, 2019 | Noon to 4:00 PM
Rain or Shine | Lions Pavilion in Sweetbriar Park

Free Wine Tasting Featuring
Wines from Seven Local Wineries

3 Food Vendors
Sliders, Tacos, Cheese Plates
The CRAB MAN is back with crab cakes!

Tickets (adults 21+)
\$15 Online Advance Purchase
Starting August 16 at www.lowlinc.org
\$20 at the Event
LOW Residents and Invited Guests Only

Thanks to our sponsors:
Atlantic Union Bank | Licata Group
Breedren's Auto Repair | Car Doctor
JK Carpets | Orange County Roasters

This event is a benefit for

 **LOWLINC**
LIVING INDEPENDENTLY IN OUR COMMUNITY

Paired with the
LOW Visual Arts
Council Art Sale

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LOWLINC Board:

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

Stacey Madigan, LOWLINC Coordinator

LOWLINC Committees:

Communications: Co-chairs Mary-Jane Atwater and Carolyn Rourke
Member Outreach: Co-chairs Joe Sauro and Eileen Appleyard
Preferred Service Providers: Interim Chair John Beisheim
Social Activities: Co-chairs Carolyn Rourke and Vicky Fleming
Volunteers: Chair Mary Jane Oldham

LOWLINC Programs:

Fundraising and Donor Engagement: Lead Mary-Jane Atwater
Member Intake: Lead Donalda Lovelace

Newsletter: Mary-Jane Atwater, editor
Carolyn Rourke: contributing editor
Marilyn Davis, production and layout
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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