

Message from the Executive Director

By Jeanne Comeau

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LOWLINC saw a busy and fun-filled spring! New members were welcomed and met new friends at our well-attended Member Reception and ice cream social. Our Annual Picnic on the Point was moved to the Clubhouse, but rain didn't dampen the fun shared by all. The afternoon was filled with shouts of joy at the Bingo table, friendly competition at the Scrabble board, delicious barbecue, and interesting conversation among friends.



Our dedicated volunteers drove members to medical appointments, delivered home-cooked meals, completed maintenance tasks, helped with tech devices, planned exciting social events, and much more. Congratulations to our two newly trained minibus volunteer drivers, Doug Vickery and Jen Heinz.

This summer and into the fall, we look forward to a continuation of our monthly Speaker Series. Past meetings have covered decluttering, mental health, financial strategies, and more. And if you haven't done so yet, check out our monthly Tech Talks, which help members and volunteers stay in the know on navigating devices, websites, and apps.

LOWLINC's Board of Directors and staff have also been busy this spring. Our Member Services Coordinator, Jane Capone, has taken on new duties in support of members and volunteers, and we appreciate all that she does behind the scenes to ensure that LOWLINC services and events run smoothly.

In light of the expiration of the federal COVID public health emergency and recent COVID policies and practice changes in our health systems and communities, the Board updated LOWLINC's COVID policy. Members and volunteers are no longer required to show proof of COVID vaccination and boosters. However, LOWLINC strongly encourages all to continue to follow health guidelines for vaccinations and boosters, including COVID, flu, and other vaccines recommended by their health professionals. Stay tuned for information about LOWLINC's fall flu clinic, which is in the works.

Special thanks go out to this summer's boat captain volunteers. Would you like to cruise the lake? Call 855-569-5462 to schedule a ride. Boat rides are available for members, their guests, and volunteers and depart from the Clubhouse dock.

Are you interested in becoming more involved with helping LOWLINC reach even more people in LOW? Consider joining a committee. Member Outreach, Volunteers, Social Activities, Health & Wellness, Communications, and our newest committee, Events, are welcoming new members. Visit LOWLINC Committees on our website or email lowlinc.volunteer@gmail.com to learn more.

Don't forget to mark your calendar for Saturday, September 30th at 10 am — you don't want to miss LOWLINC's 2nd Annual Walk and Fall Festival at Sweetbriar Park! (See Page 3.)

Thank you for being a part of our community. It is because of you, our members, volunteers, and supporters, that LOWLINC continues to be a source of friendly support and helpful resources that enable us all to thrive at the Lake.

Volunteer Spotlight

Friendly Visitor Volunteers: Connections Bring Rewards

By Mary-Jane Atwater, Communications Committee Member

In this issue of NewsLinc, we shine the volunteer spotlight on LOWLINC's Friendly Visitors, who go to members' homes to chat, play cards, watch TV, listen to music, do puzzles, or simply be together. For both the volunteers and the members, spending time together has several rewards, including new friendships, shared wisdom, and pleasant conversations.



LOWLINC volunteer Bill Wang (right) and member Hank Altman find there is plenty to talk about during Bill's visits in Hank's home.

Spending time with others has additional rewards, too. According to a recently released advisory from the U.S. Surgeon General, *Our Epidemic of Loneliness and Isolation*, half of U.S. adults experience loneliness, and older adults have the highest rates of social isolation. Research shows that loneliness and social isolation have consequences for mental and physical health, including greater risk of depression, anxiety, heart disease, stroke, and dementia. LOWLINC's Friendly Visitors, as well as Phone Buddy volunteers, who call members to chat, are making social connections that are an antidote to this epidemic of loneliness.

Volunteer Bill Wang says that he and member Hank Altman "talk about everything" during Bill's visits – politics, travel, and the world's problems. "I enjoy his company and openness," says Bill. "We may not agree on everything, so we agree to disagree. I enjoy hearing about his life experiences and remarkable career."

Volunteer Claire Chapman visits two members, occasionally with her husband. "To say I look forward to visits with Hank Altman is an understatement," she says. "I get so much out of the visits with him and learn something new every time. My parents passed away before they were older, so I appreciate his wisdom." Claire also does lunchtime visits with another member. She makes sure the member has had her lunch, and then they talk or do a puzzle. "It's rewarding," says Claire. "I get so much out of it."

For Tony Defelice, who visits member Bob Beecham on a weekly basis, "These visits have enriched my life. I'm a history buff, so hearing Bob's stories about World War II is fascinating. We talk about politics and religion, too."

Member Hank Altman says of the Friendly Visitor program: "I love it! I'm not lonely when they visit and always grateful they can be here so my wife can do her weekly shopping. There is always plenty to talk about, and I feel more secure having them here when my wife is away from home."

LOWLINC salutes our Friendly Visitor volunteers! This year they include Eileen Appleyard, Debbie Beisheim, Nanette Bogozzi, Rosemary Butcher, Patricia Cetrone, Claire Chapman, Elaine Cook, Lynn Cryblsky, Tony Defelice, Margaret Driscoll, Judy Flynn, Frances Lynch, Emily Slunt, Ana Smith, Carol Thomas, Pat Unkle, Bill Wang, and Lisa Ward.

LOWLINC's 2nd Annual Walk

**Saturday, September 30th
Sweetbriar Park**

**10 am Registration & Fall Festival
11 am Walk**

We're gearing up for LOWLINC's 2nd Annual Walk! Mark your calendar now to join us for a day of fun, food, and friendship. The walk will provide an opportunity for Lake of the Woods residents, led by LOWLINC members and volunteers, to celebrate and grow support for aging in community.

The Walk is open to LOW residents of all ages. Registration opens at 10 am with opportunities to visit community resource and sponsor tables and enjoy Fall Festival activities. Then, we'll gather at 11 am for the Walk, which will follow the paved path at Sweetbriar Park.

To register as a walker (free) or to learn more about supporting the Walk as a donor or sponsor, please visit our website at www.LOWLINC.org. You will be directed to the Walk page, where you can register to walk, set up your own personal Walk page, and learn about Walk donations and sponsorships.

Invite family, friends, and neighbors now to join you in walking and supporting LOWLINC and the wide variety of services, programs, and events that help enable adults 55+ to live independently and on their own terms at Lake of the Woods.



Participants at 2022 LOWLINC Walk

NewsLinc Invitation

The LOWLINC Communications Committee invites readers to suggest article topics for NewsLinc. You also may submit original articles (400-word count maximum), which will be reviewed by the NewsLinc editorial team for possible inclusion in an issue and, if selected, edited in coordination with the author. Topics of interest to older adults are preferred. There are no deadlines for submitting ideas or articles, assuming that they are not time sensitive. Contact Dave Kraus, NewsLinc editor, via email (krausman369@gmail.com) or phone (571-334-4913).



Navigating Prescription Drug Costs

By Glennah Moy,
LOWLINC Volunteer and Health & Wellness Committee Member

Many of us have experienced the rapid rise in the cost of prescription drugs. A Health and Human Services report for the years 2016-2022 states that drug prices are rising faster than inflation. It's affecting our pocketbooks, and, for some, the increase in the cost of medication has caused hard choices when it comes to their own or their family's health.

Drug manufacturers have developed and brought to market drugs that have been successful in managing conditions once thought untreatable or incurable. Yet, 9 out of every 10 potential drugs fail in clinical trials, and the cost of this research and development is very high.

Private payers (insurance companies) rely on Pharmacy Benefit Managers (PBMs), who are third-party administrators, to process and pay drug claims. Additionally, PBMs typically negotiate discounts and rebates with drug manufacturers, contract with pharmacies, and develop and maintain drug formularies. Your drug formulary is the list of drugs covered under your insurance policy.

Still, there are ways to save money on prescription drugs. Among the options to consider are reviewing your list of medications with your pharmacist, learning about websites such as Needy Meds and RX Assist, considering generic drugs, and requesting 90-day supplies of prescriptions. If you meet eligibility requirements, go directly to the manufacturer for discounts. You can also use one of the many prescription saving cards, but consider how paying for the drugs this way will affect meeting your annual deductible. Depending on your deductible and how often you'll need the medication, it might make more sense to pay the higher price through insurance. This would apply when your cost after meeting the deductible is lower than using a savings card for an ongoing prescription.

Additional ways to potentially save money include:

- considering online pharmacies while being aware of fraudulent websites. Such sites might be identified by not requiring a prescription or offering the drug at an unusually low price.
- joining a paid prescription savings program.
- getting to know your drug formulary by downloading the app from your insurance company and going to the area that shows "drugs covered by your policy".
- meeting with a hospital social worker if you have a chronic condition.
- working with a pharmacy that applies manufacturers' discounts in addition to your insurance.
- for veterans, learning about the Veterans Administration's pharmacy benefit program.
- taking advantage of the Virginia Insurance Counseling and Assistance Program (VICAP) for free, unbiased help for people with Medicare or about to become Medicare eligible. Orange County residents can contact a VICAP counselor by calling 540-825-3100. LOWLINC can provide rides to their office during open season which starts in October and ends in early December.

By learning about and using these resources, you may very well be able to lower your prescription drug costs.

Members' Corner

By Carolyn Rourke, Chair, Member Outreach Committee

Alex Witcher

Alex Witcher built a charming home on Keaton's Lake for his parents in 1997, using the skills he honed as a residential building remodeler and contractor. Twenty-five years later, with his family grown and his big house in Stafford no longer a good fit, he joined his mother, Elaine, now a widow, in the house he built, where they provide each other mutual support and company. Born in Hawaii to his military family, Alex grew up in Massachusetts. He moved to Washington, DC, to attend Howard University, eventually settling in Maryland, where he built homes in the new planned community of Columbia. He started his own contracting business and moved to Stafford, Virginia, in 1995, where he raised his family of three daughters. Two of them are now grown, and one is a freshman studying cinema at Virginia Commonwealth University. Alex credits a strong faith for keeping him grounded. Since becoming a LOWLINC member earlier this year, Alex has joined the Friday Walking Group, attended the Great Lives Lectures, and is looking forward to going to a FredNats game with LOWLINC this summer.



Elaine and Alex Witcher take a turn around the Sweetbriar Trail with the LOWLINC Friday Walking Group.

Catherine and John Hillis



Catherine and John Hillis stand before one of her watercolors.

Catherine and John Hillis became Lake residents in October, 2021, after learning about LOW from one of Catherine's art students. Catherine is an award-winning watercolor artist, author, juror, and workshop instructor. She travels the country teaching and painting, operates an art gallery on Sophia Street in Fredericksburg, and has participated in Lake of the Woods art shows. Catherine says her paintings "can be described as traditional landscapes, still lifes, and figures, but I try to use my unique perspective to draw the viewer into the world as I see it, incorporating humor or beauty whenever possible in unexpected places."

John describes himself as "an old retired guy," belying a cutting-edge career in television of over 35 years. He started as a film editor in Atlanta, moving to writing, producing, and more at TV stations across the country. In 1980, John was one of seven founding producers of CNN, the first 24-hour news channel in the world. From CNN, he moved to News 12 in Long Island, New York, and then to Washington, DC, where he was a founder of News Channel 8, winning an Emmy for his achievement. He describes his career as "exciting, busy days on the bleeding edge of technology and innovation." John and Catherine are happy to have found the Lake for their retirement and appreciate LOWLINC for the peace of mind it provides as a support system.

Did You Know? – Fun Facts of Summer

The **largest single scoop of ice cream** weighed in at 3,010 pounds (1,365 kg) and was created to celebrate the 100th anniversary of Kemps Dairy in Cedarburg, Wisconsin, on June 28, 2014, according to Guinness World Records. It was made of strawberry ice cream and contained 733 gallon containers of the delicious pink treat. Thousands of people attending the Cedarburg Strawberry Festival were able to indulge in a free serving from this one gigantic scoop.



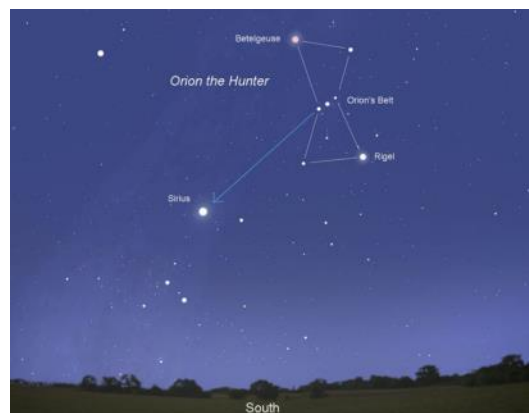
The **longest barbecue** lasted three days. Summer is known for barbecuing, a pleasant way to spend an afternoon. But one barbecue actually won a Guinness World Record because it lasted more than 80 hours, according to The Best Life Online. Jan Greef of Columbus, Georgia, set the record on April 27, 2014, by grilling 1,000 hot dogs, 558 burgers, 526 sausages, 104 chicken pieces, and 200 ears of corn over the three-day-long barbecue. The event benefited the Juvenile Diabetes Research Foundation.



The opening ceremony in the Panathenaic Stadium Athens, 1896.

The **first modern Olympic Games** took place in the summer. While the Olympics were celebrated in ancient Greece and then disappeared from history, they were revived in the modern era in 1896 when the first Summer Olympics took place in Athens, according to Just Fun Facts. Officially called the I Olympiad, 241 athletes – all men – from 13 countries participated in just nine sports. The 2021 Tokyo Summer Olympics featured 33 sports.

What are the **dog days of summer**? They got their name not from our pets, but from Sirius, the Dog Star in the Canis Major constellation, according to The Best Life Online. You can often easily view the star in July and August on the hottest days of the year. But beware: The ancient Greeks and Romans believed this period brought fevers and other catastrophic happenings.



The **Eiffel Tower** gets taller in the summer.

While Paris is loved in the springtime, you may want to visit during the summer, when the iconic Eiffel Tower is actually its tallest, explains The Best Life Online. That's because the 1,062-foot (323-meter) monument experiences thermal expansion that causes the structure to grow due to the summer heat – about 6 inches on the hottest days of the year. Be sure to go during the daytime, because when the stars come out, the tower starts to shrink back to its original size.

Humor Corner

I love baking! Yesterday I made dolphin cutout cookies, using a cute cutter I found last year in Maine. By the way, do you know what the main ingredient is for dolphin cutout cookies? All-porpoise flour!



You know you're getting old when . . .
 . . . the birthday candles cost more than the cake.
 . . . your back goes out more than you do.
 . . . work is a lot less fun, and fun is a lot more work.



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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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