



MESSAGE FROM THE PRESIDENT

The academic year 2018-2019 is off to a great start. This is a direct result of the efforts of planning by our three committee chairs (Administrative, Membership and Curriculum) and the many members. Input from the general membership is extremely helpful and sought. The article in the *Free Lance Star* about ElderStudy's 25th anniversary added to the strong retention and growth of our program.

The retiring ElderStudy Board members, under the able leadership of Jack Allison, set an example of value and quality upon which we will strive to build. In this vane, we have initiated a Long Range Planning Committee, chaired by Bryn Pavek. This committee will report back by April 2019 with suggested goals and how to achieve them.

Thank you for this opportunity to be an active participant in this dynamic and successful program. I ask each of you to seriously consider getting involved in our committees and functions.

Happy Learning!

Charles (Chuck) Block, M.D. , President

[www:elderstudy.com](http://www.elderstudy.com)

What you need to know, when you need to know it

ADMINISTRATION COMMITTEE REPORT

The Administration Committee met on August 29 in the ES Classroom with 7 individuals participating in the discussions. The Committee encourages and invites ES members to get involved in its activities and discussions. **This is your organization and it is successful because members get involved!!**

Highlights of the meeting activities included a preliminary 2017-2018 Year-End financial report by the Treasurer Bryn Pavek; this was a preliminary report as the 2017-2018 fiscal year did not end until COB August 31. (Note that the final Year-End financial report was presented to the Board on September 5).

The Administration Committee Search Committee reported that no-one had volunteered or had been identified to fill the Chairperson position when John retires in late December; he confirmed that he will be departing the Chair position not later than December 30th.

The Policy and Procedures Editor reported on several proposed revisions to Chapter F which had been recommended by the Curriculum Committee, on a revision to Chapter G which had been recommended by the Membership Committee, and on revisions to Appendix G which were being requested by the Membership Committee. The revisions to Chapter F and to Chapter G were approved by the Admin Committee for presentation to the Board of Directors on September 5; the Board approved the recommendations for inclusion in the Policy & Procedures 2018 Update which should be published by the end of September. The requested Appendix G revisions will be included in the 2018 Update.

The Committee also initiated discussions relative to long-range planning associated with ElderStudy operations for the next 5 to 10 years and beyond. The highlights of these discussions were presented at the September 5 Board Meeting and were favorably received. Bryn Pavek was selected by the Board to lead the Long-Range Planning activities; participation by the general membership will be necessary if the Planning is to be successful.

The Next Meeting of the Administration Committee is scheduled for Wednesday, November 28, at 1 PM in the ElderStudy Classroom. Your participation is encouraged. For more information regarding Administration Committee activities, please contact John Thompson (email: johnsafet@cox.net or phone 540-371-4827).

CURRICULUM COMMITTEE REPORT

Our fall 2018 semester has begun and several of our tours are already booked solid. Our dedicated sponsors have started to contact speakers and tour guides for 61 programs for spring 2019 including 13 tours, 5 book groups and 2 play discussions. We have 38 programs confirmed to date. Many of our favorite speakers will be returning in the spring and we have identified a number of new speakers for programs that we are confident the ElderStudy membership will find enjoyable. For spring 2018, average attendance for 35 CLL programs was 50.5 members and guests up 1.1 from spring 2017. For fall 2018 so far, we have had one program with 120+ attendance, two programs with 70+ attendance and three programs with 60+ attendance for an average of 61.1 for nine programs.

Mary Washington ElderStudy has planned 1,874 programs over 51 semesters from the fall of 1993 to the fall of 2018 for an average of 37.5 programs per semester. For the last five years our average has been 45.3 programs per semester, the highest it has ever been.

There are some concerns about our tours. We hear you. We recognize the popularity of our tours and how quickly they fill up. Our sponsors work with tour directors who place limits on attendance. There will be times when we are unable to accommodate all who wish to attend. We are hard at work to refine our sign-up procedures to make sure they are fair. We will track tour attendance this semester and use this data to plan future tours. Meanwhile, if a tour is filled, please add your name to the wait list. We often have member cancellations.

Our next Curriculum Committee meeting is 18 October 2018 at 1:00 pm.

Respectfully submitted, Joe Alfred, Chair Curriculum Committee

The missed session for the Book Group will be rescheduled at the next meeting on October 11.

MEMBERSHIP COMMITTEE REPORT

The true test of a vibrant organization is the enhancement of its mission while continuing to evolve with the times. ElderStudy is one such group comprised of energetic, talented and inquisitive members. As our membership continues to grow we hope to see more members step into roles that help to keep our organization moving forward. Please consider opportunities to get involved!

The first General Membership Meeting will be held Wednesday, October 17. Following last year's model, we will begin with a social time at 9:30 am (with light refreshments) followed by a one hour session presented by Dr. Wayland Marks. He will address medical care for the very elderly and suggest some remedies for medical care's current ails. Following a brief break at 11 am, we will resume with our **General Membership Meeting**. We hope to see you there!

Mark your calendars for Tuesday, December 11, when we will hold our **Winter Luncheon**. This year's venue is in University Hall on the Stafford campus of UMW in the North Building (just beyond our classroom building in the shared parking lot.) Additional information is contained in the attached reservation form. Please note the RSVP deadline (November 20) and join us for this lovely luncheon.

If you know of a member who is suffering from an illness or a loss, please let Susanne Lazanov (suelaz@aol.com) know so we can reach out with a message from our organization.

Reminders:

- Nametags can be picked up in the classroom. Please let us recycle your temporary tags.
- Send your contact information changes to membership@elderstudy.info
- The ElderStudy voicemail (540-654-1769) is monitored weekly by the Membership Committee. (If you have an urgent need for information, please contact Donna Lewis at 571-259-6097.)
- There is a lending library in the classroom. Please feel free to contribute or borrow books.
- Join us for the next Membership Committee meeting November 15, from 10 am-noon.

Donna Lewis, Membership Committee Chairperson

Treasurer's Report : ElderStudy 2017-2018 Year-End Financial Report

At its September 5, 2018 Board Meeting, the Board of Directors approved the financial operations report for the 12-month period which ended on August 31, 2018. This financial report appears in this newsletter as "2017-2018 Operations Report #12".

The income from 2017-2018 membership fees (338 paying members) was sufficient to cover the budgeted expenses, including two BLS scholarships in recognition of ElderStudy's 25th Anniversary year. Fees after budgeted expenses provided funding for year-end grants to University Departments whose faculty provided programs during the year, plus a grant to support the Great Lives Program. Reservation fees associated with the December 2017 25th Anniversary Winter Luncheon at Belmont were sufficient to cover the catering expenses as planned.

The 2017-2018 financial records are currently undergoing a required independent audit which is expected to be completed prior to the December 2016 Board Meeting. Board approval of this independent audit is necessary prior to filing the Annual Federal tax Return in early January 2017.

Inquiries for additional information regarding the 2016-2017 Operations Report should be addressed to the Treasurer at brynpavek@aol.com.

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.

Mary Washington ElderStudy				9/6/18
2017-2018 Operations Report #12			BOD Approved	Yes
Accounting Category/Subcategory	2017-2018 Approved Budget (6/7/2017)	2017-2018 Amended budget	YTD: 9/1/2017 thru 8/31/2018	% of Plan
INCOME				
Membership Fees	\$16,290.00	\$16,290.00	\$18,756.00	115.1%
Name Tag Replacement Fees	\$0.00	\$0.00	\$22.00	
Interest from Certificates of Deposit	\$0.00	\$0.00	\$46.56	
Miscellaneous (excludes replacement NameTags)	\$0.00	\$0.00	\$117.00	
Membership Special Events Fees	\$0.00	\$2,332.00	\$2,332.00	
Curriculum Off-Site Fees	\$0.00	\$0.00	\$0.00	
Total ES Income/Revenue	\$16,290.00	\$18,622.00	\$21,273.56	
EXPENSES				
Board of Directors				
BLS Scholarships	\$1,250.00	\$2,500.00	\$2,500.00	200.0%
Election Expenses (copying, printing)	\$200.00	\$200.00	\$129.78	
Grants (from excess 2017-2018 Funds)	TBD	\$2,400.00	\$2,400.00	
Classroom Contingency	\$0.00	\$579.00	\$579.00	
Subtotal BOD	\$1,450.00	\$5,679.00	\$5,608.78	
Curriculum Committee				
Speakers/Programs (Aug-May)	\$7,500.00	\$7,500.00	\$6,575.00	87.7%
Postage/Mailing/Copying	\$125.00	\$125.00	\$64.35	51.5%
Off-site Location Programs	\$0.00	\$0.00	\$200.00	
Gifts/Gratuities	\$25.00	\$25.00	\$0.00	0.0%
Stationery/Supplies	\$100.00	\$100.00	\$214.43	214.4%
Special Activities	\$0.00	\$0.00	\$0.00	
Subtotal Curriculum Committee	\$7,750.00	\$7,750.00	\$7,053.78	
Administration Committee/BOD				
General Operating Funds	\$200.00	\$200.00	\$258.50	
Stationery/Supplies/Publications	\$600.00	\$600.00	\$521.54	
Postage/Mailing/Copying	\$200.00	\$200.00	\$9.90	
Subtotal Administration Committee	\$1,000.00	\$1,000.00	\$789.94	
Membership Committee				
Brochures/Rack Cards	\$100.00	\$100.00	\$24.35	24.4%
Stationery/Supplies	\$200.00	\$200.00	\$128.30	64.2%
Gifts/Remembrances	\$200.00	\$200.00	\$0.00	0.0%
Name Tags	\$400.00	\$862.00	\$773.97	
Newsletter/Communications	\$800.00	\$746.00	\$515.52	64.4%
Postage/Mailing/Copying	\$250.00	\$250.00	\$248.21	99.3%
Web Site (renewed Feb 2018 for 2 yrs)	\$125.00	\$179.00	\$179.00	143.2%
Telephone Services (12mo)	\$300.00	\$300.00	\$264.00	88.0%
Membership Meetings/Spec Events	\$1,200.00	\$1,200.00	\$2,882.36	158.9%
25th Anniversary (One Time Expense)	\$500.00	\$500.00	\$402.30	80.5%
Subtotal Membership Committee	\$4,075.00	\$4,537.00	\$5,418.01	
Total ES 2017-2018 Expenses YTD	\$14,275.00	\$18,966.00	\$18,870.51	6

JOIN US FOR THE ANNUAL ELDERSTUDY HOLIDAY LUNCHEON

TUESDAY, DECEMBER 11, 2018

11:00 AM to 2:00 PM

*****UNIVERSITY HALL *****

IN NORTH BUILDING ON UMW STAFFORD CAMPUS

Cash Bar Opens at 11:00; Lunch at 11:30

Holiday Music Provided by Elizabeth Ciresi on the Harp From 1:00 to 2:00

MENU

Tomato Basil Baked Flounder

OR

Sundried Tomato-Crusted Chicken Breast

Served with House Green Salad with Homemade Croutons and dressed with Balsamic Vinaigrette, Fresh Green Beans, Mashed Sweet Potatoes, Berry Trifle, Coffee, Tea and Water

\$22.00 per Person - Guests Welcome

*****PLEASE NOTE NEW LOCATION*****

DIRECTIONS TO UNIVERSITY HALL

The Stafford Campus is off of Route 17 North. If using Interstate 95, take Exit 133 North towards Warrenton. Continue on Route 17 North for 3.9 miles and turn left onto Village Parkway. Drive 0.2 miles and turn right onto University Boulevard. Drive 0.1 miles and turn right. The North Building is next to the building where the ElderStudy Classroom is located.

Complete This Form And Check One Entrée Per Person:

Name: _____

Tomato Basil Baked Flounder _____ Sundried Tomato-Crusted Chicken Breast _____

Name: _____

Tomato Basil Baked Flounder _____ Sundried Tomato-Crusted Chicken Breast _____

Name: _____

Tomato Basil Baked Flounder _____ Sundried Tomato-Crusted Chicken Breast _____

Name: _____

Tomato Basil Baked Flounder _____ Sundried Tomato-Crusted Chicken Breast _____

Amount Enclosed: _____ **Check Number:** _____

Respond by Tuesday, November 20, 2018. Make check payable to Mary Washington ElderStudy, for \$22.00 per person.

Mail to Eugenia Jones, 13812 Perimeter Drive, Fredericksburg, VA 22407-1974