



LYNN MCRAE

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 member has been central to the special day's outreach, building trust with neighbors to welcome the help of volunteers. And that's just one way she helps.
Lynn McRae in the Lyme Light!

Lynn describes her main drive for being involved with Lyme's Day of Service: "We all need help from time to time." It's important for people to know it's OK to call on neighbors when they need a hand. "It's nice for everyone to know that people are more than willing to help with things that just can't be done alone." For the Day of Service, Lynn leads the charge to *invite* people to ask for help. After someone receives that gift of friendly service, it's a lot easier to ask if there's a need some other time.

As a CCL board member, Lynn contributed practical wisdom, her nursing experience, and, always, "whatever's needed". In 2018, Lynn took on outreach for the Day of Service team, helping neighbors define projects. Plus, she always takes part in a project (or two). Lynn especially loves the opportunity for children to be a part of community service and see how good it feels to give back.

Lynn does a *lot* of volunteer work. Why? "Well, it feels good to volunteer. I think of it as 'paying it forward'. You can't rely on yourself to do everything, and you can't rely on the town to do everything. It takes a web, and lots and lots of safety nets to help people move along and get along in their lives."

And, she notes, it's something that makes Lyme special: "There are volunteers all around us that help the community ... Those Guys ... the fire department ... road clean-up teams ... the library ... CCL I think Lyme is lucky that there are so many people interested in helping and that have the time to do so. All these people make our town a more connected place with really good results: People want to move here, live here, raise their children here, and grow old here."

Lynn hopes to instill the understanding that volunteering benefits the volunteer *and* the recipient, in many ways. When an entire community comes together to serve and be served, that is a powerful thing. Thank you, Lynn, for your generous commitment!

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.

