



## MESSAGE FROM THE PRESIDENT

I believe we all will be remembering where we were in the Spring and Summer 2020! It is important to look to the future and not dwell on the past. Committee meetings and Board of Directors meetings (minutes are posted on website) have continued to ensure our organization is ready for this Fall Semester. The Board of Directors reviewed the Ad Hoc Tech Committee's recommendation and voted to select Club Express as our new website management company. Club Express will make better use of our volunteers' time, improve communication within committees, and with our General Membership. Like all new things there are learning curves, the Board of Directors and I ask for your patience.

Mary Washington's University guideline is to have ElderStudy only offer online sessions this fall. The Curriculum Committee has accepted the challenge and made a strong commitment to provide members with diverse session topics! You will have an opportunity to review the Fall Semester's sessions after you have followed the instructions for registering for membership on our new Club Express website.

I mentioned the Board of Directors had been busy these past months. In addition to selecting Club Express, they made the decision to have the Fall Semester membership fee at \$0 cost to existing members. The cost for the Spring will be \$30.00 for current members of 2019-2020.

Normally, this would be a farewell President's letter, these have not been normal times. The Board of Directors asked myself and Keith Morganheim to remain in our current positions for another term. We are both looking forward to the 2020-2021 year! We have a new treasurer, Donald Caswell, welcome and thank you for volunteering. The organization was so fortunate to have Bryn Pavek not only as our treasurer but for all her hard work on the Ad Hoc Committee. Thank you does not seem enough.

Please take the time to read this August Newsletter, there are many sections with information on Club Express, volunteer opportunities, and information to share with friends about ElderStudy.

Please stay safe and healthy,  
Michelle M. Esbenshade

## ELDERSTUDY TO SHARE WITH FRIENDS

Like everything else, ElderStudy has had to adapt over the last five months to find a positive way to continue our programs virtually for at least the months of August to December. We would like to invite you to share the ElderStudy organization with new people who may not know about us or had other activities occupying their time.

Attached is a letter introducing ElderStudy, information on upcoming sessions and becoming a member. Just forward to your friends. We have reduced the new member registration fee to \$46 for this year. Did I mention that your friends do not have to live in the greater Fredericksburg area...remembering we are Zooming!

[New Member Letter](#)

## ADMINISTRATION COMMITTEE REPORT

The annual updates to the ElderStudy *Policies and Procedures* are nearly complete. The Board approved changes to multiple sections at its Special Board meeting on 20 July. However, the Membership Committee is still refining updates related to member registration and distribution of information to members as we move forward with the transition to the Club Express management system on 1 August. Those updates will be reviewed by the Board at their 2 September meeting.

During this update process, the Administration Committee realized that a number of the *Policy and Procedures* word documents/sections have developed internal “gremlins” that have corrupted the file copies. The P&P has not been completely updated in over 10 years, and most of the current P&P sections are still based on versions drafted using software that is now considered obsolete, such as Office 94 and Office 2007. Each year, committees use the previous year’s version to update a section or appendix. Committee editors use their own computers with their own version of word processing software, and like clones, the new versions eventually develop flaws that affect line spacing, page breaks, anomalies in the headers & footers, and the ability to convert from Word to PDF which allow the sections to be posted on the ElderStudy web site.

Therefore, the Administration Committee is looking for one or more volunteers to help retype the entire *Policy and Procedures* manual, to create a clean, original copy that will be used in future years. If interested, please see the Volunteer Opportunities section on page 5 of this newsletter or contact Keith Fennell at 540-809-9833.

Keith Fennell  
Administration Committee Chair

## TREASURER'S REPORT

It is with a grateful heart that I will be rotating off the Treasurer’s job with the start of the next fiscal year in September 2020. I have enjoyed serving ElderStudy in this capacity and leave you with balanced books, that I previously inherited from uber-Treasurer John Thompson.

Your funds are being left in the exceptional hands of Donald Caswell, whom I am confident will serve the organization with integrity.

My thanks to those Presidents I have worked with- Jack Allison, Chuck Block, and Michelle Esbenshade; the Administration Committee Chairs John Thompson and Keith Fennell, and all the hardworking and talented Chairs and members who served on the Administration, Curriculum and Membership Committees, and the Ad Hoc Five Year Planning Committee too. There are many wonderful volunteers in ElderStudy, and I thank you all!

Bryn Pavek

To view the 2020-2021 Approved Budget click on this link <https://mwes.clubexpress.com/> then proceed to governance and then financial reports.

## MEMBERSHIP COMMITTEE REPORT

Welcome returning and new members to what is proving to be a “novel” year both in our world and in ElderStudy. We have been working tirelessly over the summer to help our organization transition and remain relevant while retaining the high quality sessions we have come to expect.

You will notice several changes as we start this year, including the convenience of registering on line and a new look to our website. By now you should have received an email asking you to log in to our new site and check/update your information. If any changes prove to be a stumbling block for you, please do not hesitate to reach out. We are ready to provide assistance. Your membership is very important to us.

We have attempted to contact members regarding our move to a virtual classroom (Zoom). We will continue to offer training sessions to anyone in need. Please send an email to me at [membership@elderstudy.com](mailto:membership@elderstudy.com) or call 571-259-6097.

I would like to take this opportunity to express gratitude to Dottie Meyers for her years of service as sponsor of our Book Group. Under Dottie’s guidance, the group has grown and enjoyed sharing their love of reading each month. Dottie has decided to transition out of this position and Mary White will step in to coordinate this group. The first Book Group for this semester is scheduled for Thursday, September 10, at 1 pm, when we will discuss The Body by Bill Bryson (led by Chuck Watkins.)

Do you have a Facebook account? If so we would like to ask you to “Like” us there so we can see how many members would benefit from sharing information in that format.

If you are aware of any member who is under the weather or has suffered a loss, please let Susanne Lazanov ([suelaz@aol.com](mailto:suelaz@aol.com)) know so we can reach out.

You will continue to have access to newsletters, the schedule and the roster (October) online only.

We’re still here for you!  
Donna Lewis  
Chairperson, Membership Committee

*Cultivation to the mind is as necessary as food to the body.*

**Marcus Tullius Cicero**

## CURRICULUM COMMITTEE REPORT

Welcome – thanks to COVID-19, our first ever Zoom Summer is rapidly becoming our first Zoom Fall. Our dedicated sponsors, officers and committee chairs have planned 61 programs this Fall – 45 educational, 11 meetings, 4 Friday wine & cheese gatherings and 1 Virtual Holiday Luncheon--all online using Zoom.

Topic	Number of Programs
History & Politics	12
Medicine & Health Care	8
Entertainment	5
UMW, Fredericksburg & Virginia	4
Book Group	4
Literature & the Arts	4
Science, Technology, Engineering & Math	3
Law, Government & Economics	3
Religion	2

Comparing our Fall 2020 program schedule to our totals from 1993 to 2018 we see some changes. Certainly, Medicine & Health Care will be the focus of more programs than normal this fall. Tours as well as classroom sessions will resume when it is safe to do so.

Topic - 1993 to 2018	Number of Programs
Tours, Galleries & Museums	47
History & Politics	45
UMW, Fredericksburg & Virginia	45
Science, Technology, Engineering & Math	43
Book Group	41
Medicine & Health Care	36
Entertainment	34
Literature & the Arts	34
Law, Government & Economics	30

Through August, the Curriculum Committee will sponsor a Friday Wine & Cheese to share conversation, recipes and jokes; discuss happenings in Fredericksburg; and very importantly, become comfortable using Zoom for virtual meetings. In September, we will change to monthly online social meetings. SignUp for our Friday wine & cheese and for all sessions using the interactive MWES calendar on the new ClubExpress website, <https://mwes.clubexpress.com/>

All the best to you and yours this fall season - stay safe.

Respectfully submitted,  
Joe Alfred  
Chair, Curriculum Committee

## How to SignUp for a Session Using the MWES ClubExpress Calendar

Because of COVID-19 restrictions, all Fall 2020 programs will be online, using ZOOM. For that reason, **you are asked to sign up for each session that you plan to attend**, using the interactive Calendar feature of the new ElderStudy website, [MWES.clubexpress.com](http://MWES.clubexpress.com). The Fall 2020 schedule will be posted on the calendar on 10 August 2020. **If you have not already done so, please register as a MWES member and log into the website to access the calendar.** The host of each ZOOM meeting will check the list of registrants before transferring a person from the "Waiting Room" into the ZOOM meeting. Thank you for your cooperation with this new process. We all look forward to the day when we can again gather in person.

1. Log into the MWES ClubExpress website. If you are on your personal computer/device, select "Remember me on this computer" so you do not need to log in each time you want to access the website and view the calendar or schedule.
2. From the tabs on the left of the homepage, select **Sessions > Calendar**.
3. Choose the meeting you wish to attend. If you are on a computer, you can hover your mouse arrow over the Title and see a description of the meeting.
4. Click on the title; a Calendar - Event View window will open with additional information.
5. On the right, there is a "Session SignUp" button. Select it.
6. The next page is Event Registration - Who's Attending. Select the "Next" button at the bottom of the page.
7. The next page is Event Registration - Summary. You must select the "Complete Registration" button at the top or bottom of the page in order to complete the registration.
8. You may also use the "Add to my Calendar" button on the right of the screen to add the session to your online calendar.
9. You will receive a **Confirmation Email** shortly after you register.  
**PLEASE NOTE: you will receive a Confirmation Email for EACH session that you register for.** These multiple emails can be deleted if you so desire.
10. A **Reminder Email** will be automatically sent to you on the day of the session.  
(If you register on the day of the session, you may receive only the Confirmation Email and **not** the Reminder Email.)  
This Reminder Email will have a link back to the MWES website. From the website, once you log in, you can access the calendar entry for the session. Select it and the ZOOM button will be visible; the ZOOM Waiting Room will open 15 minutes before the session begins.
11. If you register on the day of a session and do not receive the Reminder Email, go to the MWES website, (log in), and access the ZOOM link through the Calendar 15 minutes before the start of the session.

### Guests:

If you wish to invite a guest to a MWES session, **please send their name, email address, and phone number to [MWESZoom@gmail.com](mailto:MWESZoom@gmail.com)**. This information will only be used to identify them before transferring them from the ZOOM waiting room into the session. We will send them the ZOOM link in a separate email on the day of the session.

## FALL SEMESTER MEMBERSHIP REGISTRATION

If you haven't received or haven't acted on our email invitation to extend your ElderStudy membership, it's still not too late. The Board waived the Fall Semester fee, so it costs \$0 to participate in over 40 virtual programs via Zoom Teleconferencing as is described in the Fall Schedule at [Fall 2020 Program Schedule](#). Whether you intend to participate via Zoom this semester or not, we certainly want to stay in touch and ask that you renew at no cost.

**Online Renewal** Your info from last year is already uploaded, but please check and update it, by going to <https://mwes.clubexpress.com/>, click "Member Login" and request a password reset to establish your account. Update any changes to your profile contact information. Make sure we have your mobile phone number (if you have one), so we can send you text message notifications of any last-minute session cancellations. (We promise to use the feature sparingly.) If you have any difficulty, please refer to the following step-by-step instructions: [Tutorial - ClubExpress Renewal](#). Note that each member of a couple has their own profile. After one member is logged in, choose "log in as a different user" in the top right corner, ask for a password reset, then use your own name to establish your account and then edit your info.

**U.S. Mail Renewal** If you decide not to establish a password protected account, you'll continue to receive email communications from us and you can access public pages of our website, but you will not have online access to "Member Only" features, including event registration and the membership roster. To complete the renewal process via U.S. mail, download and print the [Member Renewal Form Fall 2020](#)

## VOLUNTEER OPPORTUNITIES

Mary Washington ElderStudy is a 100 percent volunteer-run organization, which means that we welcome your help toward our continued success. There are many and varied areas of the organization that appreciate volunteer help -- curriculum planning, registration, tech support, event planning, and record-keeping are just a few. Being an involved member will allow us to continue offering a wide array of interesting classes, tours and events at minimal cost. At this time, we have the following needs:

**Historian:** Preserve significant records of the ElderStudy activities. Organize and research our ElderStudy archives. Provide updates for both the Administration Committee and content to use in the History Tab on the official webpage.

**Typist:** Seeking one or more individual(s) proficient and having access to Microsoft Office 2019 to retype the ElderStudy Policy and Procedures.

**Social Media Facebook:** Looking for an individual to help establish an Elder Study Facebook Group.

Performing tasks like these are a continual need that is ever changing. For the latest update please see the listing on our website for our current needs, and click the raised hand to volunteer at [mwes.clubexpress.com](https://mwes.clubexpress.com)

Please consider giving your time to the organization,  
Michelle M. Esbenshade  
President

## ELDERSTUDY RECIPES



It's not too late to submit your recipes for the Elderstudy Cookbook. There are currently 30 recipes to be included and of course more is always better! Recipes of any genre are welcome: desserts, main dishes, vegetable dishes, drinks, etc.

Please send recipes to [mwescurriculum@gmail.com](mailto:mwescurriculum@gmail.com) or to Mary Washington Elderstudy, 1301 College Avenue, Fredericksburg, VA 22401-5300

Check out the recipe below for a taste of what will be included!

### Frozen Lemon Pie

**From Linda A. Hill** - This recipe has been a family favorite for many, many years.  
(Can be made either with lemon or lime ingredients.)  
Makes 2 pies.

#### Ingredients

1 package lemon or lime Jello  
½ cup hot water  
1 can Pet (evaporated) milk, chilled  
1 cup sugar  
Juice and rind of two lemons or limes  
2 prepared vanilla wafer pie crusts

#### Directions

Dissolve 1 pkg Jello in ½ cup hot water. Set aside to cool.  
Thoroughly chill 1 can Pet (evaporated) milk in the refrigerator.  
Whip the chilled evaporated milk until it resembles whipped cream.  
Add 1 cup sugar and the juice, the rind of two lemons (or limes) and the cooled Jello.  
Pour into the two vanilla wafer pie crusts.  
Freeze overnight or until firm.



*Stay healthy, stay busy, stay connected!*



## BOOK GROUP



The ElderStudy Book Group will continue to meet through Zoom!

All meetings will be held at 1:00.

Upcoming Book Group Meetings and Selections:

Sept 10 - The Body: A Guide for Occupants (facilitated by Chuck Watkins)

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

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

To participate in the Book Group's Zoom sessions please sign up through the calendar at [mwes.clubexpress.com](http://mwes.clubexpress.com) to receive the Zoom email invitation/link.

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).