

Lake Currents Article
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LOWLINC Receives Healthy Living Grant from Culpeper Wellness Foundation

Mary-Jane Atwater, LOWLINC Board of Directors Chair

LOWLINC has been awarded a Healthy Living Grant from the Culpeper Wellness Foundation in the amount of \$4,120. The grant money will be used to support a project designed to empower seniors living in LOW and Orange County to better communicate with their doctors and other health professionals.

As we get older, it's more important than ever to be able to speak frankly and comfortably with the healthcare providers we see. We need to ask questions, report on health concerns and take an active role in our healthcare. However, in the brief time we have with doctors, nurses and other healthcare providers, we may not remember all the questions we want to ask, or we may not fully understand what the healthcare team is saying.

As part of the project, we will first organize several small group discussions with LOWLINC members and other older residents of Orange County to obtain their opinions about communicating with healthcare providers. We will use the input from these discussions as well as materials from the National Institute on Aging to make "Talking with Your Healthcare Provider" community presentations during the fall months, both at LOW and in the County. We also will produce a Health Matters Toolkit with which seniors can keep track of medications, appointments, questions for doctors, and notes about treatment. We are excited about this project, which will be open to all seniors at LOW and Orange County as well as LOWLINC members. We appreciate the support from the Culpeper Wellness Foundation.

Update on Raffle from June 24 Concert on the Point: The rain-interrupted concert on June 24 prevented LOWLINC from announcing the winner of its 50/50 raffle that night. Alas, after a month of publicizing the winning ticket number, the winner has not been identified. So the LOWLINC Board of Directors voted to donate the entire raffle proceedings of \$344 to our hard-working Lake of the Woods Volunteer Fire and Rescue Company, in appreciation for all it does to help our community at critical times when we need help most.