



## Musings of the President

August 2019

I trust you had an enjoyable summer. Hopefully it held just the right blend of healthy and safe indoor and outdoor activities.

The next academic year begins before the end of August. I know our Curriculum Committee has been very busy planning for the fall semester's lectures, trips and book club activities. The classroom will have updated audio visual equipment with a significant input from the IT department at the University of Mary Washington.

Your board of directors will be considering the Ad Hoc Long Range Planning Committee's report. It will begin selecting how to implement several of the recommendations.

Remember that ElderStudy is a volunteer-run organization. We encourage your **active participation**. Please consider giving of your time and effort to one of the major committees: Curriculum, chaired by Joe Alfred; Membership, chaired by Donna Lewis; and Administration, chaired by Keith Fennell. The chairs can provide you with information about various roles within each committee. One function that all members can provide is being vocal ambassadors to encourage new membership.

This will be my last communication to you as President of ElderStudy. I want to thank all the members who have actively volunteered to accomplish the many functions of our organization. I particularly want to recognize the many years of dedicated service to ElderStudy by John Thompson, Administration; the attentive and timely correspondence of Alan Zirkle which keeps us all in the loop; the behind the scenes work of our web master Chuck Watkins; and editor Dot Meyers, who has stepped down from the newsletter.

Happy learning!

Charles Block, M.D. aka Chuck Block

## **ADMINISTRATION COMMITTEE REPORT**

As many of you have heard, John Thompson stepped down as Chairman of the ElderStudy Administration Committee following the June Board of Directors meeting. Keith Fennell volunteered to replace John.

As the new Admin Committee Chairman, I want to take this opportunity to thank John for his many years of exceptional service to ElderStudy both as former Treasurer and most recently as Admin Committee Chair. John oversaw the ElderStudy budget process, made annual recommendations to the Board related to membership fees and disbursement of funds, updated the ES Policies and Procedures in coordination with the other ES Committees and Board of Directors, and showed tremendous dedication to the ES program. His talents, in-depth corporate knowledge, and congenial personality will be missed by the Committee. I want to personally thank John for “teaching me the ropes” these past few months to make the transition easier.

The next Administration Committee meeting will be on **Wednesday, August 28, from 1-3pm** in the ES classroom. The meeting will serve to ‘close-out’ the 2018-2019 ES Year and ‘ring-in’ the 2019-2020 Year. It will also be an opportunity for me to introduce myself and discuss Committee activities as we head into the Fall Semester. Bryn Pavek, the ElderStudy Treasurer, will provide a preliminary 18-19 Year-End financial report for review and may also provide a first look at 2019-2020 financial information (the 2019-2020 ES Financial Year formally begins on September 1). In addition, we will discuss updates to the ES Policies and Procedures which were collected, coordinated, and approved by the Board in June as John’s last official act.

I intend to carry on John’s policy of providing as much transparency into the Administration Committee as possible, so I encourage all ElderStudy members to attend the August meeting to learn more about the ES budget, policy and administrative processes. I look forward to seeing you there.

Comments and questions relating to the Admin Committee activities can be addressed to Keith Fennell (email: [kfennell19@gmail.com](mailto:kfennell19@gmail.com) or phone 540-809-9833)

## MEMBERSHIP COMMITTEE REPORT

Welcome back to another exciting year in ElderStudy and welcome to our new members who have come on board! Returning members are reminded that renewal is available at a special rate of just \$60 until September 7. After that date the price of renewal increases to \$65. (If you do not renew, this will be your final communication from us; however, we hope that you will share your reasons for nonrenewal so we can benefit from your feedback.) Both new and renewal membership forms are available on line or in the classroom.

Please remember to indicate your preference for email or postal communications and sign up today. By choosing email to receive your newsletters, you are assisting us in budget savings.

If you had previously joined ElderStudy but had not picked up your nametags, they are available in the classroom office. New members receive a temporary nametag in the mail. Allow several weeks after joining for your permanent nametag to arrive but please begin to attend classes.

The Membership Committee maintains the ElderStudy voicemail phone line (540-654-1769) for the purpose of leaving messages only. The voicemail is checked every Sunday, but if you have a question needing a more timely response, please call Donna Lewis (571-259-6097.)

In order to better serve our membership, we need your help in two ways. First, please consider volunteering for a committee! Since our organization is dependent on volunteers, we need your ideas and energy. The Membership Committee always welcomes new people to our group. Please come or contact Donna Lewis at 571-259-6097 or [dvlewis22@gmail.com](mailto:dvlewis22@gmail.com). Our first meeting is scheduled for Wednesday, August 28, from 10-12 pm in the classroom.

The second way you can help us out is to provide your input and feedback. What works for you? What improvements would you suggest? Please email your thoughts to Donna Lewis ([dvlewis22@gmail.com](mailto:dvlewis22@gmail.com)). We are anxious to hear from you!

We are continuing the popular practice of holding a one hour class session (10-11 am) prior to our General Membership meeting. Please join us October 16, when we will present The Five Pillars to Brain Health (an AARP program) from 10-11 am. A full description of this session can be found in the classroom schedule. The General Membership meeting will follow. We hope to see you there! Come early to socialize! Light refreshments will be available at 9:30 am.

The Membership Committee is charged with reaching out to our members who are under the weather or who have suffered a loss. Please help us stay connected by letting Susanne Lazanov ([suelaz@aol.com](mailto:suelaz@aol.com)) know when a member could use a cheerful message from our organization.

Donna Lewis, Chairperson  
Membership Committee

## **CURRICULUM COMMITTEE REPORT**

Our Mary Washington ElderStudy program is recognized around Virginia by Lifelong Learning Institutes at major universities for its diversity and depth. Our spring 2019 schedule had 46 programs on a variety of subjects: 33 classroom sessions with an average attendance of 54.8 members and guests - up 3.3 from spring 2018, 6 tours with an average attendance of 26.3, 5 book groups with an average attendance of 17.2 and 2 play discussions with an average attendance of 58.0. One classroom session had 105 in attendance, two had 80+, three had 70+ and six had 60+.

We have revised section F of our Policy and Procedures, creating a new Appendix F with items that may be amended by the Curriculum Committee without further review by our Board of Directors. Our purpose is to bring our policies and procedures in line with our current practice.

Changes include:

- ElderStudy and non-ElderStudy members will not be reimbursed for the cost of their handouts and visual aids.
- The responsibilities of a session sponsor have been brought up to date.
- A Session Scheduler position will be added to the Curriculum Committee, responsible to take the sponsor and speaker information and to enter it into the program schedule.
- ElderStudy members may invite guests to classroom sessions unless specifically excluded. All exclusions will be discussed at the Curriculum Committee meetings.
- Forms that have been in use for sponsor, speaker and tour information are now added to our procedures.

Our thanks to John Thompson, Donna Lewis, Charlie Fennemore, Michele Esbenshade and our Curriculum Committee for their efforts on this update.

We always welcome new program ideas that may be of interest to our members. If you see an article in the newspaper or on TV or the internet about a special person in the area, I would encourage you to contact the person and see if they would be willing to come and talk to us about his or her experiences. Then contact me or one of our Curriculum Committee members and consider becoming a sponsor.

Our next Curriculum Committee meeting is scheduled for Thursday, 15 August at 1:00 pm. This will be the first session for our dedicated sponsors to plan for the spring 2020 semester.

Respectfully submitted,  
Joe Alfred  
Chair, Curriculum Committee

## TREASURER'S REPORT

As we come to the end of another ElderStudy fiscal year, I would like to thank all of the program sponsors, tour leaders, Board members and Committee Chairs and members who do a great job turning in receipts quickly, researching cost effective purchases, and using the 501C3 tax letter for large purchases. Those actions save the organization money!

Enclosed in this newsletter and on the website is a copy of the coming year budget. The 2019-2020 Budget was proposed and presented by the Administration Committee and Approved by the Board of Directors at the June 5, 2019 Board Meeting. The budget projects overall income at \$22, 550 and projects expenses at \$18,295. This reflects an increase of \$275 over the prior year budget due to incidental increases in expenses in elections, brochures, and name tags due to increased membership.

Additionally, the Board earmarked an amount not to exceed \$3,500 from the Classroom Contingency "set aside account" for upgraded audio and computer equipment in the classroom. The upgrade project is being coordinated with the University, which has contributed an estimated \$20,000 in equipment and labor for installation. The project will take place during the summer and may fall into two budget years as a result. The balance in the fund after this upgrade will be \$891.37 if all earmarked funds are required.

## 2019 Update to Policy & Procedures Document

In late February thru mid-March, the 3 standing committees + the Board of Directors + the general membership were informed of the opportunity to suggest appropriate revisions to the current Policy & Procedures Document so as to document revisions to the processes by which ElderStudy operates. The deadline for submitting proposed revisions was identified as mid-May.

Substantial inputs were received from both the Curriculum Committee (Chapter F and Appendix F) and the Membership Committee (Chapter G and Appendix G). A suggested change to the process for distributing election ballots was also received from an individual member (page 6 of Appendix B).

At the time of the May 29 Administration Committee Meeting and the June 5 Board-Of-Directors Meeting, a draft version of the proposed/requested revisions was available for review & discussion. As no additional comments were received, the process of finalizing the revisions has proceeded.

It is planned that a copy of the completed revisions will be available at the August Administration Committee Meeting and at the September 4 Board Meeting. Publication of the 2019 Update will be finalized following the Board Meeting; only the sections with revisions will be reprinted. For additional information or comment, please contact the 2019 P&P editor (John Thompson at [johnsafet@cox.net](mailto:johnsafet@cox.net)).

*“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.”  
– Henry Ford*

Other News:

**Trading Stamps a.k.a. “Green Stamps”**

To The ElderStudy Membership:

I have just embarked on some research on the topic of trading stamps aimed for delivery as an ElderStudy talk in spring 2020. You may recall these as the ubiquitous “green stamps” that were given out by supermarkets, gas stations and other businesses peaking in the 1950’s and 60’s.

I am soliciting the ElderStudy membership and others that you might know for anecdotes, stories and experiences that people may have had collecting and redeeming these stamps. It is my hope that some of these experiences may help focus the direction of the research.

You can get them to me by email at: [dvanderl@verizon.net](mailto:dvanderl@verizon.net) , (note- the letter after the “dvander” is a lower case “L”, not the number “1”) by mail at: 4924 Lanyard Lane, Woodbridge, VA 22192, or by calling me at (703) 590-2397 if you would like to relay the information orally.

Thanks in advance,

Dennis Van Derlaske

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This Newsletter is prepared by Gail Oakes, with contributions from many members of ElderStudy. If you have any questions or suggestions for the newsletter, please feel free to let me know. You can email ([gail.oakes2@gmail.com](mailto:gail.oakes2@gmail.com)), text or call (540-846-9320).