



# KATHY MCGOWAN

## IN THE LYME LIGHT MAY, 2021



Re-emerging from a strange year of ever-changing COVID safety protocols, a committee of selfless volunteers got to work. This team was innovative, organized, and flexible, building on years of experience and engaging the community in the new way 2021 called for. They coordinated Lyme's Day of Service, an uplifting day of community volunteerism, that went off without a hitch! One team member is also CommunityCare of Lyme's volunteer bookkeeper, a *tremendous* contribution that helps the team all year long. **Kathy McGowan is in the Lyme Light!**

Kathy's adventure with CommunityCare of Lyme began as a board member in 2015. CCL was beginning to grow and develop, with a top priority to help increase volunteerism throughout town. There was a lot of interest in helping others. The challenges were to find meaningful ways to involve people and to build trusting relationships with those who could use a hand. Lyme's Day of Service was designed to engage volunteers of all ages in helpful projects for neighbors and in brightening up community spaces ... and to make it a big, fun day in community. The event piggy-backed on Green Up Day, where many were already out to help; and a big community breakfast was planned to fuel everyone with food and the energy of community. Over 200 people participated in the inaugural event in 2016, and a tradition was born.

Kathy has been an integral member of the Day of Service Committee since its inception. What keeps her coming back? "I've always loved the team. The people that help plan it are really positive and thoughtful ... plus, I get benefits every year by helping a neighbor. I've met a lot of new people through this." COVID guidelines meant no gathering for breakfast this year, so the day was targeted on meeting individual needs. "Next year we're hoping to bring back the community element too, with breakfast."

Beyond the Day of Service, Kathy's impact is huge, due to her ongoing work as CCL's bookkeeper. Her steady and wise support has made it possible for CCL to expand and evolve programming and also to accept donations in many different forms. Kathy's mother and father passed on an altruistic spirit, instilling in her the desire to give back. Sharing her enthusiasm about volunteering in the community, she says, "It doesn't have to be a huge time commitment. It can be a short, one-off contribution that's easy for you. You'll see how valuable it is. Reach out and see what you can do in any small way". We couldn't agree more. CCL would love to hear from you; and we'd love for you to join us in honoring Kathy for all she does to help.

*Our Mission: To build on Lyme's heritage as a warm, welcoming and service-oriented community, by building partnerships, embracing new ideas, and designing systems that improve our individual and collective sense of well-being, as we help transform health and healthcare in our town and beyond.*

