

## The RAMble Report - January 2022

The temperature was forecast to be in the high twenties by 8 am the morning of January 15 and the COVID-19 positivity rate in the Richmond area was well over 34%. With the safety of our participants in mind and for the first time since we've been conducting the monthly RAMble: Walking for Wellness, the decision was made to cancel due to the extremely low temperature and the spike in COVID.

Of course, over the years, we had previously cancelled RAMbles for other weather-related threats: a hurricane, tropical storm and even the remnants of an ice storm. In the spring of 2020, we transitioned from an in-person walk to a virtual walk, as an attempt to keep the RAMble going at the beginning of the pandemic, though without a great deal of success! We were patient, our participants and leadership resilient, and all were excited when we were finally able to offer a return to an in-person RAMble in September 2021.



Thirty people showed up that morning and listened to Susan Hong, M.D., talk about cancer survivorship then joined Mary Shall, PT, Ph.D., as she led us in a warm up to stretch our stiff muscles. Under beautiful skies we enjoyed the support and camaraderie of being together again – for those who were fully vaccinated against COVID, masked and practiced social distancing.

Each month that has passed since that September RAMble, we have met as usual on the third Saturday morning at 8:30 am near the former Panera entrance to Stony Point Fashion Park. When we meet in February – on the 19th – the speaker we had invited for January will provide the five minute health talk. So consider joining us, to listen, to walk together, to talk, to get to know Massey providers and other cancer survivors, and to celebrate the opportunity to take part in the RAMble once again.

[The RAMble website](#) will have a cancellation notice posted by 3 pm the day before scheduled walks. You can check there to make sure we are still meeting in case the weather is questionable. While you're on the website, check out the pictures from past RAMbles, videos of previous RAMble speakers and other items of interest.