



Volume 25—Number 3

News & Views

March 2021

Wednesday, March 3

LLI/NOVA FORUM VIA ZOOM

Social Zooming: 9:30 a.m.

Announcements: 9:50 a.m.

Presentation: 10:00 a.m.

(Click on the URL in the e mail.)

Senior Health and Welfare in Arlington

According to data analyzed in 2018 for its AARP Livability Index, both Arlington and Alexandria were highlighted for their attention to the health and welfare of seniors.

In addition, Niche, a website offering information on schools, workplaces and neighborhoods, selected Arlington as one of the best places to live and work in the United States in 2016.

Arlington excels with options to stay active whether at one of its many parks or trails or in senior fitness programs. However, housing is expensive, and opportunity and access to affordable housing can be a challenge for older adults.

At our March 3 Forum, a trio from Arlington County's Office of 55+ programs, the Aging and Disability Services Division, and the Housing Division -- Jennifer Collins, Michelle Thomas, and

Eric Timar -- will be our featured presenters.

They will explain how Arlington balances the needs of seniors with the challenges of running a small, active and increasingly youthful county, as well as leveraging the experiences of seniors to support the county.

They also will discuss how the county is balancing the need for affordable housing options for seniors, as well as for seniors who wish to age in place. This includes efforts to maintain the safety, health and vitality of Arlington's senior community.



Jennifer Collins has been serving the 55+ community for more than 25 years. She has been the program manager for Arlington County's Department of Parks & Recreation, Office of 55+ Programs since 2015 and has worked for Arlington County's senior programs for the past 16 years. Jennifer holds a degree in therapeutic recreation from the University of Florida and is a Certified Parks and Recreation Professional through the National Recreation and Parks Association.

As program coordinator of the Virginia Insurance Counseling and Assistance Program, Michelle Thomas leads a fast-paced consumer counseling program for older adults, adults with disabilities, their family members and care partners, explain-

ing Medicare benefits, coverage rules, written notices and forms, Medicaid, and more.



Michelle and her team coordinate with federal and state agencies such as the Centers for Medicare and Medicaid Services, the Department of Medical Assistance Services, the Bureau of Insurance, the

Senior Medicare Patrol, and the Social Security Administration to improve service delivery.

Michelle deems it an honor to work closely with key stakeholders like the Commission on Aging and the Northern Virginia Regional Commission to advocate for older Virginians. She holds a Bachelor of Social Work from Bowie State University, a Master of Public Administration from Old Dominion University, and is a member of the Virginia Local Government Management Association.



Eric Timar is a compliance officer with Arlington County, working in the Housing Division of the Department of Community Planning, Housing, and Development. The Housing Division monitors most of the

8,000-plus Committed Affordable rental units in the county. He joined the Housing Division in 2007; prior to that, he worked for four years in Arlington's Department of Human Services, with the Section 8 Housing Choice Voucher office. Eric has a B.A. from the University of Dayton and an M.S. from American University.

Previous work experience includes property management of public housing and a three-year term with Habitat for Humanity in Nicaragua. Eric also has served on the Housing Commission of the City of Falls Church, and volunteers with the En-

ergy Masters housing efficiency program of EcoAction Arlington.

Please join us for what promises to be a lively discussion on challenges facing counties with aging constituents.



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COMMUNITY OUTREACH

In the February newsletter, we discussed the big-picture food need and asked you to consider helping Feed America, which supports various food pantries in the area.

This month, we highlight a grassroots local group, Koinonia, serving residents in the Franconia and Kingstowne areas.

Koinonia, a 501(c)3, was founded in 1966 by local faith communities to assist in their area. The agency offers emergency financial assistance, food and clothing to qualified residents.

The number of people requesting help has skyrocketed at least 50 percent since last March, when the pandemic began. Some who previously were donors now need assistance themselves. The need will continue beyond the pandemic, as they strive to get back on their feet.

If you can assist this local group, mail a check to The Koinonia Foundation, P.O. Box 30878, Alexandria, VA 22310. You also can donate online at koinoniacares.org, or at Facebook, [@koinoniaalexandria](https://www.facebook.com/koinoniaalexandria).

See a list of most needed items at www.koinoniacares.org.



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President's Message

Current Discussions

This year, 2021, is LLI/NOVA's silver anniversary. We had planned a year-long celebration, culminating in a luncheon in May at Springfield Country Club.

But then came Covid-19.

The vaccines are arriving for some of us; however, herd immunity is not likely soon. These vaccines apparently are good at preventing disease but not necessarily so effective against transmission of the virus, which is key to herd immunity (i.e., 60-90 percent of our population). Further, a recent poll found that 15 percent of the population say they are not going to take the vaccine, thereby challenging the likelihood of herd immunity.

Nevertheless, LLI/NOVA is proceeding with a growth mindset. Our Board, committee and SIG chairs are planning for the remainder of 2021, and early 2022, during a plethora of unknowns. These unknowns range from how to present our meticulously planned silver anniversary celebration for May to practical concerns such as masks, wipes, sanitizer, and social distancing for possible in-person fall classes.

Even determining the appropriate balance between Zoom delivery and in-person classes is delicate. For example, last year our celebration was launched with special monthly newsletter articles, proclamations, a special logo, and a \$25,000 scholarship donation. But a year later, Covid-19 remains a deadly threat.

Bonnie Hopler and her anniversary committee are planning to ensure that we still have a safe silver celebration in May. That committee will

make an announcement shortly, taking into consideration compliance with CDC, Commonwealth, and NOVA guidelines.

Similarly, Dick Robison and his Curriculum Committee, now completing the summer catalog, will begin working on our fall class offerings. Securing classroom space and instructors is exceptionally difficult in general, and especially so in the world of Covid-19. For example, NOVA-Annandale has yet to announce its autumn in-person operating status, and we are uncertain how other meeting places such as churches and libraries will treat "guests" such as LLI/NOVA.

At the same time, we need to canvass members and presenters regarding one's comfort level for attending in-person classes, events and Forums. Certain classes have a better fit for in-person delivery and many instructors and participants thrive on the energy that emanates from in-person sessions.

Two other pillars of LLI -- social and travel -- also need to be reassessed, along with some of the Special Interest Groups.

And we plan to pursue further links with the American Foreign Service Association, Executive Women in Government, and other statewide LLIs to enrich our offerings and activities.

As IBM's Thomas J. Watson said in 1911, "By THINK, I mean take everything into consideration." Thus, THINK became IBM's slogan. LLI/NOVA is also thinking -- and trying to take everything into consideration to build an interesting yet safe slate of offerings for our members.

Stay safe. Best, Anna



Snippets from the Feb. 14 Colombia Fireside Chat

This chat was an extraordinary opportunity for cultural enrichment.

The Colombia session with our members was co-hosted with NOVA's CCI Director, Megan Juneau, Program Coordinator, CCI Program, Office of International Education and Sponsored Programs, and was comprised of five students from distinct regions and subcultures within Colombia.

There was a lively Q&A session along with a professional quality PowerPoint the students produced. It included mini videos featuring beautiful parks, mountains, regional dances, and cuisine. This presentation will be posted on our website when it is available. Also, check our website for a listing of the remaining Fireside Chats and register via the Class and Event Calendar ([click here](#)).

Some of the points the students raised:

- Each of the featured regions has its own culture, cuisine and, often its own dialect.
- The dominant subgroups (i.e., Mestizo and White, 87.6%; Afro-Colombian including mulatto, Raizal, and Palenquero, 6.8; Amerindian, 4.3%; unspecified, 1.4%, as estimated in 2018) are unique with their traditional dances, festivals, and cuisine. It was a pleasure listening to each student proud-




ly articulating his or her sector's unique qualities.

- Sixty percent of the population lives in the highland Andean interior region of the Andes around Bogotá, Medellín, and Cali, where agricultural opportunities and natural resources are found. The vast, beautiful grasslands of the llanos/Amazon to the south and east, which make up approximately 60% of the country, are sparsely populated.
- Internet access in some very rural areas has stronger connectivity than what some are experiencing in their Annandale, Va., residence.
- Consensus was that their government-provided health care was as good or better than many private plans.
- Many learned and enhanced their English-language skills by listening to U.S. music and watching American movies.
- It was postulated that social and racial biases, including government subjectivities, are akin to those being addressed in many countries.
- Colombia is Latin America's fourth-largest oil producer and the world's fourth-largest coal producer, third-largest coffee exporter, and second-largest exporter of cut flowers.



Photo by LLI/NOVA member, Jona Wheeler

Register now for these March Fireside Chats
with students/young adults from the following countries
Sundays 7-8:30pm via Zoom ([register here](#))

 <p>A map of West Africa with Côte d'Ivoire highlighted in orange. Neighboring countries labeled include Mali, Burkina Faso, Guinea, Liberia, and Ghana. Major cities like Yamoussoukro and Abidjan are marked, along with the Gulf of Guinea.</p>	<p>Cote d'Ivoire</p> <ul style="list-style-type: none"> • Southern West Africa • Slightly larger than NM • 28 million population; 52% urban • World's largest cocoa producer
 <p>A map of the Caribbean island of Hispaniola, with the Dominican Republic highlighted in green. Neighboring Haiti is to the west. Major cities like Santo Domingo, Santiago, and Puerto Plata are labeled, along with various provinces and geographical features like Cape Engano and Isla Saona.</p>	<p>Dominican Republic</p> <ul style="list-style-type: none"> • Caribbean between Puerto Rico and Cuba; sharing the island of Hispaniola and Haiti • Roughly size of Vermont • 10 million population; 94% under 65 • Source of the highest number of (non-US) Major League Baseball players
 <p>A map of India showing its states and union territories. Neighboring countries like Pakistan, China, and Bangladesh are visible. Major cities like New Delhi, Mumbai, and Chennai are marked. The map includes a legend for international and state/UT boundaries and state/UT capitals.</p>	<p>India</p> <ul style="list-style-type: none"> • Southern Asia, bordering the Arabian Sea and the Bay of Bengal, between Burma and Pakistan West Sub-Saharan Africa; almost half the size of US • 1.2 billion population; 95% under 65 • Indian film industry is the largest in the world • Services are the major source of economic growth



In Memoriam

Former LLI/NOVA member Warren Hynes passed away on Feb. 8. Warren and

Trudy were two of our 38 charter members. Warren's many interests in LLI/NOVA included joining fellow members on both domestic and international trips, including a trip to Portugal. He enjoyed attending many different types of classes, particularly those conducted by the National Park Service.

Warren always attended the LLI/NOVA picnics. The theme of one of these picnics was "Take Me Out to the Ballgame." Warren and several of his fellow members served as players on the LLI/NOVA Baseball Team. As a native of New England, Warren always loved baseball and never lost his loyalty to the Boston Red Sox, although he also enjoyed watching the Washington Nationals.

Summer Educational Program

The Curriculum Committee would like to enlist your help in planning our summer program, which runs from June 1 to Sept. 3.

If you have ideas for topics that you think members of LLI/NOVA might enjoy, go to llinova.org, pull down the menu under "Classes," and scroll down to "Propose a Class." Proposals may be submitted online until March 15.

We will continue to offer Zoom classes through the summer and perhaps into fall. Resuming in-person classes and activities will depend on when NOVA-Annandale opens and whether the classes and activities meet applicable CDC guidelines.

For questions or concerns, contact Dick Robison (the_robisons@verizon.net).

Many thanks for your interest and participation!



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NEW MEMBERS

Welcome, New Members: We hope you will participate in our classes and volunteer your time and talent.

Norman Bayne

Ronald Orr

Anne Simpson

[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."]



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Motivational quotes from wealthygorilla.com

"When tempted to fight fire with fire, remember that the Fire Department usually uses water." – **Unknown**

"I am an early bird and a night owl... so I am wise and I have worms." – **Michael Scott**

"The best things in life are actually really expensive." – **Unknown**

"If at first you don't succeed, then skydiving definitely isn't for you." – **Steven Wright**

"It took me fifteen years to discover I had no talent for writing, but I couldn't give it up because by then I was too famous." – **Robert Benchley**

"The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it." – **Terry Pratchett**

"Leadership is the art of getting someone else to do something you want done because he wants to do it." – **Dwight D. Eisenhower**

"Think like a proton. Always positive." – **Unknown**

"A diamond is merely a lump of coal that did well under pressure." – **Unknown**

"The light at the end of the tunnel has been turned off due to budget cuts." – **Unknown**

"You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself." – **Sam Levenson**

"Even if you are on the right track, you'll get run over if you just sit there." – **Will Rogers**

"I always wanted to be somebody, but now I realize I should have been more specific." – **Lily Tomlin**



Special Interest Groups

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Favorite Books Club

March 18, 11:30 a.m. - 1 p.m.
Zoom Meeting



Photo by Buck Myers

Our selection for Women's History Month is "A Woman of No Importance," a biography by Sonia Purnell. In it, she uncovers the secret life of Virginia Hall, a Baltimore socialite who talked her way into the Special Operations Executive, the spy organization dubbed Churchill's "Ministry of Ungentlemanly Warfare." She became the first Allied woman deployed behind enemy lines -- despite her prosthetic leg --- and helped to light the flame of French resistance, revolutionizing secret warfare as we know it.

introduced the group to training tutorials that helped improve our techniques in the use of lighting, composition, portrait, landscape, action photography, and other skills.

Each meeting has a theme. Members are provided with on-line sources of inspiration and instruction, and then assigned a photo theme to challenge and exercise new skills. There is so much to explore and learn in photography. As we improve, we immediately see satisfying progress in the quality of our photos and those of our group.

Photography



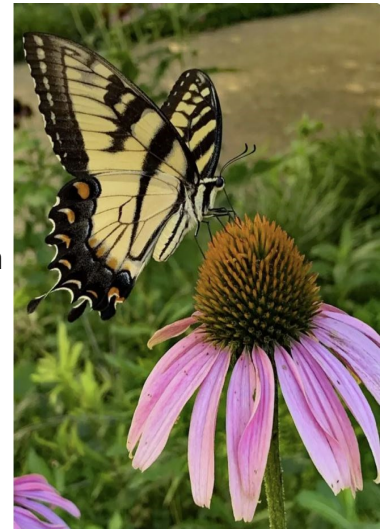
In October 2010, a new SIG for photographers was proposed by Peter Schwarzkopf. The first meeting took place in March 2011, was led by Buck Myers, and continues under his leadership today.

The group consists of 12 to 16 members with various skill levels and interests. It meets on the third Friday of each month at the Braddock District Government Center.

The original plan was to host monthly discussions topics, such as improving our picture-taking skills, gaining a better understanding of how to more effectively use our cameras, and how to download and edit digital pictures on a computer.

While this is still a large part of our meeting format, it has become so much more. Buck

In-person meetings were halted in early 2020 because of COVID-19 restrictions; however, the Photography SIG continues on-line. Members' monthly theme photos, along with their comments, are posted on LLI/NOVA's website for the enjoyment of all. Members also contribute their photos to the LLI/NOVA monthly newsletter, and photos of various events and activities are posted on the website.



Photo, Mary Lu Bednarsky

For more information and to see our monthly photos, please visit our website at: <https://llinova.org/index.php/sigs/photography>. New members are always welcome.

Special Interest Groups (cont.)

Tabletop Games



The Tabletop Games SIG began in January 2019 when Connie Fullerton, Mary Jablonski, Richard Davis and Mary Lu Bednarsky met at Connie's home in response to a fall membership survey. After finding a place for the participants to meet, we were on our way to fun and games. We had barely gotten our feet wet when the PANDEMIC struck.

This SIG is composed of members who love to play games of all kinds and looked forward to the in-person meetings. Until we can do that again, we have gone through a SEQUENCE of emotions trying to traverse this LABYRINTH of health-care restrictions. It BOOGLES our minds as to how long this can go on and it makes one feel like taking a MEXICAN TRAIN to escape it all! As UNO, we can't travel right now, but the everyday TRIVIA tasks keep us going. Please consider joining this small, but fun-loving group. You may find yourself saying, "I'm SORRY I didn't join this group sooner!"

Meanwhile, we have successfully played our first Zoom game of Big Boggle, almost as much fun as in person. Bob Glomb won the January Trivia Game. On our usual game day, Feb. 23, we will again play Big Boggle on Zoom and send out a new set of Trivia questions. Contact Mary Lu Bednarsky [here](#) if you wish to join either or both games.

The Walkabouts



A walking group, creatively named the Walkabouts, was formed by Liddell McLeod in November 2006. This group of women enjoyed walking

together every other week and initially gathered at Eakin Community Park at noon. The time was selected so that members could attend 10 a.m. and 1:30 p.m. classes if they chose.

Merry Macke took over leadership of the Walkabouts when she joined LLI/NOVA in December 2006. She identified and led more than 28 walks in Fairfax County parks.

Other members of the group volunteered to lead other excursions, such as through the Foxstone Park in Vienna. It is known as "spy park" because former FBI counterintelligence agent Robert Hanssen was arrested there in February 2001 and charged with being a Russian spy.

Two huskies, Tito and Cheetah, joined us occasionally. Because we mostly walked through shady paths, the heat of the summer was not necessarily a problem. The group was put on hold in 2019 but, since walking is so important for the health of seniors, Merry is hopeful the group will be reinstated.



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