

**UPCOMING PROGRAMS PRESENTED BY LITTLE FALLS VILLAGE & LITTLE FALLS LIBRARY  
AT THE LITTLE FALLS LIBRARY - ALL PROGRAMS BEGIN AT 1:30 PM**

**RSVP by Email to [info@littlefallsvillage.org](mailto:info@littlefallsvillage.org) or Call (301) 320-3267**

**Thursday, January 10, 2019 @ 1:30 - 2:30 pm**

**“The Ritual of the First Lady: Prisoner or Platform?”** with historian and author Maurine Beasley, Professor Emerita at the University of Maryland College Park and author of several books dealing with First Ladies including a biography, *Eleanor Roosevelt: Transformative First Lady* and *First Ladies and the Media*.

In her presentation, **Maureen Beasley** will assess what makes a great first lady, whether she is a prisoner of societal expectations, and what opportunities she is given to use the White House as a platform to gain public attention for social issues. Ms. Beasley will analyze efforts by historians to rank First Ladies and will give you an opportunity to express your own opinion.

**Wednesday, January 23, 2019 @ 1:30 – 2:30 pm**

**“Teeth: The Story of Beauty, Inequality, and the Struggle for Oral Health in America,”** with author and journalist Mary Otto, former *Washington Post* Staff Writer and prominent leader of oral health topics for the Association of Health Care Journalists.

**Mary Otto’s** coverage of 12-year-old Deamonte Driver’s death in 2007, which was the result of a dental bacterial infection that spread to his brain, spurred Congressional hearings and Medicaid dental program reform. This event began her decade-long journey into the insular world of dental care in America. Ms. Otto will discuss what she learned during her time reporting about this essential, yet often overlooked aspect of our nation’s health care system. In addition, she will examine many of the other issues highlighted in her book and how those issues impact our country’s future.

**Thursday, February 14, 2019 @ 1:30 – 2:30 pm – Special Valentine’s Day Presentation**

**“Finding Purpose and Passion at Every Stage and Age,”** with journalist and author Iris Krasnow, Women’s Studies professor at American university and bestselling author of *The Secret Lives of Wives*, *Sex After...*, and *I Am My Mother’s Daughter*.

**Iris Krasnow’s** presentation will be inspiring, prescriptive and humorous as she shares how to best navigate our most intimate and meaningful relationships. The need for passion and purpose in our lives is ongoing, and Ms. Krasnow will share how we can keep it glowing and growing as we age. Ms. Krasnow is also a feature writer for national publications including *Parade*, *The Wall Street Journal*, and *The Washington Post*. She has appeared on *Oprah*, *Good Morning America*, *Today*, *All Things Considered* and *CNN*. Ms. Krasnow will offer a book sale and signing after her presentation.

**Wednesday, February 27, 2019 @ 1:30 – 3:00 pm**

**“Alzheimer’s Disease Risk Reduction,”** with Mark Mattson, Chief of the Laboratory of Neurosciences at the National Institute on Aging Intramural Research Program National Institute on Aging and Professor of Neuroscience at Johns Hopkins University.

**Dr. Mattson** will provide an overview of what is known about the factors that affect brain aging and risk for Alzheimer’s disease, and how this knowledge is being used to develop interventions, prevention and treatment of this neurodegenerative disorder. This presentation will include a discussion of risk reduction strategies based on NIH research findings.

**Tuesday, March 12, 2019 @ 1:30 – 3:00 pm**

**“Everything You Need To Know About Medical Marijuana,”** with Matthew L. Mintz, MD, FACP, Clinical Associate Professor of Medicine, the George Washington University School of Medicine.

Since medical marijuana became legal in the State of Maryland, more and more dispensaries are opening up in our area. This has caused many to ask, "What is medical marijuana?" This presentation will discuss the benefits of medical marijuana, conditions treated, how medical marijuana should (and should not) be used, as

well as how to get registered and certified to use medical marijuana. In addition to the presentation and discussion, Dr. Mintz will be available to answer your questions about medical marijuana.

**Dr. Mintz** is a recipient of the Distinguished Teacher Award from the GW School of Medicine and the Sol Katz Teaching Award from the American College of Physicians (DC Chapter). Dr. Mintz has been consistently named one of Washington Magazine's Top Docs since 2012, and is a solo practitioner in Bethesda, Maryland.

**Thursday, March 14, 2019 @ 1:30 – 3:00 pm**

**“The Truth About Social Security,”** by author and renowned Social Security expert Nancy Altman, President of Social Security Works and chair of the Strengthen Social Security Coalition.

**Nancy Altman's** third book, *The Truth about Social Security*, uses the founders' own words to debunk myths and reveal the truth about the popular and successful government program. Ms. Altman's extensive background in Social Security and private pensions includes her six-year term on the Social Security Advisory Board after being appointed by Democratic House Leader Nancy Pelosi, a position on the faculty of Harvard University's Kennedy School of government, and a chair on the Board of Directors of the Pension Rights Center. Ms. Altman will offer a book sale and signing after her presentation.

**Wednesday, March 27, 2019 @ 1:30 – 3:00 pm**

**“American Quilts and Diplomacy,”** with Le Rowell, founding member of the International Quilt Guild of Luxembourg and independent exhibition curator and speaker.

**Le Rowell** will give a multimedia presentation including quilts from her own private collection, highlighting the cross-cultural impact of quilts as both an art form and as a means of communication in different cultures. During more than 35 years of Foreign Service life at eight overseas posts with her husband, Le Rowell has promoted the art of quilt-making worldwide to build bridges of friendship and understanding. Mrs. Rowell has utilized exhibitions and presentations to capture quilts as a unique expression of American society, history and craftsmanship. She is the recipient of numerous awards, including the Order of Merit from the Grand Duke of Luxembourg for contributions to Luxembourg's cultural scene, the U.S. Secretary of State Award for outstanding volunteerism and enriching community quality of life, and the Avis Bohlen Award for contributions to advance American interests abroad.

**Thursday, April 11, 2019 @ 1:30 – 2:30 pm**

**“Downsizing in Place with Order in Your Life,”** with Penny Catterall, Owner & Founder of Order Your Life.

**Penny Catterall** will offer suggestions on where to donate and sell possessions you no longer wish to keep, how to start organizing your home and your paper/ computer files, and how to let go of the excess in your life. Mrs. Catterall is a professional organizer and daily money manager who is passionate about decluttering and bringing calm to your home. Prior to starting Order Your Life LLC, she ran two home-based businesses for almost 10 years, working as a freelance health research advocacy consultant, as well as founding Penelope Designs, for which she designed and crafted jewelry and hand-knit accessories. Mrs. Catterall's goals include helping small businesses, particularly those run by women from their homes, achieve greater efficiency and profitability by developing and implementing organizing systems that are tailored to their needs and giving her residential clients the tools to get and stay organized for the long term.

**Wednesday, April 24, 2019 @ 1:30 – 2:30 pm**

**“Suffragists in Washington, D.C.,”** with journalist, author, radio talk show host, and producer Rebecca Roberts. She is currently the program coordinator for Smithsonian Associates, where she works to highlight the history of our capitol city.

In her latest publication, *Suffragists in Washington, D.C.: The 1913 Parade and the Fight for the Vote*, **Rebecca Roberts** narrates the struggles of The National Women's Party and its leaders as they fought for women's voting rights. Ms. Roberts has served as a host on many distinguished radio talk shows such as *NPR, Morning Edition, WETA, Talk of the Nation* and *XM Radio*. Books will be available for sale and signing after the presentation.

**Thursday, May 9, 2019 @ 1:30 – 3:00 pm**

**“Making an Aging Plan,”** with Miriam Kelty, consultant in Bioethics, Aging and Research Strategy, Co-President of the Washington Area Villages Exchange, President of Bannockburn Neighbors Assisting Neighbors, Associate Director of the National Institute on Aging and Director of the Institute's Extramural Activities Programs.

**Dr. Kelty** will present information on planning for longevity, strategies for dealing with unexpected issues, and tips on making a Master Aging Plan (MAP). Attendees will be able to ask themselves the hard questions about the financial, social and safety implications of aging and care plans. Dr. Kelty is trained in both clinical psychology and in animal behavior and comparative and physiological psychology.

**Wednesday, May 22, 2019 @ 1:30 – 2:30 pm**

**“Cutting the Cord: Alternatives to Cable TV,”** with Victor Rezmovic, IT consultant and teacher at the Information Technology Institute at Montgomery College. Mr. Rezmovic is also a social psychologist by training.

During this lecture and demonstration, **Victor Rezmovic** will present popular alternatives to Cable TV and how those devices, such as Apple TV and Roku, are changing the viewing experience. He will also examine how devices such as smart phones, tablets and laptops have become the new TV sets. Mr. Rezmovic has devoted most of his career to the information technology world, doing network engineering and training. He has developed courseware to train Microsoft and Novell system administrators. Mr. Rezmovic has also customized many on site courses for corporate and government clients, such as the Veterans Administration, the Department of Defense, US Department of Agriculture, Bureau of Labor Statistics, Government Printing Office and multiple components within the US Department of Justice.

**Thursday, June 13, 2019 @ 1:30 – 2:30 pm**

**“The Last Palace,”** with Norman Eisen, chairman and cofounder of Citizens for Responsibility and Ethics in Washington, Senior Fellow at Brookings Institution, political commentator for CNN, former U.S. Ambassador to the Czech Republic (2011-2014), former chief White House ethics lawyer (2009-2011).

In his latest publication, *The Last Palace: Europe's Turbulent Century in Five Lives and One Legendary House*, **Norman Eisen** chronicles the fight for democracy in Europe through the eyes of the previous residents of the historic home where he lived as U.S. ambassador in Prague: its Jewish builder, its Wehrmacht occupier, the American envoy who fought the Cold War and the movie-star ambassador who ended it. He weaves together those lives with a fifth, his Czech-Jewish mother, a survivor of the Holocaust and Communism. Along with a discussion about this book, Mr. Eisen will discuss his work in developing anti-corruption and transparency strategies with U.S. and Czech law enforcement and his role in advancing security and defense initiatives between the two nations. The presentation will be followed by a book sale and signing.

**Wednesday, June 26, 2019 @ 1:30 – 3:00 pm**

**“Inside the White House,”** with Antoine Sanfuentes, Managing Editor at CNN's Washington Bureau, where he oversees stories on the White House and Capitol Hill.

**Antoine Sanfuentes** will discuss and draw from his two decades of experiences covering the White House and the leaders of our nation. During his 24 years at NBC News, Sanfuentes served as the Senior Vice President and Managing Editor, Vice President and Washington Bureau Chief, and Senior White House Producer. Sanfuentes has earned various awards for his news coverage, including the highly coveted Murrow Award, the News and Documentary Emmy Award for Outstanding Live Coverage of a Breaking News Story, the Gracie Allen Award and a Headliner Award.

**Thursday, July 11, 2019 @ 1:30 – 2:30 pm**

**“Don't Get Taken”** with Kelly Davis, Program Manager and Special Investigator for the Crimes Against Seniors and Vulnerable Adults Unit at the Montgomery County State's Attorney's Office. Ms. Davis also coordinates the monthly Elder and Vulnerable Adult Abuse Task Force (EVAATF) and is a member of the planning committee for Montgomery County's annual World Elder Abuse Awareness Day (WEAAD) event.

During her presentation, **Kelly Davis** will share her efforts to address the growing needs of the senior and vulnerable populations in Montgomery County throughout her career. She will also examine red flags of abuse and the best practices for financial safety. Since 2014, Ms. Davis has investigated over 200 cases of financial exploitation. Prior to joining the State's Attorney's Office, Kelly was an investigator for the Cabarrus County (North Carolina) District Attorney's Office and a Crime Scene Investigator for the Maryland State Police.

**Wednesday, July 24, 2019 @ 1:30 – 3:00 pm**

**“Bitter Memories: The Fall of Saigon,”** with Tom Glenn, author of the memoir article “Bitter Memories: The Fall of Saigon” and several novels such as *Friendly Casualties*, *No-Accounts*, *The Trion Syndrome*, and *Last of the Annamese*. Currently, he is a reviewer for the *Washington Independent Review of Books* and the *Internet Review of Books*.

**Tom Glenn** will recount his experience as an undercover signals intelligence operative in April 1975 when the North Vietnamese attacked the city. Glenn will discuss the risks he was forced to take and his choice to disobey orders from the U.S. Ambassador, Graham Martin, in order to save the lives of his American subordinates. Tom Glenn has also worked as an intelligence operative, a musician, a linguist (seven languages), a cryptologist, a government executive, a care-giver for the dying, and a leadership coach. Glenn was the Dean of the Management Department at the National Cryptologic School and has had various pieces of his work published and reprinted by *Atticus Review*, *Cryptologic Quarterly*, the *New York Times*, and more. Glenn is the recipient of the Civilian Meritorious Medal.