



WHAT DOES COVID-19, LEMONS & GRATITUDE HAVE IN COMMON?

Written by Rosa Santiago Zimmerman
Owner & Lead Designer, RSZ Interiors

What should we do when life finds a way to challenge us in ways we did not expect? Should we let fear get the best of us and cripple us into a whirlwind of anxiety and uncertainty? Or, should we step up to the plate and challenge it back with the best we each have to give? I, and our partners at Meals 4 Medicine chose the latter! When life decides to give us lemons, we must choose to find the best way to use those lemons. Lemontinis anyone?, or we can clean wood furniture, squeeze one on fish, cut one in half and put in the garbage disposal, bake a Lemon Merengue pie, make lemon zest or better yet, mix a good old batch of Southern spiked lemonade.



Meals 4 Medicine was born from a need and passionate desire to answer a calling to help and support our medical workers during the trying times of this Covid-19 pandemic. It was our purpose to provide clean healthy meals for these nurses, doctors, physicians, medical assistants, and other crucial personnel who are risking their lives daily by simply doing their jobs and focusing on those who are ill and in need of care. They can't take care of us, unless they take care of themselves, so our heartfelt determination was to help as much as we could in taking care of them. What a better way than with clean healthy fuel for their heart, tummies and soul!

Conversely, during our brainstorming on how to make a difference and show our gratitude, we realized that this call for action could also help support local, Mom & Pop restaurants who were feeling the financial distress of the self-distancing and stay-at-home orders. If we purchased meals from them, and fed medical workers with these meals, we would be helping; even if just a little, two industries who are an intricate and valuable part of the fabric of what makes our communities great. How could we not jump at the chance to do our best, to put our best effort and foot forward and forge ahead to make a difference? We did! We have! And with your help and donations, we shall continue!

Since conception, 14 days ago, Meals 4 Medicine formed and lead by my good friends Lynn and Judson Rappaport, in partnership with our firm RSZ Interiors, have fed over 550 medical workers. Next week we will be feeding another 200+. We have supported the medical personnel at Northside Gwinnett Medical Center; the hospital and the ER, Northeast Georgia Braselton ER, Urgent Care and Physicians Group, Chateau Foot & Ankle and Guilford Immediate Care in Gainesville and Oakwood. With your support, we will do even more in the weeks to come.

We have purchased discounted meals from local restaurants and food services such as Dinners by Derek, Mellow Mushroom Gainesville, Tropical Smoothie Duluth, Café Aroma, Healthy from the Heart and Holy Smokes BBQ in Auburn. Talay Asian Cuisine in Suwanee donated 60 meals at no charge for us to dispense. Blessed in an understatement!

Our efforts are only as good as the donations that many of our friends, relatives, colleagues and supporters kindly gave for us to foster our determination of making a difference and saying thank you. We set a goal of \$15,000 and 2 weeks later we have already reached almost \$5,000. However, what matters most, is that we have touched the hearts of so many caregivers, and we have loudly expressed how grateful we are for their tenacity and devotion towards keeping us healthy and safe.

As a society we are going to use this experience as a learning opportunity. Many of us are going to implement changes in our lives because this moment in time is making us more aware of how short, fragile and valuable life is, and how sometimes the things we think are priorities and utterly important, seem so insignificant when life strikes and gives us the gift of perspective.

We hope that after this pandemic is over, we as a society choose to become more of a united community. That we practice gratitude, love and compassion freely and without prejudice. That we continue to be neighborly, play in the yard with our children, go for long walks, ride a bicycle, smell the roses, star gaze and make time for the things that really matter – EACH OTHER!

I am reminded of a quote by

Alice Morse Earle; "Everyday may not be a good day, but there is something good in every day."

If you would like to make a difference with us, please go to www.Meals4Medicine.com and donate. Every cent donated will be used to feed a medical worker in our area, and every cent spent, will be spent at a local business within our community.



CHÂTEAU RESIDENTS SEW MASKS TO DONATE

Written by Lisa Sharma-CE Resident

Chateau Elan residents have been stepping up in many ways to help support our community during this pandemic. Many have donated time and money to Northeast Georgia Health System (NGHS), and some recently contributed to meal delivery for the frontline healthcare providers. We would like to highlight how our volunteers have helped make PPE masks. A number of residents have been volunteering their time to cut materials and sew N95 cover masks for our local healthcare workers. The material is distributed by NGHS. Volunteers from our neighborhood have helped make over 500 masks thus far, yet there is still a need to make more. The current need is for the 4-Ply Pleated Mask that can be made out of ANY 100% Cotton Material and any pattern.

This is one of many ways you can support our community healthcare workers while staying at home.

On the following page, you will find instructions on how to make the simpler 4-Ply Mask with any

100% cotton materials you have at home and convenient drop off locations. Please reach out to Lisa at volunteer@chateaurésidents.com if you need assistance getting your masks to the drop-off location. This is one of many ways you can support our community healthcare workers while staying at home.

Thanks to everyone that has volunteered to help make these mask for our Frontline Healthcare Workers!



BOTTOM LEFT: Volunteer Donna Johnson, one of our 1st volunteers to help make masks and prototype the 4-Ply Mask. **TOP RIGHT:** Volunteer Deb Hemen is always happy to help! **BOTTOM RIGHT:** The cutting process



4-PLY PLEATED MASK SEWING INSTRUCTIONS

WHAT YOU WILL NEED:

100% cotton fabric- masks must be 4-ply

Cut 4 pieces 9" x 6" (Regular) or 7.5" x 5" (Small)

Earpieces: Choose ONE of the options below:

- Rope elastic, beading cord elastic will work (cut 2 pieces 7" long with a knot at each end)
 - Flat elastic (between 1/4" to 1/2" wide), cut 2 pieces 7" long – do not tie knots
- Fabric ties cut 4 strips of fabric 16" x 1" long. Fold the strip in half and zig zag all the way down the length of the cut edges.
 - Ribbon: 1/4" to 1/2" wide, cut 4 strips 16" long. Finish/zig zag raw ends.

YOU CAN MAKE TWO SIZES: REGULAR OR SMALL

1. Layer a total of 4 pieces, with the inside 2 pieces right sides together.
2. Starting at the center of the bottom edge, sew to the first corner, stop.
3. Turn the fabric 90 degrees.
4. Lay a piece of elastic (or one tie/ribbon) between the center 2 layers of fabric with the edge lined up with the corner (the long end should be on the inside).
5. Sew a few stitches forward and back to hold.
6. Sew to the next corner, stopping about 1" before getting to the end.
7. Bring the other end of the same elastic to the corner making a loop (or if using ties or ribbon, sew in a NEW tie/ribbon – do NOT loop the first tie/ribbon to this corner like the elastic step).
8. Sew a few stitches forward and back to secure it, then sew to the end.
9. Move the elastic (or tie/ribbon) into the center, out of the way so it does not get caught in your next sewing.
10. Turn to now sew across the top of the mask to the next corner.
11. Repeat steps 4-9.
12. Sew across the bottom leaving about 2" open. Stop, cut the thread.
13. Turn right side out.
14. Tuck in edges of the 2" gap and sew closed.
15. Pin 3 tucks on each side of the mask with elastic or ties. Make sure the tucks fold the same direction and are the same size as each other.
16. Sew around the entire outside edge of the mask twice.

DONATED MASK DROP OFF LOCATIONS

Any NGPG office
Monday - Friday, 9 a.m. - 4 p.m.

NGHS Foundation
2150 Limestone Parkway,
Suite 115, Gainesville
Monday - Friday, 9:30 a.m. - 4 p.m.

**NGMC Braselton
(Main Entrance)**
1400 River Place, Braselton
Monday - Friday, 9 a.m. - 4 p.m.

**NGMC Barrow
(Main Entrance)**
316 N. Broad Street, Winder
Monday - Friday, 9 am - 4:30 p.m.

**NGMC Lumpkin
(Emergency Room Entrance)**
227 Mountain Drive, Dahlonega
Monday - Friday, 9 a.m. - 7 p.m.

For more information, visit nghs.com/COVID-19