

LLI Annual Holiday Luncheon

December 2001
Volume 5 – Number 10

News & Views

Lifetime Learning Institute of Northern Virginia ♦ c/o NVCC Continuing Education ♦ 8333 Little River Turnpike ♦ Annandale, Virginia 22003 ♦ Phone (703) 503-0600 ♦ FAX (703) 503-5350

Thursday, December 13, 2001

Fort Myer Officers' Club, Arlington, VA
Abrams and Chaffee Room, 2nd Floor

Members: \$15.00;
Nonmembers: \$22.50
Bus per person: \$8.00

Cash Bar: 12 noon — 1:00 p.m.
Luncheon begins at 12:30 p.m.

Reservation and checks:
Due by November 30, 2001

There are just a few places left for the luncheon and the bus, so if you plan to attend, you will need to act promptly. Please include the total number of reservations and names. If you wish to take the bus, please make out a separate check for this and send both checks to LLI.

Security Measures:

A master list with all attendees' names will be sent to Fort Myer. **Important:** all passengers, whether in a car or the bus, must have a valid photo ID with them in order to enter Fort Myer. Every car and bus will be searched. Because of this, you may want to allow a little extra time if you are driving.

Directions for those traveling by car:

Traveling north on I-95/395 after you pass the Glebe road exit in Arlington, take the next exit marked 8A Washington Blvd./Fort Myer. Bear left onto Washington Blvd. The third exit (approximately 1/2 mile on the right) will read Ft. Myer. Enter the Post at this point (Hatfield Gate). Turn left on Sheridan Ave. and proceed to the Officers' Club on the left. Parking will be on the right and also on the left beyond the club. You may wish to verify this route on the day of the event with the Officer at the Gate.

Traveling East on Route 50: Please note that the Henry Gate is closed. You will be entering via the Wright Gate. Proceed past Washington Blvd. and the Henry Gate entrance. Once you pass that Gate (Pershing Drive) stay in the right lane and turn right at the exit for the Iwo Jima Memorial. Go to the stop sign and turn right on N. Ft. Myer Dr. Proceed a couple of blocks and, at a key intersection (Marshall Dr.), turn right to the Wright Gate. Proceed on Marshall Dr. and, at the fork in the road, take Jackson Ave. directly to the Officers' Club. Parking will be on your right.

If you are driving, we encourage you to coordinate with other members who live near you.

Bus Information:

Based on interest, we have reserved a bus for 36 people. The roundtrip chartered bus will leave from Little River United Church of Christ (across Route 236 from NOVA). Please arrive by 11:00. The bus will leave at 11:15 a.m.

You will be contacted by phone to confirm your reservation. If you have any questions, please call Marie Baglio, Luncheon Coordinator, (703) 532-4285 or Virginia Fernbach (703) 751-8369. Meanwhile, thank you for your understanding.

LLI Courses

- **Reminder** — Fall Course 1508, "Exploring Virginia State Government", will begin on Tuesday, January 15, 2002. If you registered but now find that you will be unable to attend please call the instructor, Gladys Keating at (703) 971-7421 so she can give someone on the waiting list a chance to attend.
- Computer courses will be available during January 2002. Please see the enclosed flyer for registration.
- You will be receiving your Spring 2002 Program course catalogue before the end of December.

Scandinavia: A Popular Destination

The Study/Travel trip to Scandinavia is selling out fast. According to Group Leader, Alan Mayer, only seven doubles still are available. If you are thinking about going, call Alan (703-354-0239) or email:alanmayer@cavtel.net for more information. The tour includes stops in Denmark, Norway, Sweden, and Finland with an optional extension to St. Petersburg. During the Spring Semester, we will be studying the various destinations prior to departure.

The departure date for those taking the extension is June 21, 2002. All others leave on June 25, returning on July 9. The basic cost of the trip is \$2395 from NYC/JFK. There will be a group discount based on how many sign up. The deposit to hold a reservation is \$250 per person.

Calendar of Events

December

- No Forum in December
- 4 New York City trip
- 12 Bridge Group (tentative)
- 13 Holiday Luncheon at Ft. Myer Officers' Club
- 14 Board Meeting
- 17 Mailings: Winter/Spring Catalog; Announcement of January Forum

January 2002

- 4-18 Computer Classes
- 7 Winter/Spring Kickoff
- 11 Board Meeting
- 15 Class Registration closes
- 15 Newsletter Deadline
- 18 Financial Forum: Topic to be announced
- 20 Newsletter Mailing

February 2002

- 4 Forum
- 4 Classes begin
- 11 Newsletter Deadline
- 17 Theater Group: *Joseph & the Amazing Technicolor Dream Coat*
- 18 Newsletter Mailing

March 2002

- 4 Forum
- 11 Newsletter Deadline
- 19 Newsletter Mailing

April 2002

- 1 Forum
- 15 Newsletter Deadline
- 19 Day Trip: Trolley Museum, Calvert House Inn, and Riversdale
- 21 Newsletter Mailing

May 2002

- 5 Forum/Summer Kickoff
- 12 Newsletter Deadline
- 17 Carroll County Farm Museum, Antrim Country Inn, and the Union Mills Homestead and Grist Mill
- 20 Newsletter Mailing

June 2002

- 2 Forum/Annual Meeting
- 11 Philadelphia trip

Special Interest Groups

Bridge Group

Date: Wednesday, November 28, 2001, 10:00 a.m.–2:00 p.m., Mason District Government Center (bring a bag lunch) — please call to confirm your attendance. Organizers: Gladys and Bob Bucklew (703) 631-7889

Note: Although the group usually meets twice monthly, on the second and fourth Wednesdays, we will meet only once in December. Gladys is trying to get the room on Wednesday, December 12, 2001, but please call to confirm if you wish to attend. Such calls not only confirm the meeting date for you but also afford us the opportunity to obtain sufficient card tables for attendees. All are welcome, and the group is composed primarily of single individuals as opposed to couples. We play four hands per game and change partners at the conclusion of each game. We hope you can join us!

Discussion Group — Everyone Welcome!

Date: Friday, December 7, 2001, 10:00-11:30 a.m., Ernst Cultural Center, NVCC, Seminar Room A.

Topic: The Media's Response to Terrorism

Resource Person: Virginia Fernbach

Information: Tom Buchanan (703) 281-4894

Financial Forum — Everyone Welcome!

Date: Friday, January 18, 2002

Topic: To be announced

Organizers: Virginia Fernbach (703) 751-8369 and Warren Hynes (703) 644-0672. Opinions expressed are strictly those of the guest and member speakers and do not represent endorsement by LLI. We have had some very informative sessions and hope to see you there.

Theater Group

Included in the November newsletter was a flyer for making reservations to attend the Sunday matinee performance of *Joseph and the Amazing Technicolor Dreamcoat* on January 20, 2002 at the West End Dinner Theater in Alexandria. **Please note:** the date for the LLI-allocated tickets has been changed to the Sunday matinee on February 17, 2002, since the production's opening is being delayed for one month. If you have sent in your check and cannot attend on the new date, please call the LLI office at (703) 503-0600 for a refund. Call Helen Clark at (703) 573-1671 if you have any questions.

Joseph and the Amazing Technicolor Dreamcoat is a musical about the Old Testament story of Joseph, favorite son of Jacob, and his 11 brothers. When Jacob gives Joseph a magnificent coat of many colors, his brothers become jealous and sell him into slavery, sending him off to Egypt and a series of eye-opening experiences. This heart-winning tale chronicles Joseph's reconciliation with his brothers and his triumphant return home. The exuberant music and choreography are the liveliest you'll see this side of the Nile River!

Membership Directory Update

Alan Mayer has a new e-mail address:
alanmayer@cavtel.net

Social Security News

The Virtual Retirement Index

<http://www.virtual-retirement.com/home.html>

Explore many retirement communities in one central location.

Grand Times

<http://www.grandtimes.com/index.html>

A unique weekly Internet magazine for seniors

Need Help Reading Your Medicare Statement?

http://www.medicare.gov/Basics/SummaryNotice_HowToReadB.asp

Ever wonder what all those codes on your Medicare Statement mean? The Center for Medicare and Medicaid Services has a web page that explains all.

Your Health During Times of Stress

<http://www.washingtonpost.com/wp-dyn/health/A18729-2001Sep24.html>

Doctors emphasize the basics during times of stress: rest, diet, and exercise. This is good advice any time, but especially now, when tensions are high, and a calm, healthy body will benefit you and your community.

New Regulations for Title III of the Older Americans Act

<http://www.aoa.gov/Oaa/t3regs/default.htm>

Visit the Administration on Aging web site and tell SSN what you think about the proposed regulations.

Physicians To Stress Need For Speed In Calling 9-1-1

<http://www.seniors.gov/articles/1001/911.html>

A joint call to action urging physicians to educate their patients about heart attack warning signs — and the importance of calling 9-1-1 immediately — was announced today at a news conference by the National Heart, Lung, and Blood Institute (NHLBI) and the American Heart Association.

NIMH-Funded Researchers Show Better Treatment for Depression Is Cost-Effective

<http://www.seniors.gov/articles/1001/depression.html>

Researchers funded by the National Institute of Mental Health (NIMH) have found that an inexpensive program that trains primary care providers to work with patients and mental health specialists to diagnose and properly treat depression can reduce the time that participating patients spend clinically depressed.

HHS Awards Native American Elders Caregiver Grants

<http://www.seniors.gov/articles/1001/caregiver-grants.html>

HHS Secretary Tommy G. Thompson announced today the award of nearly \$5 million in grants to 119 tribal organizations to implement the new Native American Caregiver Support Program.

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President's Corner

We had a great turnout (about 115) for the November 5 Forum to hear Dr. Ellen Frost from the Institute of International Economics speak about U.S-China relations. We thank her for her insights and thank LLI vice president Richard Risk for making the arrangements.

At the October Forum, Dr. Charlene Connolly, Provost of NVCC's Medical Education Campus, presented plans for this unique facility currently under construction near Springfield Mall. When it opens for classes in fall 2003 it will be Virginia's first campus dedicated to a particular field of study. Program offerings will include nursing, surgical technology, dental hygiene, medical laboratory, emergency medical services, pharmacy technician, respiratory therapy, health information technology, physical therapy assistance, radiography, ultrasound, and mammography. The Campus will be operated under a shared-governance agreement among NVCC, George Mason University (GMU), and Virginia Commonwealth University (VCU).

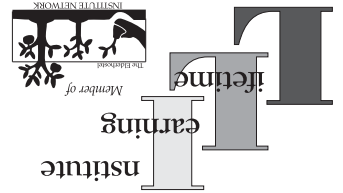
During her presentation Dr. Connolly stressed the Campus' community service focus and indicated that she was seeking business and community "partners." Following the meeting several members asked me to pursue whether LLI could become a "Community Partner." Immediate past president Alan Mayer and I received a warm reception when we met with Dr. Connolly on November 1, and we came up with these near-term possibilities: (1) she welcomes having up to ten LLI members meet with her department heads during January 2002 as a "focus group" to help plan programs for seniors, particularly in the areas of health, wellness, and fitness; and (2) she welcomes any LLI members with a background in organizational development to help her staff forge a relationship among the three institutes that will be operating at the Campus. I mentioned these opportunities at the November 5 Forum, and several members indicated an interest in participating. If any others would like to sign up please contact me before December 7, when I plan to submit the names to Dr. Connolly. I can be reached by phone (703) 425-9574, or e-mail lorin.goodrich@erols.com.

For the longer term LLI members will have the opportunity to help the Campus meet its community service commitment by mentoring and assisting in its "Medical Mall." This facility will provide clinical services, such as dental and vision care, on site to the uninsured and underinsured. We look forward to a very beneficial relationship which, hopefully, will afford us the means to offer more health, science, and fitness courses than we have in the past.

**Time Sensitive Material
Please Expedite**

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Merrifield, VA

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E-Mail: llinovva@hotmail.com



Reminders!

New York Trip December 4–6

- Tuesday, December 4, be at Little River Church of Christ no later than 6:30 a.m. We need to leave promptly at 6:45.
- Park straight ahead as you enter the parking lot.
- Bring one suitcase per person.
- Bring a photo ID.
- Lunch Stop: 10:30.

We are scheduled to return by 7:00 p.m. Thursday, December 6.

Registration

Holiday Luncheon. December 13, 2001: Reservation & check due November 30, 2001.

Philadelphia Trip, June 11–13, 2002: Reservation & deposit of \$100/person due January 4, 2002.

Accessing LLI's Website

After many months of work Memphis Norman and Alan Mayer have arranged for you to conveniently get to our site through NVCC's (Annandale) website. Here's how: go to <http://www.nvcc.va.us/annandale>, click on "Office of the Provost & Provost Staff," then click on "Related Link" Lifetime Learning Institute (LLI). Memphis welcomes your comments on the LLI website; please e-mail him at memphis_n@hotmail.com.

December

