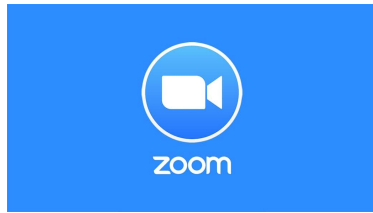


"It All Began Here!"- Wilde Lake e-News May 1, 2020



**Wilde Lake Village Board Meeting -
Monday, May 4, 2020, 6:30pm**

We can't meet in person but we can meet virtually! The May 4 Village Board meeting will be held via Zoom. If you would like to participate, please send an email to wica@wildelake.org and we will send you the meeting access information. Be sure to include your name and address. [Click here](#) to view the meeting agenda

Mowing Reminder!

It's the time of year when grass starts growing quickly. And in our present situation, with Wilde Lake residents spending more time strolling the sidewalks, our lawns are definitely on display. Please make an effort to maintain your yard so your neighbors will admire it.



**Feed Howard County launches in
Howard County, Maryland**

Feed Howard County – a partnership between COAD (Community Organizations Active in Disaster), The Cal Ripken Sr. Foundation and Howard County restaurants has launched its efforts to help feed families who are food insecure during these challenging times.

The idea is simple - Pay restaurants across Howard County to prepare nutritious meals for those in need. The end results create a win-win-win: Keeping people fed; keeping people employed; and keeping businesses afloat. The Cal Ripken Sr. Foundation, has offered to serve as the fiscal sponsor and is accepting donations at : <https://www.ripkenfoundation.org/donate> - (Choose Feed Howard County under giving options) The distribution of meals will be coordinated through COAD - with locations chosen to best serve those in need. Each distribution event will deliver 100 meals with the initial goal to deliver 2-300 meals per week. The Howard County Community Organizations Active in Disaster (COAD) is a collaborative effort of community stakeholders, each having an equal role in the organization. Their goal is to organize and deploy community resources in an efficient and timely manner, effectively contributing to each phase of a disaster. Questions: FeedHowardCounty@gmail.com Pat Curran - 443-695-0756 To Donate: <https://www.ripkenfoundation.org/donate> - (Choose Feed Howard County under giving options)

**Chronicling Columbia's Resilience
in a Pandemic -
Together at a Distance:**

We are living through history in the making — as such, our lives have shifted drastically. One way to feel connected to the community, even at a distance, is to share your thoughts and emotions. Help record and preserve stories of resilience by sharing your personal experience as a Columbia resident during the coronavirus outbreak. Please share your personal writing and testimony, artist renderings (i.e., poem, performance or visual artwork), photograph or brief video testimony with the Columbia Archive project, *Chronicling Columbia's Resilience in a Pandemic — Together at a Distance*. Columbia residents, family, and individual submissions are encouraged. [Click here to participate](#).



**Health and Wellness Tip -
Take a Bath in Nature**

During this stressful time when we have limited options of activities we can engage in, why not **Take a Bath in Nature...** *Shinrin-yoku*, which is also known as "forest bathing," involves taking a leisurely walk in nature. Forest bathing is commonly practiced for relaxation

and stress management, and studies show that it can reduce sympathetic nervous system activity (i.e., fight or flight), increase parasympathetic nervous system activity (i.e., rest and digest), and lower cortisol levels.

In addition to promoting stress management and resilience, studies have shown that forest bathing improves mood, increases vigor and energy levels, reduces irritability, improves immunity, and improves focus.

So get outside among the trees and take a nature bath!
This information is provided by the Health and Wellness Committee. For more information contact Laura Torres at lm4941@yahoo.com



Wilde Lake Village Center Stores Open for Business

[Click here](#) to see the list of Wilde Lake Village Center stores that are operating during the coronavirus pandemic

PLEASE NOTE: SLAYTON HOUSE WILL REMAIN CLOSED UNTIL FURTHER NOTICE. You may contact staff members by email. Please check the website for contact information.