



LLI/NOVA Holiday Luncheon

If you haven't registered for the Holiday Luncheon on Dec. 3, your time is almost up. If you register **online**, complete your entry **by Nov. 26**. If you want to **mail** your registration form and check, they must be in the LLI/NOVA office **by Nov. 22**.

Either way, don't miss the spectacular kickoff luncheon for the Holiday Season. Join your LLI/NOVA friends and bring along non-member guests so they too can get an early start on the holiday festivities. The food will be delicious, the holiday decorations will get you into the spirit, the entertainment will make you want to ask for more, and you may even win a door prize!

Registration is easy:

- For the quickest and easiest way to register, go to our website and pay with a credit card (or by check). Click [Here](#) for a quick link to registration.

or

- Fill out the registration form and mail it to our office with your check to arrive by Nov. 22 (click [Here](#) for a copy of the form).

Questions? Contact [Bonnie Hopler](#) (click for contact information). We are looking forward to seeing everyone at this fun and festive holiday luncheon at the Country Club of Fairfax on Tuesday, Dec. 3, at 11 a.m.



Bing Free Image

President's Message

Many of us in our third-third life phase consider the month of December as the calm before the New Year's resolution storm. In January, marketing media invades every passageway to promote self-help resolutions such as getting organized, staying active, improving our physical and mental health, and more.

Statistics imply there is a need for such, even at our age. Reportedly, approximately 8 in 10 older adults in the United States have a chronic disease, and 7 in 10 have two or more. Further, half of Americans over 85 years old exhibit Alzheimer's symptoms, two-thirds of whom are women. The good news is that emerging epigenetics research suggests that our inherited genes are not necessarily fixed and that every choice we make leads to experiences that change the expression of our genes. Ergo, a healthy lifestyle of good habits leads to beneficial gene programs and good health, and vice versa.

I believe we can "stay the course" with our member activities. As LLI/NOVA members, we pursue many of these healthy lifestyle goals routinely via our classes, SIGs, and study-travel. More than half of our members attend our classes and roughly one-third attend the monthly Forums. According to a renowned Alzheimer's expert, Dr. Rudolph E. Tanzi, these activities help maintain brain health and resilience against age-related and chronic diseases.

Enjoy the December holidays as we prepare to continue bonding and learning together in 2020! In addition, this is the perfect time to give a great shout out to all of the many, many volunteers and instructors.

Happy Holidays!

Best, Anna



Bing Free Image

Automation

We hope that many of you took advantage of the convenience for making your donation to the LLI/NOVA Scholarship Program online. If you haven't done so yet, there is still time, and you can follow the guidance below. We also set up online reservation and payment for the annual Holiday Party, and we hope many of you took advantage of this time saving feature, too. Registration dates have been extended as noted on page 1.

As the Fall semester winds down, we are getting ready for Spring semester. Just like the Fall, we will be doing class registrations online.

LLI/NOVA Scholarship Online Donation

You can make your scholarship donation online and pay by credit card or by check. Simply go to the **Scholarship Program** page (main menu, click About Us, click Scholarship Program, or in the Quick Connect box, click on Scholarship Program), read about the program, and then scroll down and click the **Scholarship Donation** button. You will be able to choose donating by credit card or by check. Follow the online instructions or read the more detailed instruction [here](#) (click link). Want a quick link to the Scholarship Donation page? Just click [here](#).

Spring 2020 Semester Classes

As we did for the Fall semester, we will email you the Spring 2020 Semester Catalog and the instructions on how to register. The registration procedure will be the same as it was in the Fall, with an announced start date for registration, and

then registration will remain open for the remainder of the semester. Once again, we think the Class Planning Worksheet will be your key document as you plan your schedule and go online to register. We are consulting with the Curriculum Committee to set the dates for mailing the catalog and opening registration, but that information will not be ready in time for this newsletter. The date, however, will be no later than early December.

If you haven't registered previously for a class online, we hope that you will give it a try. We think you will find it both quick and easy with immediate feedback about your registration status. The key to online registration is having your member account set up and your password established. If you are not sure how to do that or have forgotten your password, follow the instructions [here](#) (click the link). Alternatively, contact us as noted below, and we'll be glad to assist you.

Automation Support

We want the LLI/NOVA website to be your "go to" source for everything about the organization. If you have run into a problem or if you have a good idea for something that should be on our website, let us know. Send us an email at admin@llinova.org or at webmaster@llinova.org. You also can contact us by clicking on the LLI/NOVA Website HelpDesk in the Quick Connect Box on the Home Page, or you can call our LLI/NOVA office at 703-323-3746 and leave a message.



Photo by LLI/NOVA member Fritz Ernst

Some interesting things happened during the last month as you can see from the following.

Building (CG) Room 211 Space J
8333 Little River Turnpike, Annandale, VA 22003.
Telephone: 703-323-2354



It has become tradition for members of the Richard Risk's Poetry & You class to have a Halloween theme for their last meeting in October, and October 25, 2019, was no different! As you can see, some folks reeeeeally got into character this year!

Patty Steelman, LLI/NOVA Board Member, reports that the NOVA Annandale CCI program provides student housing in a townhouse community, as well as a living allowance. My husband and I have been Social Hosts for two students, last year a young woman from Cairo, Egypt, and this year a young man from Colombia. We find the experience to be a wonderful exchange of experiences and friendship.

Please consider becoming a social host for 2020/2021. The commitment lasts from July through May and involves a monthly outing to introduce the assigned student to an American home and customs.

For more information, contact Megan Juneau (mjuneau@nvcc.edu) or Sarah Yirenkyi (syirenkyi@nvcc.edu). Or go to <https://www.nvcc.edu/ccip/>

LLI/NOVA Clothing Drive

Megan Juneau, a NOVA Annandale CCI program coordinator, sent the following note to thank LLI/NOVA members:

Sarah (Yirenkyi) and I want to thank you for the generous donation from LLI. Some of our students are experiencing winter weather for the first time in their lives and getting all the clothes and shoes needed to keep them warm is expensive! The donation from LLI was more than I expected and the students were so impressed with the piles and piles of bags that were in my office!

We truly appreciate LLI thinking of our students and supporting CCI!

Megan Juneau, Program Coordinator, Community College Initiative
Northern Virginia Community College, Godwin



LLI/NOVA member, Marilyn Boyd, adds her donation.

A message from the Food Pantry co-chairs:

Over the river and through the woods
LLI'ers keep bringing their goods.

Cereal, beans, mac and cheese,
Rice, canned goods and lots to please.

A cornucopia of good to share
So someone's pantry won't be bare.

Thanks for the food you bring with good cheer.
Take a break in December -
We'll collect in the new year - January 8!

By Betsy Pugin



Bing Free Image

NEW MEMBERS

Welcome, New Members:
We hope you will participate in our classes

and volunteer your time and talent.

Debbie Cohen Nina Klauber
Steven Cohen Susan Yohe
Sherri Finley

[At any time, if you have established a member ID and password, you can go to the Member Directory to search for contact information for a current member. At the website llinova.org click on the "Member Area" and then "Member Directory."]

Study/Travel

Give yourself a present this Holiday season and join 27 other LLI/NOVA members (and friends and family) on our June 2020 river cruise, "Romance of the Rhine and Mosel." Detailed trip information, including how to register, is on the [Study/Travel program page](#) (click on the link).

We are continuing to work on our travel selection for 2021. You can read about our selection status on our program page. If you would like to get early notification and vote on our selection, join our email list by contacting Bob Huley at studytravel@llinova.org.

Currently, we need help on the Study/Travel Committee to evaluate destinations and tours for

future trips and to provide the Study classes for our destinations. No experience required, just an interest in travel. Please let Bob know if you are interested. Happy traveling!

Special Interest Groups

Favorite Books and Tabletop Games SIGs have notified me that they will not meet in December. For any other group, please check the webpage pull down menu for SIGs.



Photo from Istanbul Blue Website

FOODIES & FRIENDS

Hoshgeldiniz!

(Welcome!) Join Foodies & Friends at **Istanbul**

Blue, a Mediterranean

Turkish restaurant, at 11:30

a.m. on Wednesday, Dec. 11. Istanbul Blue is located at 523 Maple Ave. West, Vienna, 22180 at the intersection of Maple Avenue and Nutley Street (where its predecessor, Nizam's, used to be).

At Istanbul Blue, according to the restaurant's web site, you will feel as though you walked into a comfortable and warm setting in the city of Istanbul. Owner-chef Ismet Gezgec offers a wide selection of Turkish and Mediterranean specialties in all price ranges. Separate checks will be available.

For further information on the restaurant and the menu, go to www.istanbulbluerestaurant.com. Park free in the lot outside the restaurant. The restaurant is completely accessible.

Please RSVP to our host, Mary Gauthier, at GauthierMary@msn.com or phone 703-272-7719 by Dec. 9. See you there!

Visual and Performing Arts

The combined George Washington University Museum and Textile Museum tour is scheduled for Wednesday, Dec. 4, at 11:00 a.m. [Click here](#) for more information.



Bing Free Image

LLI/NOVA member Janice Hulick, 67, passed away on Nov. 1. She was the wife of Chuck Hulick, a member of LLI/NOVA's Board.

A graduate of George Mason University, Janice began a career with the federal government, retiring from the General Services Administration.

In 2009, she joined LLI/NOVA and went about volunteering in a quiet way, always willing to lend a hand.

At one time, when a temporary Curriculum Committee chairperson needed assistance in compiling the printed class catalog, Janice took on several jobs even though she was not a member of that committee. Tasks included, among other things, listing classes chronologically, including class number and date; preparing an index of classes; and compiling a list of speakers and their contact information. She provided this assistance for four semesters.

Janice also served as a Class Coordinator by supporting her husband, Chuck, in his presentations of the "Great Decisions" classes. She arranged for classroom space and provided materials to be distributed.

She was a lifetime member of Annandale United Methodist Church.



Photo by LLI/NOVA member Joy Meyer

Calendar Year Summary

This has been such an "event-full" year that I would like to summarize what we have accomplished. Beginning in January we opened our Website due to the management expertise of Bob Huley, Buck Myers and Kathryn O'Toole. Add-ons through the year included an electronic class catalog and online registration, ability to renew membership and pay online, online registration and payment for the Holiday Party and donations for the LLI/NOVA annual scholarship. Since information is readily available online the monthly Newsletter became a historical document and a means to expand on "News & Views." Since no one can be everywhere, I look to the membership to suggest and write reports on internal innovations and share some of that wisdom you have acquired that may help other members.

We have utilized events such as the Fairfax County Positive Aging Fair, a Rotary Times TV show, and a Golden Gazette article to publicize LLI/NOVA membership. We honored Lorin Goodrich for 20 years of volunteering by adding him to the Honor Circle and naming our Academic Scholarship for him. We supplied additional Social Hosts to the Community College Initiative Program. We established two new Special Interest Groups: Mystery Books and Tabletop Games

We continued our successes of the past with excellent Forum speakers, Arts & Crafts and Information Fairs, and our Trips and Study/Travel Programs.

Since we saved the expense of designing, printing and mailing a paper newsletter, we did not need to increase membership dues while paying for Website enhancements and increased Forum room and classroom rental.

Anything I forgot to mention is due to an aging brain and not to any lack of appreciation. (*If it is a helpful excuse, use it.*) My congratulations to all the volunteers who made these achievements possible. Happy Holidays and a volunteering New Year! Mary Jablonski, Newsletter Editor