



## Musings of the President

I am excited to report several relevant facts to you about our ElderStudy:

- UMW ElderStudy is an excellent value! See the Curriculum Committee's column in this issue of the newsletter for particulars
- Volunteers
  - Ad Hoc Committee data shows 53 individuals doing over 100 activities that assure smooth functioning
  - Administrative Chair change coming in July. Keith Fennell will take over from John Thompson. John deserves our gratitude for many years of faithful and diligent service guiding this strategic and critical component
  - Volunteers are needed on committees. Talk to chairs or board members to learn ElderStudy's specific needs along with amount of time and effort involved
- Leadership: three excellent candidates volunteered to serve. They have a diverse and eclectic background and have been loyal participating members. The newest members of the Board of Directors are Susanne Lazanov, Leila Davis, and Ron Gates.

In the interest of frugality, I encourage you to be sure you really need a PAPER copy of this news letter. Receiving it electronically could save ElderStudy several hundred dollars per year. When renewing your membership, please request a printed copy **only** if necessary.

I hope to see you at the End of the Year Potluck Luncheon on May 23, 2019.

Happy Learning,

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

## ADMINISTRATION COMMITTEE REPORT

Welcome to Spring !! The Spring rains have begun and the grass is beginning to grow so it will soon be time to start mowing the lawn. My daffodils are up and beginning to bloom; I have also seen the initial growth and budding of tulips.

The BIG NEWS from the Administration Committee is that Keith Fennell has volunteered to become the next chairperson of the Administration Committee effective June 6. This will allow him to shadow the Spring Committee activities associated with preparation of the draft 2019-2020 budget, the development of a recommendation regarding 2019-2020 membership fees, and editing activities associated with proposed revisions to the Policy & Procedures Document (Curriculum Committee has already requested some revisions to their chapters). Inputs for both the 2019-2020 Draft Budget and the Policy & Procedures Document are to be submitted to me as Admin Chair/ Editor **NOT LATER THAN** May 10, 2019. Drafts of both documents and a proposal for 2019-2020 membership fees will be discussed at the May 29 Admin Committee Meeting and will be presented to the Board of Directors on June 5<sup>th</sup> for their approvals.

I have enjoyed (for the most part) my opportunity to serve ElderStudy as Administration Committee Chairperson for many years and look forward to my future. Many Thanks for the opportunities to participate in ElderStudy's growth and expansion.

Respectfully, John Thompson



Keith Fennell will be the chairperson starting in June. Thank you Keith for volunteering.

## MEMBERSHIP COMMITTEE REPORT

The Membership Committee met in February to address several items of business. We recognized our membership growth as it is nearing the 400 mark! We are looking forward to reviewing input from the long range planning that has been conducted this year.

The committee reviewed several drafts of a new rack card. A new design will be decided upon at the next meeting and printed in time for the Art of Aging Expo. (Our committee mans a booth at this activity each year held in the Fredericksburg Expo and Conference Center. This year's event will take place June 12.)

The final social activity for this year will be our Annual Spring Pot Luck Luncheon. The luncheon will be held on **Thursday, May 23, beginning at 11:30 am**, at the Spotswood Baptist Church located at 4009 Lafayette Blvd., in Fredericksburg. Attached to this newsletter is a flyer sharing additional information, including what to bring. The luncheon will conclude with a musical program. To make your reservation, please phone or email Carolyn Sulima (540-786-4648 / [cmsulima@yahoo.com](mailto:cmsulima@yahoo.com)) by May 6.

We would like to give special recognition to Dottie Meyers, who has served as our longtime newsletter editor. Her service is highly valued, and each of us has benefitted by her tireless efforts. Dottie would now like to pass on those duties to another volunteer. Dottie will continue to serve as Book Club Chair.

ElderStudy is fortunate to have a strong core of volunteers who make the operation of our organization so robust. As our membership grows more volunteers are needed. The Membership Committee has vacancies in positions that are vital to our organization.

- Newsletter and Co-Editor: Newsletters are published 5 times each year. Most items for inclusion are sent to the editor, who is then responsible for layout, printing and distribution. Most members receive their newsletters electronically but some are mailed. If you are interested please let Donna Lewis or Dot Meyers know.
- Bulletin Board Display: A volunteer is needed to keep our bulletin board current and easy to read. This activity would not require a great deal of time so it would be a good way to get your feet wet in volunteering!
- General Membership Catering Contact: A volunteer is needed to order the light refreshments for the two General Membership meetings we hold each year. The orders are already on file, so this too would be a very good way to take a step in volunteering! Please consider joining our committee when we next meet April 11, at 10 am.

Members are reminded to keep their roster information up to date and submit changes to [membership@elderstudy.info](mailto:membership@elderstudy.info). New members are encouraged to pick up their permanent name tags in the back office of the classroom. We also ask everyone to help identifying members who have been infirmed or suffered a loss in their family so we may reach out to them.

Respectfully submitted,

Donna Lewis, Membership Committee Chairperson

## **CURRICULUM COMMITTEE REPORT**

Our spring 2019 semester is well underway and our members response to our programs has been enthusiastic. So far, we have had one program with 105 attendance, two with 72+ attendance, four with 61+ and six with 51+. For spring 2019, average attendance for 16 CLL programs was 56.5 members and guests up 5.0 from spring 2018. Our play discussion had an attendance of 57, our book group had three discussions with an average attendance of 18.7 and our tour had an attendance of 12.

Our dedicated sponsors have completed the planning for our fall 2019 semester. We have 48 programs confirmed to date including: nine tours; seven history & politics; six UMW, Fredericksburg & Virginia; five law, government & economics; four book group; four medicine & health care; three literature & the arts; three entertainment; three STEM; one religion; one invention & innovation and two general topics.

Please check the 2018-2019 survey of nine Virginia Lifelong Learning Institutes (LLIs) on our website under the Governance menu. Our Mary Washington ElderStudy is included in this study and compares favorably in value. Out of nine responding Lifelong Learning Institutes four had membership dues less than \$100 per year as we do, two had dues between \$101-\$199, two had \$200-\$299, two had \$300-\$399 and one had \$600-\$699. We are the only all-volunteer organization in the group. Most LLIs have a paid executive director and assistant, some also have an office manager, program coordinator or trip coordinator. We are the only organization paying our speakers and tour guides an honorarium or a donation. Most LLIs only pay for transportation. We will continue to stay in touch with this group as they hold meetings this year.

Please note that although many of our classroom programs make use of PowerPoint slides, there is no requirement to do so. We have had many enjoyable sessions on music, cooking, character presentations as well as stand up lectures. We only ask that our speakers make their materials visible to all.

Our next Curriculum Committee meeting will be Thursday 15 August 2019 at 1:00 pm in our CLL.

Respectfully submitted,

Joe Alfred, Chair

## TREASURER'S REPORT

The mid-year financial review was presented at the General Member Meeting on March 20, 2019. The related financial reports may be seen on the website. Listed below are the primary points of that report:  
Operations Report #6 (Sept 1, 2018 thru Feb 28, 2019):

### Revenue

\* Revenue from Membership fees is sufficient to cover the Approved 2018-2019 Budget (September 1, 2018-August 31, 2019)

\* Membership Special event fees of \$2,376 have covered the cost of catering at \$2,131 for the winter luncheon and Curriculum offsite fees of \$1,431 have covered the expenses of \$1,365

### Expenses

\* The BLS scholarship for the school year was fully funded at \$1,700 which includes two additional donations of presenter fees

\* All other expense categories are in line with planned expenditures for the year to date

Quarterly Balance Sheet Report #2 (Sept 1, 2018- Feb 28, 2019):

### Assets

\* The Checking Account contains all of the ElderStudy Operating funds, plus it includes the classroom contingency set aside cash and the required Capital Reserve is intact.

### Liabilities

\* There are no funds remaining to be paid out of the prior year budget and the current budget has \$6,700+ remaining for Mar-August bills.

\* The Grants to departments of participating faculty in the 2018-2019 year in the May timeframe and we anticipate having sufficient funds for those grants,

**New Volunteer Opportunities in Sept 2019**

Contact [brynpavek@aol.com](mailto:brynpavek@aol.com) if you have questions or are interested!

**Monthly Reconciliation:** It's easy and takes **one-two hours once a month** on your own time. You review the bank statement to the treasurer's income and expenditures to make sure they match. Dottie Meyers has been the person reviewing the monthly reconciliation for as long as I have been Treasurer, which is coming to year three—so she will rotate off that job.

**Annual Auditor(s):** This **once a year job** reviews the treasurer's notebook and financial reports for the year. It takes about **16 hours** and can be spread out to meet your schedule. It usually happens in late September to early October, and you have until the end of November to complete the task and use the template for a report. You go through a very clear layout of income and expenditures to make sure it tracks, and that required reports have been done. Connie Block, who has been the auditor for the past several years will rotate off.

**Thank you John Thompson!!!**

Congratulations to John Thompson on his upcoming rotation off of the Admin Chair position, I have appreciated his leadership and guidance as the Treasurer.

Respectfully Submitted,

Bryn Pavek, Treasurer

*[www.elderstudy.com](http://www.elderstudy.com) What you need to know, when you need to know it*

<b>Mary Washington ElderStudy</b>				3/5/19
<b>2018-2019 Operations Report #6</b>				
<b>Accounting Category/Subcategory</b>	<b>2018-2019 Approved Budget (6/6/2018)</b>	<b>9/1/2018 thru 2/28/2019</b>	<b>% of Plan</b>	
<b>INCOME</b>				
Membership Fees	\$19,200.00	\$24,108.00	125.6%	
NameTag Replacement Fees	tbd	\$6.00		
Interest from Certificates of Deposit	tbd	\$22.18		
Miscellaneous (excludes replacement NameTags)	tbd	\$256.00		
Membership Special Events Fees	\$3,000.00	\$2,376.00		
Curriculum Off-Site Fees	tbd	\$1,431.00		
<b>Total ES Income/Revenue</b>	<b>\$22,200.00</b>	<b>\$28,199.18</b>		
<b>EXPENSES</b>				
<b><u>Board of Directors</u></b>				
BLS Scholarships	\$1,500.00	\$1,700.00	113.3%	
Election Expenses (copying, printing)	\$250.00	\$0.00		
Grants (from excess 2017-2018 Funds)	tbd	\$0.00		
Classroom Contingency	\$0.00	\$0.00		
<b>Subtotal Board Of Directors</b>	<b>\$1,750.00</b>	<b>\$1,700.00</b>		
<b><u>Curriculum Committee</u></b>				
Speakers/Programs (Aug-Dec)	\$7,500.00	\$3,950.00	52.7%	
Postage/Mailing/Copying	\$125.00	\$32.00	25.6%	
Off-site Location Programs	tbd	\$1,165.00		
Gifts/Gratuities	\$25.00	\$0.00	0.0%	
Stationery/Supplies	\$150.00	\$0.00	0.0%	
Special Activities	tbd	\$0.00		
<b>Subtotal Curriculum Committee</b>	<b>\$7,800.00</b>	<b>\$5,147.00</b>		
<b><u>Administration Committee/BOD</u></b>				
General Operating Funds	\$250.00	\$0.00		
Stationery/Supplies/Publications	\$650.00	\$254.57		
Postage/Mailing/Copying	\$200.00	\$77.35		
<b>Subtotal Administration Committee</b>	<b>\$1,100.00</b>	<b>\$331.92</b>		
<b><u>Membership Committee</u></b>				
Brochures/Rack Cards	\$100.00	\$0.00	0.0%	
Stationery/Supplies	\$200.00	\$0.00	0.0%	
Gifts/Remembrances	\$200.00	\$17.00	8.5%	
Name Tags	\$350.00	\$357.40	102.1%	
Newsletter/Communications (3.5)	\$800.00	\$317.09	39.6%	
Postage/Mailing/Copying	\$270.00	\$181.64	67.3%	
Web Site (renewed Feb 2018 for 2 yrs)	\$150.00	\$0.00	0.0%	
Telephone Services (6 mo)	\$300.00	\$132.00	44.0%	
Membership Meetings/Spec Events	\$5,000.00	\$3,063.50	61.3%	
<b>Subtotal Membership Committee</b>	<b>\$7,370.00</b>	<b>\$4,068.63</b>		
<b>Total ES 2018-2019 Expenses YTD</b>	<b>\$18,020.00</b>	<b>\$11,247.55</b>	7	



<b>MARY WASHINGTON ELDERSTUDY</b>			
<b>2018-2019 Quarterly Balance Sheet Report #2</b>			
Reporting Period: September 1, 2018 thru February 28, 2019		<b>BOD Approved:</b>	<b>Yes</b>
Date of Report: March 5, 2019			
	<b>Description of Asset or Liability</b>	<b>As of 9/1/2018</b>	<b>2/28/19</b>
		<b>(a)</b>	<b>(b)</b>
<b>Assets</b>	<b>Operating Account</b>		
	Wells Fargo Bank Checking Account [Quicken]	\$44,222.48	\$41,213.93
	<b>Capital Reserve Account</b>		
	Wells Fargo CD 58022 [0.30%; m 10/27/2021]	\$5,213.19	\$5,221.06
	Wells Fargo CD 82954 [0.10%; m 1/3/2019]	\$5,042.66	\$5,050.29
	Wells Fargo CD 82913 [0.30%; m 9/29/2021]	\$5,283.37	\$5,295.14
	<b>Total Assets</b>	\$59,761.70	\$56,780.42
<b>Liabilities</b>	FY 2017-2018 Budget Expenses Pending	\$0.00	\$0.00
	FY 2018-2019 Approved Budget /Current Balance	\$18,020.00	\$6,772.45
	FY 2018-2019 Capital Reserve ( \$15,000 min.)	\$15,539.22	\$15,566.49
	FY 2018-2019 Grants (typically \$2000-2500)	TBD	TBD
	FY 2018-2019 Classroom Contingency	\$4,391.37	\$4,391.37
	<b>Total Liabilities</b>	\$37,950.59	\$26,730.31
	<b>Assets less Liabilities (Net)</b>	\$21,811.11	\$30,050.11
<b>Treasurer's Notes:</b>			
(a) 9/1/2018 Checking Account is actual per Quicken; CD Information is from Wells Fargo COB 8/31/18.			
Classroom Contingency is as of 8/31/2018. Total Liabilities projected at \$40,450.59 with grants; Net projected \$19,311.11			
(b) Checking Account information is per Quicken as of 2/20/2019; CD information is from 1/31/2019 Bank Statements.			
Total Liabilities projected at \$29,230.31 with grants;Net projected \$27,550.11			
Respectfully Submitted,			
Bryn Pavek, Treasurer			



## Some of our newest volunteers!!!

Board of directors voted in to serve from September 1, 2019 to August 31, 2022.



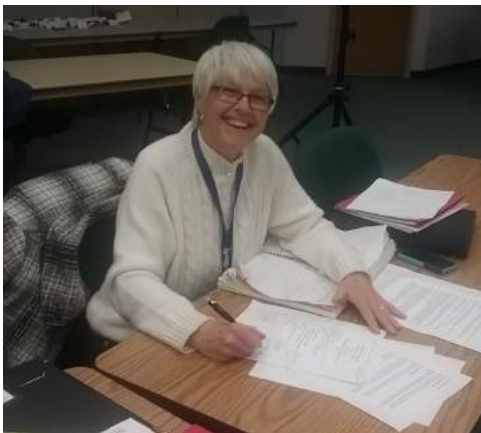
Ron Gates



Susanne Lazanov



Leila Davis



Carolyn Sulima, Secretary

## ElderStudy Spring Potluck Luncheon

Thursday, May 23, 2019

Spotswood Baptist Church  
4009 Lafayette Blvd.,  
Fredericksburg, 22408

11:30 am - Lunch and Socializing  
1:00 pm Ray Dempsey & Sue Henderson Present  
"The Great American Songbook"

If your last name begins with:

A - H	Bring a Vegetable or Fruit Salad
I - P	Bring a Dessert
Q - Z	Bring a Meat or Vegetable Casserole

Beverages will be provided by the Membership Committee

To Make Your Reservations:

Phone or email Carolyn Sulima ([cmsulima@yahoo.com](mailto:cmsulima@yahoo.com)) by Monday, May 6.  
Reservations made by email or left on voicemail will be confirmed.

Please provide:

Your name(s)

Contact info (phone and/or email)

Number attending

If you have questions, please call:

Eugenia Jones – 540-786-8987 or Carolyn Sulima – 540-786-4648

Parking and building entrance on the right side/back of the building. Follow the sidewalk and handrail beside the mobile units to the white door entrance.

## Newsletter Information - Volunteer needed to fill this position.

The Committee publishes five newsletters per year to coincide with significant ElderStudy events and mailings. The dates for the newsletters are October, December, February, April, and August. Copies are also posted on the [ElderStudy.com](http://ElderStudy.com) website shortly after publication

Editor.- Solicits material from the Board of Directors, Committee Chairpersons and any other source wishing to have information published in the Newsletter. Edits material received. Enters material in newsletter format on computer. Prepares an electronic copy in accordance with instructions provided by the printer. Determines the number of copies of the newsletter and enclosures needed, based on the number of members who receive information by USPS. Directs the printer as to number of copies of the Newsletter and enclosures. Provides an electronic copy to the webmaster for uploading on the ElderStudy website.

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