



Monthly Source of News & Information for MVWC Members

April 2020

How are you staying in touch while social distancing?

Now more than ever it's important to continue being social.

Texts, emails, phone calls, and FaceTime are all good methods to keep up with what's happening in your friends and families lives.

Maybe set a goal to call 1 or 2 friends each day – just check in with them and say hello?

Play games with friends and family on FaceTime. Schedule a Happy Hour on Zoom.

Let's get creative with how we spend time "with" each other.

Tell us what you're doing to stay connected!

President's Message

What a time we are living through! I trust everyone is following CDC recommendations, staying home and safe. Perhaps one of the hardest things to do during is an emergency is to do 'nothing'. However, we have been advised that the best response to this virus is to **stop the spread**.

As we have communicated before, group coordinators have been asked to cancel all meetings and events held under the auspices of MVWC until April 30th. We will continue to follow CDC guidelines and extend that date if necessary. There will be no April luncheon, and any May luncheon (which is unlikely) will be a casual event held at a local restaurant.

Speaking of local restaurants, several members asked if they could make recommendations or if we could provide a list of local establishments that are still open. I have created a list of the 2020 Annual Charity Auction donor restaurants, confirmed each establishment's contact information and current status and uploaded it to the website. The information is current as of March 25 – some locations may close, so always call first. Please send me any edits or comments, and I will update the list as appropriate.

Michele Workman and I are keeping the website updated since it is the best way to get local and timely information to members. We have suspended *printing* of the Echo newsletter for the time being and any members without email addresses are being accommodated.

I recently learned about the **Area Agency on Aging**, an organization providing various types of support to local residents over 60 (<https://www.aaaphx.org/> and 24 hour help line 602-264-HELP). Their organization is currently receiving 1000 phone calls a day from seniors who are critically low or out of food. If any of our members need assistance or know of a member who might, please contact the Agency or email moonvalleywomensclub@gmail.com and we will do our best to help.

Finally, I encourage everyone to share what you are doing to cope with the changes you're experiencing. I have decided to learn Spanish through an online app. "Learn" may be too strong a word, but at least "comprehend basic Spanish" (keeping the bar low!). I also have decided to sit for 30 minutes and watch the sunset every night, an opportunity to find peace and beauty in an everyday experience. We want to hear your ideas or what you're doing, so please email me, Michele Workman or Angela Baumann and we'll share your ideas with all our members.

Wishing all our members a Happy Spring, Happy Easter and a Happy Passover!

Kristin Carkeek - MVWC President, 2019-2020



Have you returned your **Volunteer Sheet & Survey?**

MVWC runs on 100% volunteer energy and we need YOU!

Now is the time to decide how you can support your MVWC club!

Please complete and return the forms now!



MVWC Service Project Grant Award Update

Applicants for the small grants program were recently contacted to gain an understanding of how their proposed programs would proceed given the recent health crisis. All groups advised they have canceled group meetings, workshops and other events for the foreseeable future. This development has caused the Service Project Small Grant Awards, which were scheduled for the April quarterly meeting, to be postponed until the Service Project Board's July meeting.

Additionally, due to current pandemic related restrictions, several member sponsored groups have put their programs on hold, which in turn caused the Service Project Board to extend the application submission deadline to May 15th. This extension will give organizations additional time to determine when and how to resume their programs.

Membership Drive

It is that time of year again! MVWC Membership Renewal is upon us. Last year, we advanced the due date in order to prepare for the start of group activities in September, as soon as the club year began. It worked so well we're doing it again this year!

Board members are not dealing with normal day-to-day operations right now, and can use this time to get a jump on planning our 2020-2021 year. Please submit your membership forms now, and we can get a head start on updating records, planning budgets, and organizing activity groups.

As always, membership dues are nominal – you won't find a better deal than a MVWC membership! In these stressful times, when we are prevented from meeting in groups, our organization is valuable to so many and keeps us connected to each other. Through this absence we truly see the value of our community AND the MVWC. **Mail your Membership Form today!**

Moon Valley Women's Club
428 E Thunderbird Rd
Box #539
Phoenix AZ 85022



Newsletter Deadline: Articles for inclusion in the May *Echo* should be sent to Angela Baumann at branna.baumann@gmail.com no later than Monday, April 27, with **MVWC newsletter** in the email subject line. If you have any questions, please email Angela.



Board Meetings: The board meeting for April has been cancelled. Contact President, Kristin Carkeek, if you have a matter for board consideration or discussion.

Membership Directory Updates: Member's contact information is updated on a regular basis. Remember to check the online directory for new phone numbers and addresses or information on new members!

2020-2021 Membership Forms are include with this issue of the *Echo* and available online on the website. Forms and payments are due by August 1, 2020 and we urge you to join early to ensure that activity groups can be organized, updated and ready to begin in September. If you spend your summers in cooler climates, lucky you! Please join before you leave for the summer.



LIMITED TIME OFFER FROM ANYTIME FITNESS OF MOON VALLEY!

Anytime Fitness of Moon Valley has teamed up with Wellbeats to provide you Unlimited Streaming Access via the Wellbeats App! This limited time offer is available to Moon Valley Women's Club Members through April 30th!

Access includes:

- 500+ high-quality workouts (5-60 mins each) for all ages, levels, and abilities
- 15+ goal-based challenges
- Recommendation engine to personalize content
- Fitness assessments to track progress and results

Download the Wellbeats app and select **Register Via Code** on the login screen and enter code 39CF6C71. To find classes not requiring gym equipment, select **Find A Class>Select Equipment>No Equipment - Apply**

Have questions or want more information? Contact MVWC member Barb Nicholls at Anytime Fitness of Moon Valley (602-882-8153 or nichollsbar@cox.net)

Carolyn Rodi 3-Apr
Jackie Stout 3-Apr
Chrissy Hempelman 5-Apr
Suzie Phelan 7-Apr
Kristin Carkeek 9-Apr
Elaine Evers 12-Apr
Mimi Rauschelbach 12-Apr



Vicky Babb 16-Apr
Sheryl Lovell 16-Apr
Sharman Paulus 19-Apr
Jan Bree 20-Apr
June Fontenot 24-Apr
Mary Henigar 29-Apr
Sandi Kogan 29-Apr

In this issue:

- Newsletter deadline – Monday, April 27, 2020
- Next Board Meeting – TBD
- Luncheon reservation & payment due - TBD
- Next luncheon – TBD



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