

## In this issue:

- Message from the Board Chair
- Before COVID-19 Social Activities
- LOWLINC Services in the Time of COVID-19

## Message from the Board Chair

Dear LOWLINC Community:

**W**e are foregoing the *NewsLinc* we planned to bring you this quarter. Instead, this brief newsletter focuses primarily on actions LOWLINC has taken to address the effects of the coronavirus crisis that has upended our lives in ways few of us ever

imagined even remotely possible. For LOWLINC, the crisis has meant having to pull back from many of our important services as we follow stay-at-home orders and requirements to keep our distance from each other when we do go out for critical errands. We are all doing our part to end this crisis as quickly as possible while working to maintain as much normalcy as we can, doing the things we can still safely do.

We all know that there will be an end to this unprecedented time when we will return to the pleasures of everyday living: gathering with our families and friends, sharing a meal out together, enjoying those postponed trips and celebrations, hugging and shaking hands in greeting. Until then, keep yourself and your loved ones safe. To LOWLINC members and volunteers, thank you for the compassion and kindness you show one another with the phone calls and cards you are sharing. To the great community we live in, thank you for the spirit of unity that comes across as we greet each other in the streets and offer help and support where we can give it. Together we will get through this.



## Before COVID-19...And Some of What We Look Forward To



**Walking at Walmart**

**Cooking Classes**



**Dining Out Together**



**Movies at Mt. Pony**

**Ice Cream Socials**



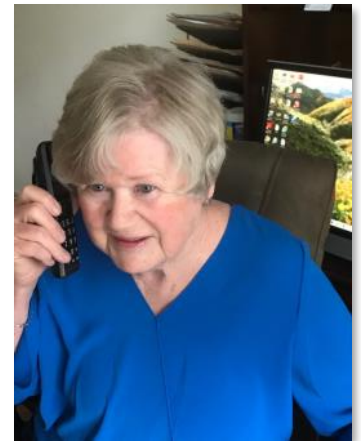
## LOWLINC Services in the Time of COVID-19 by Mary-Jane Atwater

**H**ow our lives have changed since our last newsletter! During the past month, we at LOWLINC have been singularly focused on meeting the challenge of safely serving our 97 members while complying with the new realities of social distancing and staying at home, except for outings to meet critical needs. On a daily basis, the LOWLINC board has monitored guidelines, restrictions, and directives from the Centers for Disease Control and Prevention, Virginia Department of Health, Virginia Governor Ralph Northam, and the Lake of the Woods Association.

Under Board Chair Carolyn Rourke's leadership, LOWLINC board members have been meeting three times a week using videoconferencing to monitor the growing emergency and discuss how LOWLINC can best respond, with the safety and health of our members and volunteers as our highest priority. While we have had to curtail our two most used and crucial services, transportation and social activities, we continue to serve our members in the following ways:

### Social Engagement

During this unprecedented emergency, remaining connected to others is more important than ever. While we have regrettably cancelled all LOWLINC social activities and events until this crisis is over, we are connecting with members in several different ways. Seventeen LOWLINC volunteers are making "Phone Friends" check-in calls to members a couple of times a week and, in the process, making new friends or deepening existing friendships. We also have instituted a three-times-weekly phone conference call for members and volunteers who would like to chat with board members and each other. Recent calls focused on the Governor's latest executive order, the mechanics of ordering groceries online, and a discussion of coping strategies. Finally, volunteers are meeting members for walks in our community, keeping social distance but enjoying the spring weather and a chance to chat.



### Shopping and Delivery for Groceries and Prescriptions

LOWLINC volunteers are shopping for members and delivering groceries and prescriptions to the member's porch or front steps. Volunteers are also helping place online orders and then picking up and delivering the groceries.



### Trash and Mail

Volunteers are picking up trash once a week upon a member's request. Volunteers also pick up mail once a week from the community mail stations and deliver it to the member's porch or front steps.

Continued on page 3

**LOWLINC Services** (continued from page 2)**Home Maintenance Services**

Routine in-home handyman services are on hold, except for emergencies (e.g., changing a light bulb in a critical location, chirping smoke detectors) but we still accommodate some outside maintenance and light yard work.

**Dog Walking**

We are walking dogs at the request of members.

**Coronavirus Communications**

We have sent regular coronavirus-related communications via mail and email to members and volunteers. We also have emailed our donors to let them know what we are doing. Our website now features comprehensive coronavirus information and resources. In addition to updates about our services, you'll see links to pertinent government agencies, information about local stores and services, updates on frauds and scams, instructions for making masks, and suggestions for fun and engaging things to do at home.



We salute our members and volunteers who have reached out to one another with displays of kindness, concern and compassion during this unprecedented time. Their positive attitude and generosity demonstrate that the LOWLINC family remains strong, and we will overcome this challenge together.



***The future is uncertain but this very uncertainty is at the very heart of human creativity.***

Ilya Prigogine, 1917-2003, Physical chemist and Nobel laureate

***You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along'... you must do the thing you think you cannot do.***

Eleanor Roosevelt, 1884-1962





*The sun will come out  
Tomorrow  
So ya gotta hang on  
'Til tomorrow  
Come what may*

*"Tomorrow" Lyrics by Martin Charnin*

**Note:** We hope to return to our regular *NewsLinc* columns with our next issue in July.

## You Can Support LOWLINC....

....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  
Carolyn Rourke, Board Chair  
Emily Slunt, Board Vice Chair  
Mary-Jane Atwater, Secretary  
John Beisheim, Treasurer  
Vicky Fleming, Member  
Donalda Lovelace, Member  
Mary Jane Oldham, Member  
  
Denise Franzak-Miller, Coordinator

### LOWLINC Committees:

Communications: Co-chairs Mary-Jane Atwater and Carolyn Rourke  
Member Outreach: Co-chairs Joe Sauro and Eileen Appleyard  
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.

Phone: 1-855-LOWLINC (569-5462)

Address: P.O. Box 518, Locust Grove, VA 22508

Website: [www.lowlinc.org](http://www.lowlinc.org)

Email: [lowlinc@lowlinc.org](mailto:lowlinc@lowlinc.org)