



## MESSAGE FROM THE PRESIDENT

Time has passed quickly; we had our first Fall Semester session on August 18th and now we are in the first week of October! A welcome to our new members! There have been several committee meetings and a Board of Directors meeting was held on September 2, 2020. All the agendas and the meeting minutes are posted on the website.

Bryn Pavek, our Treasurer for the past 3 years, has turned over her position to Donald Caswell. Donald, ElderStudy appreciates you stepping forward to handle the checkbook/monies. Bryn, we would like to thank you for ALL your time and effort, not only as the Treasurer, but also being instrumental in the Ad Hoc Long-Range Planning Committee.

The Curriculum Committee has put in an extraordinary effort to make sure we have these interesting and informative sessions on the calendar to enjoy. On October 21st Lynn Richardson, the Dean of College of Business at UMW, will be presenting at 10 a.m.-11 a.m., just prior to the General Membership Meeting. On December 2nd, the afternoon session will feature UMW professor Stephen Farnsworth on the Analysis of the 2020 Presidential Election. It would be helpful for the Curriculum Committee and the Administration Committee, if you plan on attending his session, please sign up for the session NOW. This will give the committees an idea of attendees for planning and coordinating. Because of the popularity of Professor Farnsworth, to ensure all of our members are able to attend, this will be Members Only. Unfortunately, no guests will be invited to attend. One of the benefits of membership is having such distinguish speakers/authors presenting to ElderStudy.

Our organization is very fortunate to have many dedicated members who have given their time during the COVID 19 to ensure that we are still an operating organization. These are just a few of the tasks accomplished: establishing our new website management system; contacting presenters/speakers; being sponsors and Zoom host on sessions; managing the Facebook page; contacting members via emails and phone calls; sending out get well cards; editing the newsletter; mailing letters to those without internet access; taking submitted recipes and creating a collection for all to enjoy; monitoring the budget; creating new policies and procedures; and making corrections to the existing policy and procedures handbook. I hope that I did not miss anyone in the acknowledgment of your volunteer efforts through this challenging and interesting time. You too can volunteer to be on one of the committees. Please look on the Volunteer Tab on the website for the positions available. We are a 100% volunteer organization.

Please join me for the October Wine and Cheese Hour on October 9th and the Virtual Winter Luncheon on December 9th.

Enjoy the upcoming sessions and please stay healthy,

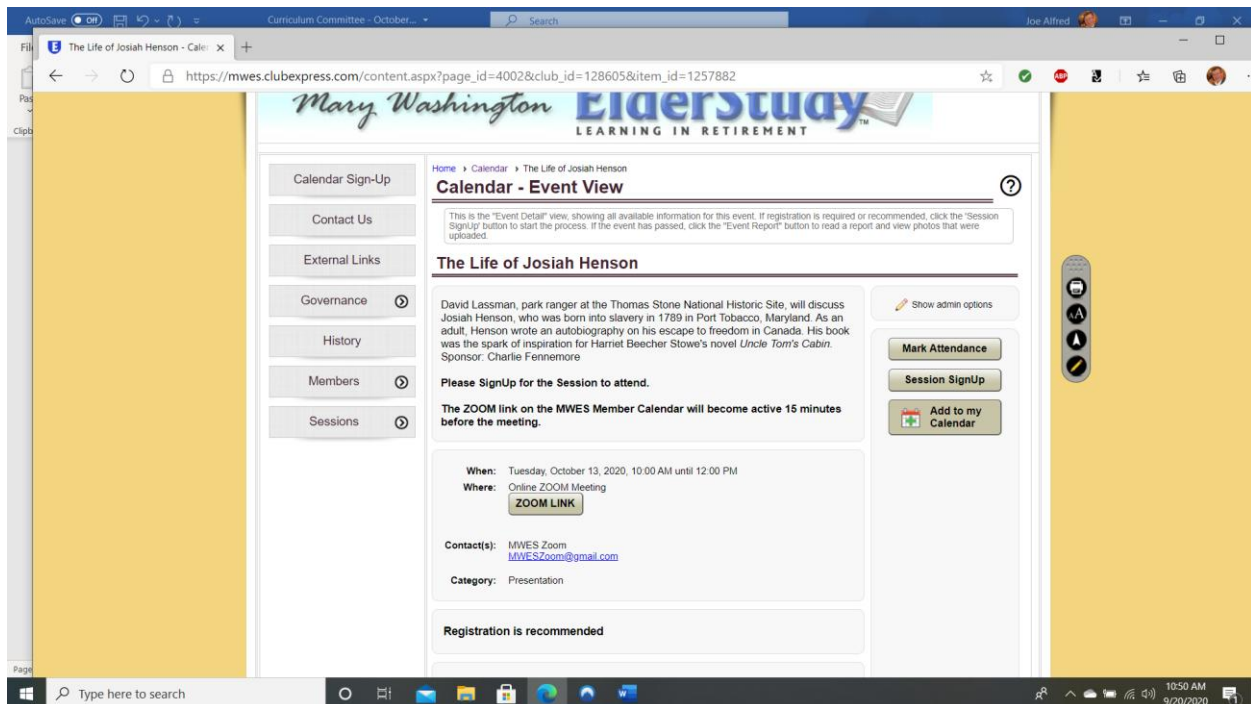
Michelle M. Esbenshade

## CURRICULUM COMMITTEE REPORT

We are off and running with our Fall 2020 program schedule. Our first three programs had 95, 102 and 76 members and guests attending. This is higher than usual since we welcomed NOVA and the Osher Institute at the University of Richmond to join us. Our dedicated sponsors are planning for Spring 2021, continuing with Zoom programs. To date, we have 22 Presentations, 5 Book Groups, 3 Tours (outside), 11 Meetings and 6 Socials including 5 Virtual Wine & Cheese Hours on the second Friday of each month and a Virtual Spring Potluck Luncheon. We have another 14 presentations under discussion.

So far we have 7 presenters from the University of Mary Washington and Germanna Community College, 5 ElderStudy members and 14 professionals from all walks of life making presentations for us in Spring 2021.

- We invite you to bring guests by sending their name and email address to [MWESZoom@gmail.com](mailto:MWESZoom@gmail.com).
- Normal signup for a session is at our website <https://www.elderstudy.com>.
  1. Click Calendar Sign-Up at the top of the Menu
  2. Look at the Fall Program Schedule
  3. Signup by clicking the Session Sign-Up button
  4. Find the program that you want to sign up for on the calendar, for example, The Life of Josiah Henson on 13 October
  5. Click on Session Signup



Respectfully submitted,  
 Joe Alfred  
 Chair, Curriculum Committee

## MEMBERSHIP COMMITTEE REPORT

Congratulations to all members who persevered and renewed their membership through December 2020 via our data management system! We learned lots from the various scenarios our members presented. It was actually very positive to be able to have conversations with so many of you. Our terrific Membership Committee members called some members so often it probably felt like a political campaign caller. Thanks for bearing with us! What an impressive feat to have so many members tackle this new process!

We would also like to welcome our newest members to ElderStudy! We are delighted to have you join us and look forward to getting to know you!

We are continuing to send all ElderStudy communications to you electronically. In fact, it might be good to take some time to explore the website ([elderstudy.com](http://elderstudy.com)) and see what is there. In addition to our class schedule and sign-up, newsletters are posted on our website. That is also where you will go to update your contact information and find the roster of members. (Log in and navigate to: Members > Member Roster > Download Roster). If you have any issues with the electronic communications please contact us at [mwesmembership@gmail.com](mailto:mwesmembership@gmail.com).

Have you seen us in the paper lately? We have been posting some events in the Community Briefs section of the Free Lance Star. Several of our new members found us there!

Our General Membership Meeting is approaching, October 21, 2020, at 10 am via Zoom. We hope you will join us for a fun session from 10-11 with Dr. Lynne Richardson, followed by the General Meeting. We will open the meeting at least 15 minutes early so you can sign in and visit with others in attendance. Don't forget to register! Couples only need one member to register.

We would like to give special thanks to Carol Wachter who took on the duties of editor and typist for our first ElderStudy Virtual Buffet Recipe book. This was in lieu of our annual Potluck luncheon. It will be posted on the website for all to view. We appreciate your entries! I've already picked out a few favorites to try.

As you look at the fall sessions, you will see that we have scheduled several social events including once monthly Virtual Wine and Cheese Hour and a virtual Holiday Luncheon December 9, at 11 am. We miss seeing everyone in person so these opportunities are planned to keep us connected and help us get to know each other better! Hope to see you there!

Donna Lewis, Membership Committee Chairperson

## TREASURER'S REPORT

The two financial reports named and summarized below are posted on the website.

Operations Report #12 Closeout of the 2019-2020 Fiscal Year has gone smoothly. Notable highlights include the following:

1. We took in \$21,115.00 in membership fees, \$1,675 more than provided for in the Approved Budget.
2. We expended \$2,499.11 less than the Approved Budget, largely owing to restrictions to our activities caused by the Covid 19 shutdown that started in March 2020.
3. The Board of Directors was able to fund grants totaling \$1,900.

Balance Sheet Report #4 ElderStudy assets at the end of FY 2019-2020, including our three CDs, total \$56,836.55. Our total liabilities are \$22,688.86, including a balance of \$2,563.21 in the classroom contingency reserve. Our net of assets to liabilities is \$34,147.69.

2020-2021 Current Fiscal Year Fiscal Year 2019-2020 proved to be a challenging one because of Covid 19, and FY 2020-2021 promises to be equally challenging. As your new Treasurer, who was in training until the first of this month, I was able to witness firsthand how the Board of Directors and the many volunteers who assist them rose to those challenges this spring and summer.

Their collective response has been nothing short of marvelous. By rapidly converting to online sessions accessible via Zoom, ElderStudy was able to offer several classes over the summer and continues to develop what promises to be a full slate of online sessions for this fall and spring, if necessary. I am loathe to provide names because it seems to me that everyone has been working hard to ensure that ElderStudy can continue to provide valuable educational experiences to our members, whatever the circumstances. However, I will single out one person for my personal thanks – retiring Treasurer Bryn Pavek. She has gone out of her way to help me understand not only how to perform the many tasks associated with being Treasurer, but also ElderStudy as an organization and the many people who work to keep it going. I will do my best to emulate her excellent example.

Respectfully submitted,  
Donald Caswell, Treasurer

*“Education is the most powerful weapon which you  
can use to change the world.”*

**Nelson Mandela**

## ADMINISTRATION COMMITTEE REPORT

The 2020 Updates to the ElderStudy Policies & Procedures (P&P) are complete, and have been posted to the ElderStudy website under Governance>Policies & Procedures. The process was longer this year than usual as ElderStudy transitioned to a new management system, Club Express, which changed many of our procedures related to membership registration, class registration and payments.

Many thanks to Carol Walker who has volunteered to retype the entire P&P. During the course of the 2020 updates, we discovered a number of internal Word Processing problems with our current text – embedded hidden commands that affected margins, headers & footers, paragraph spacing, etc. Carol is retyping the entire P&P so that we have a fresh, de-bugged template next spring when we begin the 2021 update.

For those of you who want to wander down Memory Lane, I encourage you to check out the Board of Directors and Officers tab under History on the ElderStudy website. This tab lists the Board members and officers from 1993 to present. You can see the names and positions of those who have been instrumental in growing ElderStudy over the past 27 years. And you will recognize some of the pioneers, such as Peggy Johnson and Stew Engel, who are still current members.

The next Administration Committee meeting is scheduled for November 18<sup>th</sup> from 1-3pm via Zoom. All ElderStudy members are welcome to attend. Please sign up via the webpage calendar just as you would for a lecture. The Committee normally meets the week prior to the Board of Directors meeting, which will be December 2<sup>nd</sup>, but we will meet two weeks prior in November to avoid any conflicts with Thanksgiving.

Keith Fennell  
Administration Committee Chair

## VOLUNTEER POSITIONS

### Historian

Preserve significant records of ES activities. Research or organize the research of ElderStudy archives. Provide updates to the Admin Committee and content for the History webpage.

### Facebook Volunteers

Looking for two individuals to serve as administrators for an ElderStudy Facebook Group page and share duties in establishing and maintaining the page.

### Move Photo & Video Files From Old to New Website

Do you enjoy writing, researching, and chatting with people?

To volunteer for any of these positions go to the Members tab, then Volunteering after logging in on [elderstudy.com](http://elderstudy.com). For more information on any of these positions contact Donna Lewis, [mwesmembership@gmail.com](mailto:mwesmembership@gmail.com).

## OTHER ITEMS OF INTEREST



### WELCOME TO NEW MEMBERS



Several new members have enrolled in Elderstudy for the 2020/2021 year. Some have already started participating and hopefully all will have the opportunity to join us soon on Zoom! (And some day – in person!)

We are looking forward to meeting you and hope you are excited about your new adventure in Elderstudy!

Dorothy Alfred  
Cathie Braman  
Walter Braman  
Harrison Braxton  
Cynthia Bryant  
Janet Burckell  
Lois Colbridge  
Lil Cruz  
Linda DeRamus

Elizabeth Eaton  
Michael Frye  
Andi Gabler  
Michele Harlow  
Connie Hauer  
Sue Henderson,  
Richard Hoffman  
Gene Kappel  
Esther Nash  
Carolyn Nelson

Judith Price  
Rhonda Rose  
Mary Schad  
Beverley Shelesky  
Chris Smith  
Michael Smith  
Cynthia Ward  
Wanda Wingate  
Marilyn Wojdak  
Georgine Poisal



### BOOK GROUP



The ElderStudy Book Group will continue to meet through Zoom!  
The sessions are held at 1:00 on the 2<sup>nd</sup> Thursday of each month.

Upcoming Book Group Meetings and Selections:

Oct 8 - Amity and Prosperity, One Family and the Fracturing of America by Eliza Griswold (facilitated by Michael Millard)

Nov 12 - America's Bitter Pill - Money, Politics, Backroom Deals and the Night to Fix Our Broken Health Care System by Steven Brill (facilitated by Keith Morgenheim )

Dec. 10 - A Black Woman's History of the US by Daina Ramey Berry and Kali Nicole Gross (facilitated by Peggy Verdine)

To participate in the Book Group's Zoom sessions please sign up just as you would for any other session, through the calendar at <https://www.elderstudy.com>.



## External Links

Check out the links on the Elderstudy webpage for a variety of helpful resources.

This is just a sampling of the topics included:

**National Chains Offering Senior Discounts**  
**Elder Care Connections**  
**Tips for Aging in Place**  
**Accessible Home Virginia Tax Credit**  
**10 Pieces of Technology Seniors Should Embrace**  
**The Ultimate Guide To Senior Nutrition**

## RECIPES

The entire cookbook will soon be available on the website.

Here is a sampling of what you will find in the  
 '2020 Mary Washington ElderStudy Virtual Buffet Recipes'

### Luscious Salad

This makes many servings, so it is popular at family and large gatherings. Spread in layers, bottom up:

**One head of chopped lettuce**  
**One head of chopped cauliflower**  
**Two cups of mayonnaise**  
**One medium onion, diced**  
**Cook one pound of bacon and crumble this layer**  
 **$\frac{2}{3}$  cup of Parmesan cheese**  
 **$\frac{1}{2}$  cup of sugar**

Refrigerate for 24 hours and toss just before serving.  
 Enjoy!

**Submitted by Mary Ann Stana**

### Banana Cake

**$\frac{1}{2}$  cup butter**  
 **$1\frac{1}{2}$  cups sugar**  
**2 eggs slightly beaten**  
**1 cup mashed banana (two very large or three small)**  
**1 teaspoon vanilla**  
**2 cups flour**  
 **$\frac{1}{2}$  teaspoon baking soda**  
 **$\frac{1}{4}$  teaspoon salt**  
 **$\frac{1}{2}$  cup milk**

Cream the butter, gradually add the sugar. Add eggs and beat thoroughly. Add banana pulp and vanilla. Sift the dry ingredients together and add to the "sugar mix," alternately with the milk. Bake at 350°F for 30 minutes.

The cake is dense and moist, so you can use your own cream cheese "thin" drizzle icing or get ready-made cream cheese icing.

**Submitted by Bryn Pavek**

## REMINDERS



### VIRTUAL WINTER LUNCHEON



Mark your calendars for the Virtual Winter Luncheon on Dec.9 at 11:00 am. Just like the spring luncheon, this will be done via Zoom. To sign up, use the Calendar on the website and sign up just as you would for any session.

### OUTREACH

We ask your help in identifying members who have been infirmed or suffered a loss in their family so we may reach out to them. Contact Susanne Lazanov with this information at [suelaz@aol.com](mailto:suelaz@aol.com).

### UPDATE YOUR INFORMATION

If you need to make changes to your information on the Elderstudy website, select the drop down menu adjacent to your name in the top right corner of the webpage. From there, select Profile > Personal Info > Contact Info, and edit as needed. Save your changes using the "Save" button at the bottom of the page.

## UPCOMING EVENTS

### Important Dates to remember:

**October 9 Virtual Wine and Cheese Happy Hour 5-6p.m.**

**October 21 General Membership Meeting 10 a.m.-12 p.m.**

**December 2 Board of Directors meeting 10 a.m-12 p.m.**

**December 9 Virtual Winter Luncheon 11a.m.-1p.m.**

This Newsletter is prepared by Gail Oakes, with contributions from many members of ElderStudy. If you have any questions, comments, 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).