

- **In this issue:**
from the President
- Message from the President
- Keeping Track of Your Medications
- Volunteer Spotlight: The Art of Wine
- Members Corner: Picnic on the Point
- NEW - Health & Wellness Tips
- COVID-19 Update
- Did You Know?

Message from the President/Board Chair

Finding the Gold in the Golden Years, by Emily Slunt

Weather was stifling hot that August evening for the Concert on the Point, but people were still so pleasant and also so very generous to support the LOWLINC cause with buying raffle tickets. The winner of the 50-50 raffle, a 27-year-old young lady visiting from New York State, told us she believes deeply in the mission to support older adults wanting to stay in their homes. Our members and volunteers also enjoyed being connected at the Picnic on the Point. It was a beautiful September afternoon with a great turnout and delicious food. We approached Fall from water's edge on a pontoon boat ride dedicated to sharing time and memories together.



In September a grant-sponsored event by the Regional Transportation Collaborative at Old House Vineyards recognized volunteer drivers in a five-county area for all kinds of driving services during the COVID period beginning January 1, 2020. During that time, our LOWLINC volunteers drove nearly 40,000 miles, including services to medical appointments, as well as errands, mail, and trash pick-ups. We were honored with the attendance of our County Supervisor Lee Frame; Bryan Nicol who is a member of the County Planning Commission; and Walt Diercks, treasurer of the Lake of the Woods Board of Directors. In addition, one of our founding Board members and a volunteer, Jeff Flynn, received special recognition for gaining access to a wheelchair transportation option for eastern Orange County. The Rappahannock Rapidan Community Services (RRCS) van is parked locally, and Jeff assumed responsibility for LOWLINC, working cooperatively with RRCS to train volunteer drivers to use the van for health care and legal appointments.

We continue to welcome the opportunity to provide health and wellness tips for our readers and are pleased to share our commitment to safely reach out to our community so we all can have as much "gold" in our "golden years" as possible. We were hoping to partner with CVS again this year to sponsor another flu vaccination clinic at the lake, but CVS' logistical challenges with COVID-19 vaccinations and the demand for both the flu and COVID-19 boosters at the same time have prevented them from scheduling a drive-through event with us. Getting your annual flu shot is still important, so please make plans to get one. And remember, if you are a LOWLINC member, we can help you get there.

A few LOWLINC Board members recently met with the Dean of Nursing and Health Technologies, faculty, and staff from the Locust Grove Germanna Community College Campus (GCC). GCC currently has very robust programs, and we are hoping to share resources for ongoing learning and development, especially as construction begins on the new building in the near future.

The aging in place philosophy attracts committed volunteers, and LOWLINC is grateful for the support it receives. We are grateful for our members, volunteers, donors, and friends who have faith in our mission and have been so generous with their time and talent in support of the LOWLINC mission. We welcome suggestions and leadership from our readers as we strive to give "older adults choice and control to live safely and independently in their homes with friendships and connections that bring purpose and joy."

Keeping Track of Your Medications

by Steve Hein, LOWLINC Board Member

Some research suggests that older adults take as many as nine different prescription medications daily, on average. Many people also take several over-the-counter (OTC) medications or supplements as well. Keeping track of your medications can be a real challenge, but it is important for many reasons, primarily to make sure your medications are still viable and to prevent adverse drug interactions. Having your medications organized also helps you maintain compliance with your doctor's orders regarding doses and frequency, an important safety issue regarding some medications and health conditions. Here are four tips to help you get and keep your meds organized:

Get your drug regimen reviewed annually – Sometimes called a “brown bag” review, having one of your health care providers, like your primary care physician, a pharmacist, or a nurse or physician assistant in your doctor's office, take a look at all the prescription and OTC medications and supplements you're taking helps ensure you're taking only those that are beneficial.



“Spring clean” your medicine cabinet or bag – It doesn't have to be in the spring (this fall is a good time!), but going through your meds and supplements to make sure none of your prescriptions or OTC medications has expired is useful. While many medications retain at least 70 percent of their original potency for a year or so after expiration, it's safest to only take medications that have not expired.

Have a local pharmacy – Even if you primarily use a mail order pharmacy service for medications you take regularly, it's a good idea to have a dependable local pharmacy that accepts your insurance where you can get prescriptions for acute conditions like infections.

Consider mail order medications – Yes, it's pretty easy to pick up prescriptions at the drive-through pharmacy window, but many people find it's even easier to use mail order. Often you can get a 90-day supply for the same cost as a 30-day supply from a local pharmacy, and you can set up automatic refills through mail order to help make sure you won't run out. Stick with mail pharmacy services associated with local or national pharmacy chains or your medical insurance company, though, as there are some prescription drug websites out there not operating in compliance with U.S. laws.



There are other things you can do to organize and track your medications, including pre-sorting your medications using any of the wide variety of pill boxes or organizers available, maintaining a current list of your medications, setting up reminders on your calendar, and using auto-refill options with your pharmacy. The way you do it is not important, but doing it is, and following one or more of these tips may help you.

Volunteer Spotlight

The Art of Wine

The Art of Wine fundraising event held at the end of September was a terrific event – **thanks to our volunteers!** More than SIXTY volunteers worked at the event, and many more worked behind the scenes over several months to pull together LOW's 4th annual wine tasting event and raise money to support LOWLINC. The weather was just gorgeous, and hundreds of our LOW neighbors

and friends enjoyed tasting wines and ciders from Gray Ghost Vineyards, Mountain Run Winery, Mataponi Winery, Magnolia Vineyards, and Castle Hill Cider. Many also took advantage of the tasty offerings for sale by Taste of the Mountain (crab cakes) and Two Brothers (southwestern) food trucks.



Checking in



Serving up some great crab cakes



Let's get tasting!



Setting up



Cheryl Brown, Art of Wine Committee Chair, ready to enjoy the day

Special thanks to LOWLINC's Art of Wine Committee: Cheryl Brown, Chair
Brenda Anderson • Carol Brown • Ginger Dean • Carla Everhart • Jeff Flynn • Judy Flynn
Wendy Gwaltney • Steve Hein • Joya Lord • Carolyn Rourke • Carol Simpson



WE THANK OUR SPONSORS



Judy & Jeff Flynn



CENTURY 21
Redwood Realty

*Bruce Butler Pressure Washing • Certified Plumbing and Remodeling • Getty & Associates, P.C.
Inspired Electrical Solutions • Integrity Automotive • Jerry Blake Home Improvement • JK Carpets, Inc.
Kevin's Roofing and Attic Insulation • Lakewood Animal Hospital • Orange County Roasters
RDM Custom Painting • Roof Works of Virginia*

Members Corner

LOWLINC Members and Volunteers Celebrate End of Summer with Picnic on the Point, September 8

Seventy LOWLINC members and volunteers gathered at Lake of the Woods Clubhouse Point September 8 to take part in conversation, camaraderie, outdoor activities, and great food at the second annual LOWLINC Picnic on the Point.

Attendees enjoyed rides on the Lake in four pontoon boats, fishing and playing cornhole while visiting with each other on a picture-perfect late afternoon. Dinner, served by Mission BBQ, included pulled pork, beef brisket, and all the sides. The event was sponsored jointly by the LOWLINC Member Outreach, Social Activities, and Volunteer Committees.



Nancy Edwards enjoys some fishing.



Dick Hollenbach shows off his catch.



Nothing like a little game of cornhole.



The boat rides were great fun!



Hanging out with friends was fun, too!

Thanks to Our Picnic on the Point Volunteers!

Picnic Committee: Eileen Appleyard, Vicky Fleming, Diane Franklin, Jen Heinz, Mary Jane Oldham, Mary Ann Rogers, Carolyn Rourke

Set-up Crew: Ted Cryblskey, Dave Davies, Vicky Fleming, Bob Fuqua, Allen Gwaltney, Steve Hein, Terry Maple, Mary Ann Rogers, Carolyn Rourke

Boat Rides: Larry and Eileen Appleyard, John and Debbie Beisheim, Kurt and Jen Heinz, Rick and Christy Rappoport. Thanks to Mary Jane and Jim Oldham for scheduling the rides.

Fishing: Ted Cryblskey **Lawn Games:** John Rourke

Dinner Servers: Debbie Beisheim, Vicky Fleming, Jen Heinz, Mary Jane Oldham



Tips & Briefs (new section)

Eat Your Fiber

Fiber is usually thought of as a food component that aids digestion and prevents constipation. But eating foods with high fiber content has also been shown to help lower the risk for diabetes and cardiovascular disease – and fiber adds bulk that makes you feel full faster, helping control weight. Today's health guidelines recommend fiber consumption targets of 21 grams daily for women over 50 and 30 grams for men over 50. However, recent findings based on 5 years of data on more than 14,000 people participating in the National Health and Nutrition Examination Survey, an ongoing study by the Centers for Disease Control and Prevention, found that only 5 percent of men and 9 percent of women are eating the recommended amount of fiber daily. Paying attention to this often overlooked dietary recommendation becomes more important with age. Good sources of dietary fiber include whole grains, nuts, seeds, fruits, and vegetables.



Be on Guard Against E. Coli

One of the most common sources of foodborne illness is the bacterium Escherichia coli (E. coli). Certain types of E. coli make a toxin that can cause diarrhea, urinary tract infections, respiratory problems, and other serious illnesses. The best way to protect yourself from E. coli infection is to follow hygiene recommendations and observe safe practices when preparing food. The most important hygiene practice is to wash your hands thoroughly before and after handling food, especially raw meats, vegetables, and fruits; after using the bathroom; after touching animals or objects that animals use, such as food bowls and pet toys; and before touching anything that goes into a child's mouth. When preparing foods, be sure to wash fruits and vegetables under running water before use, and cook meats thoroughly.

Find Your Inner Artist and Stay Sharp

In a ground-breaking national study, gerontologist Gene Cohen, the late founding director of the Center on Aging, Health & Humanities at George Washington University, found that those 65 and over involved in participatory arts programs enjoyed better health, had fewer doctor visits, used less medication, and were more involved in social activities overall. Further research regarding older adults and the arts supports Cohen's work. Singing has been reported to help with lung function, keep mental faculties sharp, and ease anxiety that can lead to depression. Movement classes have been shown to help participants feel more self-confident, enjoy a better quality of life, and show more empathy for others. Psychologist Frances Toder, in her book, The Vintage Years - Finding Your Inner Artist after Sixty, writes that, contrary to what many people believe, our brain actually continues to grow new connections and becomes more efficient as we age, and the wisdom we gain over the years enhances the expression of art. So, even though you may not be a Picasso, Pavarotti, or Denzel Washington, go ahead and enjoy the arts.



Updated Guidelines for Member Services in Response to COVID-19

Based on the latest guidelines from the CDC regarding the COVID-19 resurgence over the summer, the LOWLINC Board updated our Guidelines for Services again in August. Only volunteers who have been fully vaccinated will be scheduled to provide services to members that require personal contact (e.g., transportation, in-home visits, and technology assistance). Mask wearing has been reinstated for all in-person services in the home or vehicles and also for all indoor LOWLINC activities, meetings, and social events (masks may be removed to eat and drink).

Read or download LOWLINC's updated [Guidelines for Services](#) (a pdf document).

Did You Know?

... A New Parkinson's Support Group Has Started

Parkinson's disease is a chronic progressive neurological disease often characterized by slow movements and tremors, though there are several other symptoms that may develop which can affect the ability to perform common daily activities. There are generally five stages of the disease as it progresses over time. Actor Michael J. Fox is one of the better-known individuals with the illness, as was boxer Muhammed Ali. Because of the associated physical and emotional problems that can develop, a caregiver is often required. The caregivers then may develop their own emotional and physical health issues over time. The new support group is designed for sharing the walk and listening to invited medical personnel provide advice on exercises, the latest treatment options, etc. If you have Parkinson's, are a caregiver, or just want to learn about the disease, please consider joining. The group meets the second Thursday of each month at 4:00 pm at the Lake of the Woods church. There are no fees for participation. **Call LOWLINC Volunteer Lee Moore at 540-972-0395 for additional information or any questions.**



... Tech Talk Wednesdays Are Here



LOWLINC started a new monthly series of Tech Talks back in August. Taught by LOWLINC volunteer Jen Heinz, Tech Talks focus on a range of topics and are designed to help you learn a few new skills or brush up on using technology in and around your home. The first couple of sessions covered using TEKControl to

schedule visitors to LOW with the front gate and improving your cell phone photography. Tech Talk Wednesdays are open to members and volunteers and are limited to 10 participants per session, so make sure you call LOWLINC and reserve a seat for the Tech Talks you're interested in. Check the Monthly Flyer or our website calendar for the upcoming Tech Talk dates and topics.

Did You Know? (Cont. from page 6)

... There Is a State Tax Credit Available for Building or Retrofitting an Accessible Home

The Virginia Livable Home Tax Credit (LHTC) program is designed to improve accessibility for older adults in homes throughout the Commonwealth by providing state tax credits for new home construction or the retrofitting of accessibility features - like a chair lift, elevator, or zero-step entrance - into your current home. Tax credits of up to \$5,000 are available for the purchase or construction of a new accessible residence and up to 50 percent for the cost of retrofitting an existing home, not to exceed \$5,000. One LOWLINC volunteer couple reports receiving the full \$5,000 tax credit, which essentially paid for the elevator they had installed in their home when it was built. For more information, you can get the program brochure online: [lhtc-brochure.pdf \(virginia.gov\)](http://lhtc-brochure.pdf (virginia.gov)).

... Even Though More Older Adults Are Using Technology, Many Are Still Frustrated



A recent study by the University of California, San Diego, published in the journal *Healthcare* analyzed older adults' perspectives on technology designed to help them stay in their own homes longer and found that many times "frustration" with new technology made older adults unsure of their ability to use it and often left them unmotivated to even try. At the same time, other research shows significant growth in adoption of digital technology by older Americans. For example, in 2000, just 14 percent of Americans ages 65 and older were Internet users; now, 73 percent are. And while smartphone use was uncommon (at all ages) in 2000, now more than half (53 percent) of people 65 and older own smartphones. But

the issue isn't *owning* technology, it's *using* technology. The UC San Diego study reported a key barrier to wider adoption has been the "top down" design process, which often does not include input from older adults themselves. The researchers concluded that technology companies must consider the needs, as well as perspectives, of older adults if they hope to continue to design and sell technology devices and services to them.

... Board Games Are a Great Way To Stay Sharp and Have Fun

You probably have a couple of dusty board games on the shelf, like Monopoly and Scrabble, classics that you can roll out when the grandkids visit or for game nights, especially as fall weather is upon us. But there are several other games that are great for older adults that you may not have on your shelf and that you could consider adding to your game shelf just to change things up a bit. Here are seven ideas for changing up your game night or a rainy afternoon:

- Big Letter Bananagrams (word play)
- Ticket to Ride (strategy)
- Scattergories (creative thinking)
- Hive (strategic board game)
- Cranium (team guessing)
- Catan (light strategy)
- Dixit (storytelling)



There are several upcoming leadership opportunities within LOWLINC, and you are invited and encouraged to consider one of them if you have the skills and interest. As we prepare to embark on our seventh year of operations and to undertake executing our new strategic plan, three Board members and two committee chairs will complete their terms at the end of the year, leaving vacancies in a few areas key to LOWLINC's ongoing success. We are particularly looking for volunteers in the areas of technology, health and wellness, social activities, and social services. **If you're interested in learning more about helping LOWLINC in this way, please contact LOWLINC President Emily Slunt at 301-873-8947.**



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:

Emily Slunt, President/Board Chair
 John Beisheim, Vice Presiden-
 Carolyn Rourke, Secretary
 Jean McLallen, Treasurer
 Vicky Fleming, Member
 Steve Hein, Member
 Donalda Lovelace, Member
 Jean McLallen, Member
 Mary Jane Oldham, Member
 Carol Simpson, Member

LOWLINC Committees and Programs:

Communications: Steve Hein, Chair
 Fundraising and Donor Engagement: Carol Simpson, Chair
 Member Outreach: Ted Cryblskey, Carolyn Rourke, Co-chairs
 Social Activities: Vicki Fleming, Chair
 Volunteers: Mary Jane Oldham, Chair
 Member Intake: Donalda Lovelace, Chair
 Community Outreach: Emily Slunt, Carolyn Rourke, Vicky Fleming, Co-Leads
 Art of Wine: Cheryl Brown, Chair
 Preferred Services Providers: Vacant

Newsletter, Steve Hein, 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 volunteer 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
 Email: lowlinc@lowlinc.org