



## MESSAGE FROM THE PRESIDENT

February greetings!

One reason many of us enjoy living in Virginia is the change of seasons. Hope you enjoyed the winter and spring days of January.

The semester is off to a fabulous beginning with a variety of interesting presentations. Please continue to check the schedule for additional opportunities for learning and committee meeting dates. We are so grateful to our volunteers and encourage you to attend a meeting and join the brigade that makes ElderStudy so successful. If we each do a little, we all benefit a lot.

Everyone should mark March 21 at 11:00 a.m. on the calendar. Our Spring General Membership Meeting will provide an opportunity for us to greet new members, to renew and deepen friendships over refreshments, to hear from each of the committees, and to elect three new members to the Board of Directors. Biographies of the nominees appear in this issue, and ballots will be mailed to you shortly. Thanks to all for their willingness to serve. The meeting will be preceded by the presentation "Medical Care for the Very Elderly," given by Dr. Wayland Marks at 10 a.m.

All best wishes as we glide into spring,

Jack Allison, President

***www:elderstudy.com or call (540) 654-1769 (option 1). What you need to know, when you need to know it.***

## **ADMINISTRATION REPORT**

The next Administration Committee Meeting will be held on Wednesday, February 28 at 1 PM in the ElderStudy classroom. ElderStudy members are welcome to attend and participate in the meeting discussions.

The February Meeting Agenda will include: (a) preliminary financial reports by the Treasurer for the first six months of the 2017-2018 year, (b) discussions relating to the “kick-off” of the 2018-2019 budget planning process, (c) discussions relating to the “kick-off” of the annual Policy and Procedures Manual review process, and (d) other topics as may be suggested by the committee members or general membership present at the meeting.

The search for a candidate to serve as Administration Committee Chairperson for the 2018-2019 ElderStudy Year is continuing. ElderStudy Policy & Procedures requires that the Committee recommend a chairperson to the Board of Directors at the June 2018 Board Meeting for Board approval. Suggestions relative to candidates for the Committee Chair position should be provided to the current Committee Chair or to the Board President as soon as possible.

Remember to vote in the March Directors election !!

Comments and questions regarding Administration Committee business should be addressed to John Thompson (phone 371-4827 or email [johnsafet@cox.net](mailto:johnsafet@cox.net)).

This Newsletter is prepared by me, Dot Meyers, with the help of many members of ElderStudy. If you have any questions or suggestions for the newsletter, please feel free to let me know. You can leave a message on the phone, 540-654-1769, or call me at 540-760-1533.

## **CURRICULUM COMMITTEE REPORT**

We are well into our spring schedule and our programs have been educational and most interesting. First time speakers at Mary Washington ElderStudy include: Dr. Troy Paino, who gave us his perspective on higher education in an age of accelerations and Jagadish Tadepalli, who gave us his perspective on Heartfulness. The attendance has been excellent, several programs with 60 plus members. We have 39 programs in preparation for the fall 2018 schedule, including 7 Tours, 4 Book Groups and 2 Play Discussions. We have booked 12 of our fall 2018 programs with firm dates.

The next Curriculum Committee meetings are scheduled for February 15 and March 15. We have an enthusiastic crew of sponsors who submitted 12 program proposals before our January meeting began. We are always looking for that next new idea in our journey to lifelong learning. We are reviewing the concept of discussion sessions including Great Decisions, a foreign policy discussion we once had from spring 1995 until fall 1999 and also Dr. Steve Bacon on Constitutional Law.

Sponsors are encouraged to read their responsibilities. At the beginning of every program, the sponsor will ask the audience to silence their cell phones, if there are any new members, any new guests, any announcements and provide an introduction of the speaker. A new responsibility for sponsors is to check if the speaker will use the internet, so that our setup crew can adjust for internet sound. Changes to our spring schedule post-January include: April 12- a new Administrative Committee Meeting at 10:00 am instead of the usual 11:00 am meeting time, May 16 - Preparation for Potluck Lunch is cancelled and May 24 - Potluck Lunch re-scheduled from May 17.

On a personal note, a very big thank you and well done to our retiring Curriculum Committee Chair, Chuck Johnson and his predecessor, Bill Wemmerus, who taught me the ways of the Curriculum Committee.

Joe Alfred, Curriculum Committee Chair

## MEMBERSHIP COMMITTEE REPORT

With the onset of the New Year our membership has grown to 301! Thanks for helping to spread the word about our organization! We were pleased to have nearly 120 members attend our Holiday Luncheon. The Gari Melcher's Pavilion provided a beautiful setting as we filled the room to its limits. Special thanks to Eugenia Jones, Carolyn Sulima and Michelle Esbenshade for their behind-the-scenes planning. The slide show of ElderStudy's history provided a special backdrop to the Happy Hour. Thank you Joe Alfred! We look forward to a narration of part II of the slide show at the Spring Luncheon.

Wednesday, March 21, beginning at 10 am, we will sponsor a special one hour session presented by Dr. Wayland Marks. Dr. Marks will address the topic of providing appropriate medical care for the very elderly. Following a brief break, we will conduct the General Membership Meeting (beginning at 11 am). Please join us early for some light refreshments and social time and stay through the first session and the General Membership meeting.

The Spring End-of-Year Potluck Luncheon will be our final event in recognition of our 25th Anniversary of ElderStudy. Please save Thursday, May 24 from 11:30-2 for this event, to be held at Spotswood Baptist Church. More information will be provided in our April newsletter. During this event, we will forego musical entertainment to present a special program recognizing ElderStudy's history and acknowledging our founding members in attendance.

Members are reminded to keep their roster information up to date and submit all changes to [membership@elderstudy.info](mailto:membership@elderstudy.info). New members are encouraged to pick up their permanent nametags in the back office of the classroom when you attend your next session. We also ask members' help in identifying others who have been infirmed or suffered a loss in their family so that we may reach out to them.

Please join us at our next membership meeting April 12, from 10-12 in the CLL.

Donna Lewis, Membership Committee Chairperson

***Please note the change in the date of the Spring Potluck Luncheon . It was originally scheduled for May 17, but has been moved to May 24 from 11:30 to 2:00.***

## **TREASURER'S REPORT**

### **ElderStudy Financial Report**

The ElderStudy Operations Report for the first three months of the 2016-2017 Year (September thru November) is enclosed with this newsletter. Membership fees for the reporting period (275 paying members) are sufficient to cover all of the budgeted expenses. As of January 15, the number of paying members has increased to 301, compared with 272 at this time last year. A mid-year financial report will be presented to the Board of Directors for approval at its March 7 Quarterly Meeting. Questions and comments regarding the Financial Report may be addressed to Bryn Pavek as the ElderStudy Treasurer.

### **ElderStudy 2018-2019 Budget**

Preparation of the ElderStudy Budget for the 2018-2019 Year (September 1, 2018 to August 31, 2019) will begin on March 8 with a formal "Budget Call" being presented to the Board of Directors. All Board and Standing-Committee requests for funding for this period are to be submitted to the Administration Committee Chairperson (John Thompson) not later than April 28. During May, the Administration Committee members will prepare a Recommended Budget (including membership fees) for formal presentation to and approval by the Board of Directors at its June 6 Quarterly Meeting. Membership input relating to the budget preparation is welcomed.

<b>MARY WASHINGTON ELDERSTUDY</b>			
<b>2017-2018 Quarterly Sheet Report #1</b>			
Reporting Period: September 1, 2017 thru November 30, 2017		<b>BOD Approved:</b>	<b>Yes</b>
Date of Report: December 6, 2017			
	<b>Description of Asset or Liability</b>	<b>As of 9/1/2017</b>	<b>As of 11/30/17</b>
		<b>(a)</b>	<b>(b)</b>
<b>Assets</b>	<b>Operating Account</b>		
	Wells Fargo Bank Checking Account [Quicken]	\$36,312.98	\$36,693.77
	<b>Capital Reserve Account</b>		
	Wells Fargo CD 58022 [0.30%; m 10/27/2018]	\$5,198.90	\$5,202.83
	Wells Fargo CD 82954 [0.10%; m 1/3/2019]	\$5,030.11	\$5,032.64
	Wells Fargo CD 82913 [0.30%; m 9/29/2018]	\$5,270.88	\$5,274.87
	<b>Total Assets</b>	<b>\$51,812.87</b>	<b>\$52,204.11</b>
<b>Liabilities</b>	FY 2016-2017 Budget Expenses Pending	\$0.00	\$0.00
	FY 2017-2018 Approved Budget & Current Balance	\$14,275.00	\$11,076.49
	FY 2017-2018 Capital Reserve ( \$15,000 min.)	\$15,499.89	\$15,510.34
	FY 2016-2017 Grants (typically \$2000-2500)	TBD	TBD
	FY 2016-2017 Classroom Contingency	\$4,970.37	\$4,970.37
	<b>Total Liabilities</b>	<b>\$34,745.26</b>	<b>\$31,557.20</b>
<b>Assets less Liabilities (Net)</b>		<b>\$17,067.61</b>	<b>\$20,646.91</b>
<b>Treasurer's Notes:</b>			
(a) 9/1/2017 Checking Account is actual per Quicken; CD Information is from Wells Fargo COB 8/31/17.			
Classroom Contingency is as of 8/31/2017.			
(b) Checking Account information is per Quicken as of 11/30/2017; CD information is from 11/30/17 Bank Statements.			
Respectfully Submitted,			
Bryn Pavek, Treasurer			

<b>Mary Washington ElderStudy</b>			Rept Date:	<b>12/6/17</b>
<b>2017-2018 Operations Report #3</b>			<b>BOD Approved:</b>	<b>Yes</b>
<b>Accounting Category/Subcategory</b>	<b>2017-2018 Approved Budget (6/7/2017)</b>	<b>YTD: 9/1/2017 thru 11/30/17</b>	<b>% of Plan</b>	
<b>INCOME</b>				
Membership Fees	\$16,290.00	\$17,301.00	106.2%	(a)
NameTag Replacement Fees	\$0.00	\$5.00		
Interest from Certificates of Deposit	\$0.00	\$11.72		
Miscellaneous (excludes replacement NameTags)	\$0.00	\$17.00		(b)
Membership Special Events Fees	\$0.00	\$0.00		
Curriculum Off-Site Fees	\$0.00	\$0.00		
<b>Total ES Income/Revenue</b>	<b>\$16,290.00</b>	<b>\$17,334.72</b>		
<b>EXPENSES</b>				
<b>Board of Directors</b>				
BLS Scholarships	\$1,250.00	\$0.00	0.0%	
Election Expenses (copying, printing)	\$200.00	\$0.00		
Grants (from excess 2017-2018 Funds)	TBD	\$0.00		
Classroom Contingency	\$0.00	\$0.00		
<b>Subtotal BOD</b>	<b>\$1,450.00</b>	<b>\$0.00</b>		
<b>Curriculum Committee</b>				
Speakers/Programs (Aug)	\$7,500.00	\$1,875.00	25.0%	
Postage/Mailing/Copying	\$125.00	\$0.00	0.0%	
Off-site Location Programs	\$0.00	\$0.00	(see income)	
Gifts/Gratuities	\$25.00	\$0.00	0.0%	
Stationery/Supplies	\$100.00	\$51.00	51.0%	
Telephone Service (Under Membership)	\$0.00	\$0.00		
Special Activities	\$0.00	\$0.00		
<b>Subtotal Curriculum Committee</b>	<b>\$7,750.00</b>	<b>\$1,926.00</b>		(#)
<b>Administration Committee/BOD</b>				
General Operating Funds	\$200.00	\$225.00		
Stationery/Supplies/Publications	\$600.00	\$77.33		
Postage/Mailing/Copying	\$200.00	\$0.00		
<b>Subtotal Administration Committee</b>	<b>\$1,000.00</b>	<b>\$302.73</b>		
<b>Membership Committee</b>				
Brochures/Rack Cards	\$100.00	\$0.00	0.0%	
Stationery/Supplies	\$200.00	\$53.15	26.6%	
Gifts/Remembrances	\$200.00	\$0.00	0.0%	
Name Tags (Net)	\$400.00	\$107.60	(see income)	
Newsletter/Communications	\$800.00	\$127.80	16.0%	
Postage/Mailing/Copying	\$250.00	\$54.98	22.0%	
Web Site (renew 18-19)	\$125.00	\$0.00	0.0%	
Telephone Services (1 mo)	\$300.00	\$88.00	29.3%	
Membership Meetings/Spec Events (Net)	\$1,200.00	\$238.25	158.9%	
25th Anniversary (One Time Expense)	\$500.00	\$300.00	60.0%	
<b>Subtotal Membership Committee</b>	<b>\$4,075.00</b>	<b>\$969.78</b>		(#)
<b>Total ES 2017-2018 Expenses YTD</b>	<b>\$14,275.00</b>	<b>\$3,198.51</b>		(#)
a	Memb Fees Total include \$504 One Plus; \$13,726		(b) Includes all expenses	
	In early fees; \$3071 YTD Fees after Sept 1, 2017.			
b	Misc. Income \$17 donations overpay mbr fees.			

### Board of Directors Election

At the March 21, 2018 General Membership Meeting, the membership will be electing 3 individuals to serve on the Board of Directors for three-year terms beginning September 1, 2018 and ending August 31, 2021. Information about the election is provided by the ElderStudy Secretary and is included in this Newsletter. Ballots will be mailed to each member by the end of February. Ballots may be returned either in person at the General Membership Meeting or by US Postal Service. Ballots may not be submitted by email. All ballots must be received by 10:00 AM on March 21, 2018. Blank ballots will NOT be available at the meeting.

### Meet The Candidates

#### Barbara Kincaid



Barbara is a native Virginian born and raised in Winchester. A graduate of Madison College with a BA in history & library science she came to Fredericksburg in 1970. She was a school librarian for the Fredericksburg City Public Schools for 36 years. During summers she earned a MLS from UNC, Chapel Hill. Her interests are collecting antique dolls and holiday items. To pursue those interests she is a member of the Golden Glow of Christmas Past and the United Federation of Dolls. Barbara served 3 years as UFDC Regional Director for Virginia, West Virginia, Maryland and the District of Columbia. During this time she visited the 34 clubs and gave various talks. Another passion is Jane Austen. She is currently a co-coordinator for the Central VA Region of the Jane Austen Society of North America. Barbara lives in South Stafford. She has one daughter living in Richmond.

#### Keith Morgenheim



I retired and moved to Fredericksburg after practicing law for almost 40 years in Buffalo, New York. My wife, Karen and I moved here to escape the cold and be closer to our two daughters who live in DC. We had always wanted to retire to a university town and looked forward to the adult learning opportunities that would afford us. We were delighted to learn about ElderStudy and joined almost immediately after relocating in 2015. ElderStudy has become an integral part of the new chapter in our lives. In addition to practicing public interest law ( including Elder and Disability Law) in a legal services office , I involved myself in various committees and boards serving the Buffalo area. I am very comfortable working with people with diverse viewpoints in a collaborative fashion. Since coming to Fredericksburg, I have been elected to the Board of Directors of the Falls Run Community Association and now serve as its Vice-President. I also administer ElderStudy's Facebook page. I view ElderStudy as an extremely well run volunteer organization. As a Board Member, I would hope to use my talents to contribute to its continued success.

### Michael Redding



I was born and raised in North Carolina. I received a Bachelor of Science in Aerospace Engineering from North Carolina State University in 1970. I was hired by the Naval Weapons Laboratory (now the Naval Surface Warfare Center) at Dahlgren in July 1970. While working there, I received a Master of Science in Computer Science from Virginia Tech in 1975. My career at Dahlgren involved working on computer simulations for the Fleet Ballistic Missile program, an Electronic Intelligence Database system for the Naval Security Group in Naples, Italy, and the fire control system for the Tomahawk cruise missile program. For 2

years I was on temporary assignment as a technical adviser to the Commander, Third Fleet in Pearl Harbor, Hawaii. I retired from NSWC in February 2006, and worked part time for Southeastern Computer Consultants until 2011.

I began volunteering at the Fredericksburg and Spotsylvania National Military Park as a historical interpreter in 2008. Initially I worked only at Chatham Manor, but now I also work at the Fredericksburg Battlefield Visitor Center at Sunken Road. I am a member of Friends of Chatham and prepare their quarterly newsletter.

My recreational activities primarily focus on skiing (on snow, not water) and travel. I am the secretary of the Fredericksburg Ski Club and maintain the club's website. To date my travels have taken me to 59 different countries or overseas territories. In 1981 I earned a private pilot's license, and added an instrument rating the following year. I have not flown as pilot in command since 1989. (It's a pretty expensive hobby!)

I have been a member of Elder Study for three years. I am not married.

### *ADVENTURES IN LIFELONG LEARNING*

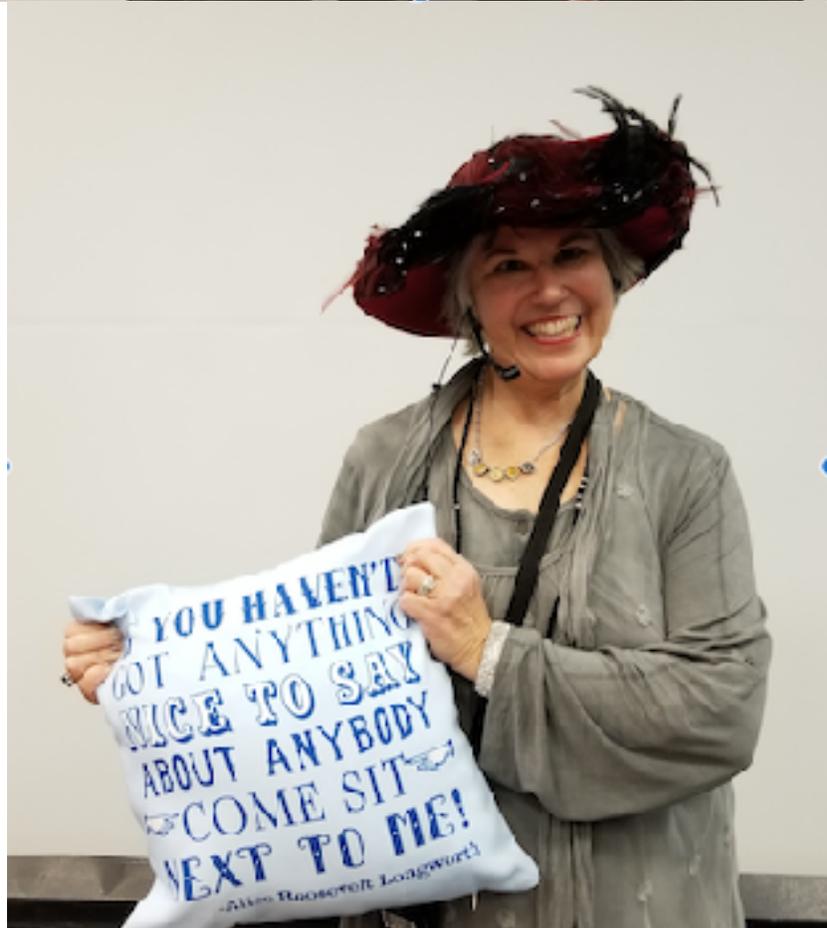
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Some of the recent speakers at ElderStudy functions.



Dr. Troy Paino, 9 January

Dr. Troy Paino, President of UMW, will present his views on globalization, climate change and the microchip that have caused us to feel like we just cannot keep up. The speed of technological change alone has made it almost impossible for individuals and societies to adapt and absorb those changes. Digital technology is driving much of the change. The twin forces of the microchip and internet have introduced a form of communication that has destroyed the traditional institutional constraints on what can be said and when and where it can be said. This has created a world where it is increasingly difficult to discern what is true let alone what is important. Higher education is charged with preparing the next generation of citizen leaders amid this disruption in how we live, think and communicate.

Elaine Flynn, 16 January

Elaine Flynn has been giving fun and informative historical presentations for over a decade. The first hour, she will portray Dorothy Parker, who was the wittiest woman of the 1920's and considered a legend in her own time. Dorothy's accomplishments included: screenplay for "A Star Is Born", writer of short stories, a best selling poet and columnist for Vanity Fair, the New Yorker and many other magazines. The second hour, Elaine will portray Alice, Theodore Roosevelt's eldest daughter. She will bring Alice to life as she presents "Scandals in the City." If the headlines of today's political scandals make you shake your head in disbelief, wait until you hear Alice "dish the dirt".