



CHECKLIST:

[To be adapted to individuals or particular communities and their specific needs]

- Supplies for Food Pantry (Freezer, baking, etc.)

- Supplies for Medicine Cabinet/Haircut Supplies
- Hobby Supplies: Yarn, Art, Puzzles

- Exercise Supplies: Yoga mat, exercise and meditation videos, breathing exercises.
- Technology – Tablet/Laptop in good condition?
- Entertainment – DVD player; movie videos. TV repair or new TV?
- Batteries
- Books – If library closes, sufficient book supplies?
Exchange books with others?
Used books online?
- Stationery – Greeting cards, pens, paper, journals.
- Self-sufficiency –
Are you able to order groceries, drug store supplies, new underwear, stamps, etc.?
- Nature – Plants, tiny fountain, aromatherapy (cypress, orange, peppermint, lavender),
bird feeders, sea shells; watch soothing patterns (snow crystals, bare trees).

- Pet Supplies – What will keep your pet healthy/busy?
 - Backburner – That stuff that has been piling up for years! Organize old photos, old letters, old papers/documents, Read that book or see that movie. Family genealogy. Try that old recipe.
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- Fix It – Anything broken that needs to be fixed?
 - Planning - the spring garden, a future trip, a family reunion
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- Education – Online classes/YouTube/Ted Talks. Learn new skills.
 - Medical – Extra medications as contingency plan. Ask your doctor. Learn about telemedicine. Shots – Flu, pneumonia, shingles. Humidifier, oxygen supplies, air purifier.
 - Budget – Rearranging funds. Perhaps more spent on delivery charges but not as much spent on shopping or going to lunch.
 - Business – What business will need to be conducted this winter? Legal papers.
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- Fun Online – Virtual travel, virtual garden, museums, lectures, art/dance. Project Gutenberg books online. Music.
- Journaling – a spiritual as well as literary activity.
- Communications/Writing – Contribute articles for community newsletter; write an old-fashioned letter; notes to check on neighbors. Poetry. Memoirs.
- Volunteer Work – You can knit for those in need; tutor children; call the homebound; read to the ill; prayer line; translate if you know a foreign language; proofread for Project Gutenberg; track birds (eBird); do research, writing, pen pals. Ask your team members about at-home volunteer activities. What would *you* like to do?

How can your community assist you during the winter?

Have an honest conversation with administrators, team members. Who are the residents you want to team up with for purposeful projects (via phone/email?)

Have a plan.

REFLECTION:

Create your own list, design your own plan.

WHAT DO I NEED? Have a quiet conversation with yourself. What is absolutely critical for you this winter? And, what are the small pleasures that you would enjoy? (Chocolates and a pile of mysteries?)

Physically –

Intellectually –

Spiritually –

Emotionally –

Socially –

Environmentally –

Financially –
