



# Neighbors Helping Neighbors

## The Newsletter of the Big Canoe® Wellness Collaborative

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## Hello Volunteers!

As I write this, we in Big Canoe are enjoying one of the most beautiful days of this year, a really spectacular day. In these uncertain times, how fortunate we are to socially distance in Big Canoe! One thing is certain, life is continuing here albeit a little differently – we're taking exercise classes via Zoom, cooking more plus eating delicious take-out meals, making masks for ourselves and others (and wearing them when we're out), and checking in with neighbors who may need help. We Big Canoers are a kind, caring, and giving group, and that will carry us through this pandemic.

In an effort to follow all the government and Big Canoe guidelines to limit person-to-person contact, the Wellness Collaborative found it necessary to temporarily suspend our Wellness services, initially through April 15th but now through at least April 30th. However, when asked to provide prepaid meal, grocery and prescription pickups and front porch delivery, 25 of our generous Rides volunteers stepped up. While we haven't had many requests yet, we are set to help for however long this quarantine lasts. Our volunteers are looking forward to the day when we can be back in operation, graciously providing meals, rides, visits and information to neighbors. In the meantime, we're open to any ideas you might have for ways we could assist.

We will also be unable to hold our spring Volunteer Forum and have delayed the start of our new support groups. Watch for more information on those as we're able to gather together and re-set our 2020 plans.

Life is so precious and our hearts go out to those who personally are dealing with the effects of COVID-19 or who have family members who have become ill. Please let us know how we can help.

Hoping to reconnect soon!

*Linda Ricklef  
Steering Committee Chair  
and Board Member*





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# From Our Board President, Shiraz Alikhan . . .

One of the things that comes with our growth as an organization is that we'll continue to see some change on our Board and committees as terms expire for current members. At the end of 2019, we bid a fond farewell to Board member Rhonda Stock as her term ended. Rhonda had been with us since she was recruited as one of our original Board members in 2014 and had also served as Board president. She was absolutely instrumental in getting us to where we are today and we will always be grateful for her contributions to our success as an organization in becoming a part of the fabric of Big Canoe.

As part of this change to the Board, we are welcoming a new Board member. I'm very pleased to introduce Dr. Ross Milley to all of you.

Ross received his BA from Illinois Wesleyan University and his MD and PhD from the University of Chicago. He did his internship and residency at Johns Hopkins University in pediatrics and was a fellow at Johns Hopkins in neonatology.

He worked as an MD at Johns Hopkins Hospital, assistant professor then associate professor at the University of Pittsburgh School of Medicine in the pediatrics and OB/GYN department, and as an associate professor then professor at the University of Utah School of Medicine.

In addition to the medical perspective that Ross brings to the Board, his experience in various professional committees will also serve us well as we continue to work on growing the organization while we ensure that we respect the needs of our clients and you, our invaluable volunteers.

*Shiraz Alikhan*  
*Board President*



# From your Meals Program Coordinator, Diane LaCharite . . .

Hello Volunteers!

It has been awhile since we have been together, and our world has changed dramatically. In life prior to the COVID-19, our Meals volunteers were receiving requests that sometimes required special dietary considerations. We wanted to help the client but often had difficulty determining what to make, as the requirements were a bit out of our culinary wheelhouse. In that spirit, I have listed below a few links to websites that have food and recipe information for the basic types of health issues we have faced. I am sure there are many other sites for information. If you find a good one, let me know, and we will add it to our website (bcwell.org).

[Big Canoe Wellness...Healthy Living](#)

[American Cancer Society](#)

[American Diabetes Association](#)

[American Heart Association](#)

[DaVita Kidney Dialysis](#)

[National Kidney Foundation](#)

[Allrecipes](#) (look up recipes by health issue)

[Prevention Magazine](#) (search for all types of health info)

[Pinterest](#) (requires you to sign up for free account)

Or just type recipe need in your search engine and let it find recipes!

I hope all of you are taking care of yourself and families. I look forward to having our services start again when it is safe for everyone.

*Diane LaCharite*  
*Meals Program Coordinator*



# Welcome to the New Not-So-Normal

Are you dressing up to visit the recycling center because that is the only human contact you are likely to have all day...or all week? Have you been indulging in a bit of retail therapy, only to realize you have no place to wear the fashion-forward items you just purchased? Not a problem, as there likely will be a vaccine by the time they are delivered. Welcome to the new not-so-normal.

Despite the challenges associated with having to spend an inordinate amount of time on your sofa, residents of Big Canoe are very fortunate. Surrounded by nature, there are multiple opportunities to get outside, while maintaining the prescribed physical (not social) distance. Kayaking, pontooning and one-person-to-a-cart golf are all options, as are tennis and bocce. Of course, the trails offer an excellent way to enjoy our beautiful surroundings while getting some exercise, and staying six feet apart. In addition, the Wellness Center is generously offering all residents a variety of free online options for staying fit while staying home. Of course we also have (gasp!) good old-fashioned phone calls (very old school).

This new not-so-normal may necessitate a bit of creativity. People are reconnecting for virtual meetings, parties, games and exercise on Zoom, Google Hangouts, Skype, and Houseparty. (Of interest: the Royal Family uses Houseparty, so you can rest assured that you will be in the best of company.) Indeed, getting together virtually can feel particularly comforting at this challenging time. (Note: You may elect to devote some modest attention to grooming, but the sad shape of your mani/pedi will go completely unnoticed...and there is no need to remove your bunny slippers.) A friend even organized a drive-by birthday celebration for her husband. But don't forget—introverts, you need to check on your extrovert friends...they may be particularly in need of a boost.

## Stay Healthy...and Sane...at Home!

Stand more. Sit less. Sleep more. Stay hydrated. Play games and puzzles. Enjoy comfort food...in moderation.

Join the Healthy Living Committee for one of its physical distance walks. Contact Christine Flaherty at [christine.flaherty21@gmail.com](mailto:christine.flaherty21@gmail.com) for more information.

Spread the word that the Wellness Collaborative will provide pick-up and delivery services for prepaid groceries, prescriptions and takeout meals for those in need and who meet relaxed eligibility standards. Contact the Collaborative at 706/268-3334 for more information.

*Christine Flaherty, Chair  
Healthy Living Committee*



# Meet a Collaborative Volunteer!

## Barbara Kelly

Our wonderful Wellness Collaborative volunteers are a very special group. In this issue, we're introducing Barbara Kelly, one of our busiest Visits volunteers. Barb was born in New Jersey, lived part of her childhood in Toronto, and moved to Florida as a teen. She met her husband, Bill, while studying at Florida State, married him after graduation and moved to Miami, where she taught 1st grade. After taking a few years off to raise her son and daughter, Barb returned to teaching elementary school and taught until her retirement. Barb and Bill are the proud grandparents of four grandchildren -- her son's two children in Milton, GA and her daughter's two children in Davidson, NC.

Since moving to Big Canoe from Dunedin, Florida in 2000, Barb said they have enjoyed the life in this beautiful community and its many activities, and are fortunate their family visits often. She also said she has loved her Ridgerunner book club of over 20 years, "Viewpoint," and has made many close, lasting friendships through that group.

Like many of us, Barb has found retired life surprisingly busy. In addition to enjoying Big Canoe's many amenities, she and her husband volunteered 15 years for BCAR. She also taught GED, worked at Lakota Cove and Gibbs Gardens, and contributed to Smoke Signals. Once those activities ended, she volunteered for the Wellness Collaborative, where she always tries to say "Yes" when asked to do a visit, and feels she is helping others. Like all of us, Barb and Bill are enduring COVID social distancing right now and it has been an eye opener for her — life is just not as busy as before and she is finding she enjoys the downtime.

Thank you, Barb, for being a Wellness Collaborative volunteer. We appreciate you!

*Barbara Kelly  
Visits Volunteer  
with Millie, her Lab*



# Big Canoe Wellness Collaborative Statistics

Program Activity	2020 YTD	2019 YE	Since Inception
Client Service Calls (initiated through BC Info; some requested multiple services)	62	215	733
<b>Services Completed:</b>			
BC Info	13	41	134
BC Meals	31	192	468
BC Rides	53	171	565
BC Visits	14	69	208
<b>Total</b>	<b>111</b>	<b>473</b>	<b>1,375</b>

## Coming Events

<b>To Be Scheduled*</b>	<b>Volunteer Forum</b>
<b>Ongoing</b>	<b>Volunteer Training (Contact: bigcanoewc@gmail.com)</b>

\*Will be scheduled once group gatherings are permitted