

FRIENDS QUARTERLY UPDATE

January 2021

Like so many others, the Friends have been “on hold”, during these past many months. Our Library kept up as many services as possible, using creative and tireless strategies. Thanks to their efforts, Library patrons were able to have resources they needed and wanted, through a trying time. Reading was ever a blessing, as we waited for our other activities to resume.

The Friends were disappointed to have to forego our Book Sales of 2020. These have been a welcome way for the community to share their well-loved books and to raise funds for our Library. Now, we begin to make cautious but eager first steps toward our future book sale. Over the next few months, watch for signs of the Library's plans in this regard. Meanwhile, consider “active” waiting. You can join in the *Friends' Fit-For-Funds challenge*. A description follows of this endeavor to make good use of our time, improve our fitness, and continue to contribute to the Library. We hope you'll join in! Stay well. We look forward to meeting in person again, soon!

FIT FOR FUNDS CHALLENGE

Part 1: Your Plan

Make a plan with a buddy (or even two buddies). Brainstorm a fitness challenge which you can carry out together for three months. Decide in advance how you would like to improve your fitness and how many days per week you will carry out your plan. If you walk a half mile, maybe you'd like to stretch this to a mile. If you walk a mile once or twice a week, maybe you'd like to increase this to 5 days a week. Maybe you'd like to try the CDC's Growing Stronger ([cdc.gov](https://www.cdc.gov)) program. Chester County Hospital ([healthy-eliving](https://www.chestercountyhospital.com) blog) offers additional wellness ideas. Our own Library has a Virtual Yoga program. Check with your physician, if you're just starting out, to be sure your challenge is appropriate for you.

Next decide, will you meet virtually? Will you meet outdoors at a designated time and place? Find a coin jar and decide whether to reward yourselves in coins, or maybe a dollar, each time you work out together.

Now, meet and carry out your regimen together, then put coins in the jar to mark your accomplishment. Do this each time you meet. At the end of the three-month period, tally up your coins and send your check to the Friends of the Library.

If you experienced gratitude, during your exercise, drop in an extra coin. Or, laughter! Laughing qualifies as exercise because research shows that even creating a fake laugh stimulates your body to release endorphins which can make you feel better. Laughter is so important for our overall health that there are actually yoga classes built on laughter.

Part 2: The Giving Tree

A paper tree with green leaves for Spring would be displayed in the Library. It would represent community giving to the Library. When you and your buddy send your Fit for Funds check to the Friends, your names would be written on a couple of leaves. Blank leaves could be hung on the tree with a description on the back of the Fit-For-Funds challenge. If patrons should inquire about the tree, they can be invited to take a leaf explaining the challenge. Keep in mind very little bit helps. You may have given away your earnings, but you will be more fit than you were three months ago and your Library will benefit, too!

