

Gleneagle Circuit Training, Apr. 9



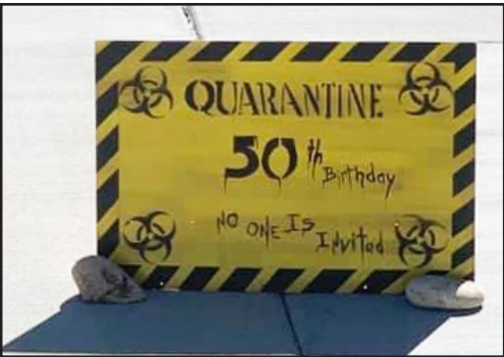
Above: In April, walkers along Gleneagle Drive had another exercise option as they strolled along the road—the Groovy Neighborhood Workout Circuit. There were nine stations, usually at a cross street of Gleneagle, with a different exercise at each along with instructions on how to perform the exercise and a foam pad, jump rope, or other item to use in performing the exercise. *Photos by David Futey.*

Appreciation for medical workers



Left: My daughter Lisa is an occupational therapist at Memorial Hospital and is working daily among COVID-19 patients. Family friends surprised her with this yard sign in appreciation for her and for all of our frontline medical professionals. *Photo and caption provided by Dave Betzler.*

Un-invited



Left: Usually, you don't warn people to stay away from your birthday party, but when there's a pandemic you do. This sign was seen on a driveway in the Lake of the Rockies neighborhood. Neighbors were asked to give a "light beep" when they drove by to acknowledge the celebration. *Photo by Laura Liposky McGraw. Caption by Michael Weinfeld.*

Volunteers make masks



Above: Robin Adair of Pikes Peak Regional Office of Emergency Management picked up hundreds of masks from the NextDoor Face Masks of Woodmoor volunteers.

On March 21, Kathy Kemp, a registered nurse with ICU and ER experience, posted a message on NextDoor looking for volunteers to make homemade cloth masks for healthcare workers who were not getting the personal protective equipment they needed to stay safe. Over 90 people started donating fabric, elastic, nose pieces, and thread, washing and cutting fabric, and sewing masks at home, all using the exchange system Kemp set up on her front porch. The group had to move to Facebook for its communication, where it is called NextDoor Face Masks of Woodmoor.

As of April 21, they had donated over 1,000 masks to healthcare workers of all types: nurses, doctors, medical assistants, dentists, physical therapists, respiratory therapists, medical office workers. They have gone to law enforcement, fire departments, jail staff, and nursing homes. They have gone to oncology wards and visited home health workers. They have gone to immunocompromised people in our neighborhoods. This was all through the informal network set up by people in our community.

In April, the Pikes Peak Regional Office of Emergency Management (OEM) supplied more raw materials so the volunteers of this and other groups could make thousands more masks for the essential front-line workers through OEM.

"The one thing I have learned is how absolutely incredible and giving people can be in the worst of times. The amazing volunteers have been keeping the flow of masks going," Kemp said.

Kathy's words of wisdom are, simply, stay home. Let those who need to be out there do their jobs, and stay home to keep those jobs from being even more difficult. *Caption by Lisa Hatfield. Photo courtesy of Chancey Bush, The Colorado Springs Gazette.*

Celebrating Easter, Apr. 11



Left: The threat of coronavirus didn't stop the Lake of the Rockies community from taking part in an Easter parade on April 11. Kids and adults rode bikes and scooters and balanced on hoverboards throughout the neighborhood, taking care to keep at least 6 feet apart to conform with social distancing guidelines. Some wore masks. Adults cheered them on from their driveways, some banging pots or drums, others blowing horns. Resident Donna Ewers came up with the idea as a way to cheer up families and get them outside after spending a lot of time at home because of the pandemic. Pictured are Isabel and Aven (last names withheld on request) riding their bikes with Julie Lucas cheering them on by banging a pot. *Photo by Michael Weinfeld.*