



Spring is here!

While we find ourselves in constrained times with social distancing our new norm, nature is just out the door. Living in Riverwoods gives us a unique opportunity to get outside, breathe the fresh spring air, listen to the birds, and see the first signs of emerging plants. As I write this it is snowing, but that too shall pass quickly.

Walk, ride your bike, or take the dog for a long walk. Stay distant from others but don't hesitate to explore the beauty that is uniquely Riverwoods. We also encourage you to read this Chicago Tribune opinion letter written by Dr. Teresa Horton and Dr. Suzanne Bartlett-Hackenmiller ([Dr's Order - "Get Outside"](#)) published Friday in the Chicago Tribune. Time outside is more important than ever:

"Viewing the complex patterns of trees and grasses and the expanse of nature engages parts of our brain in a sense of awe and fascination, which can restore our cognitive capacity. Plus, volatile organic compounds (think of that wonderful smell of cedar or pine) released from some plants, especially coniferous trees, boost immunity by stimulating production of natural killer cells that attack viruses..."

We will get through this as a community. Please don't hesitate to email, call, or video chat with your neighbors, thereby changing the concept of social distancing while staying safe. If you are looking for ways to help, Brushwood Center ([Brushwood](#)) has set up a Face Mask Drive (located in Ryerson Conservation Area Forest Preserve] @21850 North Riverwoods Road, Riverwoods, IL). Today through Sunday, March 29th you can pick up materials that can be used to make face masks and drop them back off at Brushwood when finished. As you are aware from the news, many of our local healthcare providers are facing a serious shortage of protective face masks during the COVID-19 outbreak. If you have basic sewing knowledge, they need you now! Local hospitals and nursing homes are seeking handmade mask donations ASAP. If you don't know how to sew, please help us spread the word to others who can help.

The RPC (www.riverwoodsrpc.org), a 501c (3) community organization, is constantly working to protect and support what makes Riverwoods unique – our ancient woodlands, our amazing residents. We are committed to continued support of responsible, environmentally conscious development in Riverwoods and nearby areas.

Stay safe and be well!

David Shimberg, RPC President