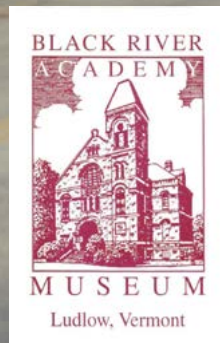


# COVID-19 Community Memory Project

*Living through history.  
Preserving your story.  
Spring 2020*



Every member of our community has faced dramatic changes, felt difficult emotions, and responded to the global spread of COVID-19 in a variety of ways. The Black River Academy Museum and Okemo Valley TV have partnered because your stories are important and we are here to help preserve them.

Create a powerful personal record and family history by responding to these prompts about your life in the Ludlow, Vermont area during the Spring of 2020. Your voice can also be added to the extensive local history collection at the Black River Academy Museum. With your help, future generations will better understand the unique challenges during this crisis and the resilience demonstrated by our community. We hope these activities serve as a source of reflection and inspiration now and in the future.

You can add this document to the museum collection by visiting [www.tinyurl.com/LudlowMemory](http://www.tinyurl.com/LudlowMemory) or mailing a printed copy to the Black River Academy Museum at PO Box 894, Ludlow, VT 05149. We also encourage you to share photos, artwork, videos, recordings, and interviews that you have created and collected during these abnormal times. Visit [www.tinyurl.com/LudlowMemory](http://www.tinyurl.com/LudlowMemory) for further instructions.

Thank you for your participation and unique contributions.

Black River Academy Museum  
Okemo Valley TV

Name:

Age:

How are you connected to the Ludlow, Vermont area?



The Black River Academy Museum preserves the history of the Ludlow-area through educational programs, exhibitions, and the stewardship of hundreds of artifacts. Okemo Valley TV provides the region with valuable technology, media, and information. Together, these organizations are equipped to create a lasting record of your experiences during this time.

# Disruption

When did the COVID-19 pandemic first have a real impact on your life?  
Describe the experience.

Describe the changes that have become a 'new normal'.

# Response

How did your response to the COVID-19 pandemic change over time? Describe your responses below.

**January**

**February**

**March**

**April**

**May**

**June**

# Nourishment

How has your diet changed? Describe your experience with the following food-related themes.

## Shopping for Groceries

## Ordering Take Out

## Finding New Sources of Food

## Comfort Food

What special food from your past did you or your family make?

Recipe Name:

This recipe is from:

Ingredients:	Instructions:
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## New Meals

How have you experimented in the kitchen?

Recipe Name:

This recipe is from:

Ingredients:	Instructions:
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# Relationships

**A memorable moment I had with others:**

How have you communicated with colleagues, loved ones, and other community members?

Phone calls

Text Messages

Facebook

Instagram

Facetime

Zoom

In-person outside

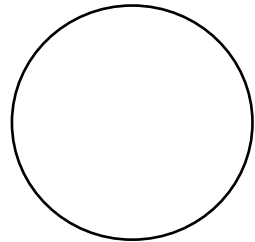
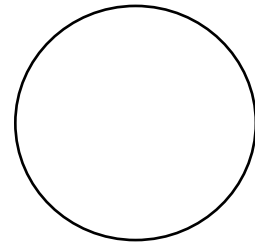
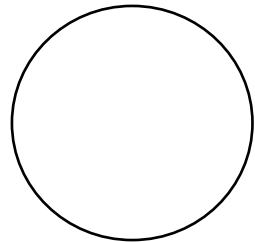
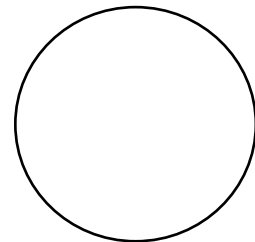
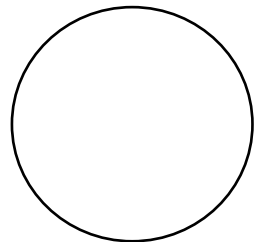
In-person walking

Letters or Postcards

Other:

**A special conversation I had using technology:**

**Who did you social distance with?**



**An event or gathering no longer held in-person:**

# Grief

What losses have you felt? How do you express your grief even if some losses seem small compared to others?

# Solace

What small pleasures have you been grateful for recently?

What has not changed during the pandemic?

What activities, books, shows, movies, art, or other things has brought you comfort?

I knew Spring was here when:

# Work

## **Essential Work**

If you continued to work outside the home, describe the changes that have taken place at your job?

## **Unemployment**

If you were furloughed or lost your job, describe your last day at work. What challenges have you faced?

## **Work from Home**

If you have been working from home, describe your new work routine. What have been the challenges and the rewards?

# Celebrations

How have you continued to celebrate important days and special people?

## **Birthdays**

## **Holidays**

## **Essential Workers**

## **Other Special Celebrations**

# Perspective

What have you learned about your community during this experience? What has this pandemic revealed for you?

What are you most proud of?

# Notes

Use this page if you need more space. What other experiences do you want to share that have not been covered?



# Preserve Your Experience

Please complete the following to add your perspectives for the local history collection at the Black River Academy Museum.

I am over 18 years of age or older or I am the parent or guardian of the child that completed this material

The submitted material is my own creation and does not violate privacy or other laws.

The Black River Academy Museum and Okemo Valley TV may use this material in connection with their research and educational missions in all media in perpetuity.

Signature:

Name:

Date:

Are you interested in discussing your submission with a staff member or volunteer? Brief one-on-one follow-ups can be recorded via teleconference or arranged in person following social distancing guidelines.

Yes

No

Email (if yes):

Phone Number (if yes):

Comments:

## How to Submit

Upload this document at [www.tinyurl.com/LudlowMemory](http://www.tinyurl.com/LudlowMemory) or mail a printed copy to PO Box 73, Ludlow, VT 05149.

Visit [www.tinyurl.com/LudlowMemory](http://www.tinyurl.com/LudlowMemory) to add videos, photos, and other media files to the project. Please contact [newtonjrose@gmail.com](mailto:newtonjrose@gmail.com) for further assistance or call the Black River Academy Museum at 802-228-5050.

## Support Us

The Black River Academy Museum and Okemo Valley TV are non-profit organizations. Please consider supporting us. Visit [www.bramvt.org](http://www.bramvt.org) and [www.okemovalley.tv](http://www.okemovalley.tv) to learn more.