



**Wednesday, January 5**

## **LLI/NOVA FORUM VIA ZOOM**

Social Zoom: 9:30 a.m. Announcements: 9:50 a.m. **Forum Presentation: 10:00 a.m.**  
(Click on the link in the email announcement)

### **Adapting and Coping with Brain Injury**

Presenter: **Joanne E. Cohen**, M.A., Certified Brain Injury Specialist/Managing Partner, CTAT, LLC and Senior Organizational Consultant.

Adversity is something we all face in our lifetime. Getting through the situation is first and foremost. We can then ask why it happened, what can I learn from it, and how can I help and support others?

Joanne Cohen was in a car accident in 1992 while vacationing in the Bahamas, and her life was changed forever. She was unable to walk, and a year later she discovered many of her personal challenges were due to a Traumatic Brain Injury (TBI). She has overcome many obstacles, leading to a remarkable and inspirational story of recovery. Joanne joined Coaching, Training, and Transformation (CTAT), LLC, in 2010 and is currently a Managing Partner for CTAT, LLC, as well as Vice President of the Brain Injury Hope Foundation, a non-profit organization that serves people with TBI.

Joanne now educates and shares insights with brain injury survivors, family members, caregivers, friends, as well as professionals who will be or are working with TBI or PTSD survivors coping with cognitive and other changes, challenges, and difficulties. She encourages commitment to living one's life to the fullest as a "new and different you," working to achieve yet another "new normal," and moving from surviving to the goal of "thriving." She will share her experiences and insights with us in her presentation.

Joanne has over 40 years combined experience in coaching, consulting, organization development, facilitation, and training, both domestically and globally, with industry and higher education classes. Joanne proudly published her first book, "Getting Hit, Getting Up, and Moving Beyond: My Journey Through Brain Injury" in June 2020. LLINOVA is excited to welcome her to our Forum, which promises to be fascinating and enlightening. She is the sister of Steve Cohen, LLI Board member and frequent lecturer.



## President's Message



Best wishes to our members and their families as we ring in the New Year!

If you still have shopping to do, please consider gifting a year's

LLI/NOVA membership. The opportunity for learning and fellowship could be the most memorable present you give. The process is simple and the information and instructions are on LLI/NOVA's [website](#).

More than 100 LLI/NOVA members and their guests attended our Holiday Luncheon/25th Anniversary Celebration on December 2 at the Country Club of Fairfax. Bonnie Hopler and the Special Events Committee did a fantastic job coordinating all of the elements that went into making this an enjoyable and festive afternoon.

The celebration of LLI/NOVA's 25th Anniversary corresponded with the creation of an annual LLI/NOVA award to be presented at our Holiday luncheons. Our Meritorious Service Award is to be presented to a member or members who have made extraordinary contributions to our organization. A plaque with the names of honorees will be displayed in our office on the NOVA campus, and each honoree is presented a certificate. In this inaugural year we have two honorees who received their certificates at this special event:

- Nan Peck, for coordinating countless classes, liaising with NOVA Administration, recruiting current and retired professors to instruct LLI classes, serving on the board, creating our social media presence, and tirelessly promoting LLI.
- Robert Huley, for his long-term board service, leading the effort to maintain our website, chairing committees including championing our Study/Travel Committee, coordinating our bridge SIG, and serving as our historical memory.

At our December meeting, the Board authorized the Membership Outreach Committee to spend up to \$350 to facilitate its extensive efforts to promote membership growth and retention. That committee will present a detailed budget at the January Board meeting.

The Board retired the inactive "Administrative Review Committee" and created a "Newsletter Committee," consisting of Board member Cathy Becker as its chair and the two other LLI members currently producing the newsletter.

This year's Nominating Committee Chair, Pat Neri, reported that the committee has recruited nominees to fill board seats becoming vacant next year. Incumbent officers will be renominated to the positions of President, Vice-President, and Secretary, and a new Treasurer nominee has been identified. Officers and new board members will be elected at our annual business meeting in May or June. Our general membership will be notified of the time, place and agenda of the business meeting at least 30 days prior in accordance with our by-laws.

### Registration for Spring 2022 Classes has begun

Classes begin January 4.

The class catalog may be found [here](#):



Welcome to our new member, Palmore Clarke!  
This membership was gifted by Derick Malis.

# Holiday Luncheon & 25<sup>th</sup> Anniversary Celebration “Celebrate & Anticipate”

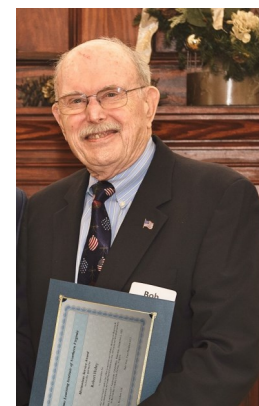
December 2, 2021  
Country Club of Fairfax



LLI members and guests welcomed the holiday season at the annual luncheon, happy to be together in person again after months of meeting via Zoom. After much anticipation, we were excited to celebrate the wrap-up of the 25<sup>th</sup> anniversary year.



President Derick Malis led an anniversary toast and recognized many of the past presidents. Left to right: Derick Malis, Anna Dixon, Paul Hopley, Lorin Goodrich, and Scott Pinckney. Seated: Norma Hughes



Derick presented the newly-established Meritorious Service Award to Nan Peck and Bob Huley. The award was created to recognize one or two members who have made extraordinary contributions to LLI/NOVA. The award will continue to be presented at the holiday luncheon annually.

Supervisors James Walkinshaw (Braddock District) and Pat Herrity (Springfield District) attended. Supervisor Walkinshaw congratulated LLI on its 25<sup>th</sup> anniversary and thanked us for our years of service to the community.

LLI member Doug Johnson served as the emcee, and Fritz Ernst served as photographer for the program. Door prizes were given to six lucky recipients, with names chosen at random. Thanks go to Dick DiBuono, President from 2007 to 2009, for providing many of the door prizes. New member Rod Dyck won a gift card and goodies from Trader Joe’s.



Supervisor Walkinshaw



Bonnie Hopley and Rod Dyck



**THANK YOU** to our luncheon committee. Left to right: Mary Lu Bednarsky, Lynda Brittain, Bonnie Hopley, Jeri Mullarkey, and Joyce Moncrieff

## 25<sup>th</sup> Anniversary Celebration SIG Table Decoration Winners

Photos by Fritz Ernst. More photos [HERE](#).



LLI members have the golden opportunity to participate in Special Interest Groups (SIGs).

SIG leaders made centerpieces for the luncheon tables and were awarded prizes for best use of theme, most colorful, most creative, most original, and prettiest.

**Best use of theme:** The Lunch Bunch, by Bonnie Hopley



**Most colorful:** Community Outreach, accepted by Joyce Pomeroy (left) and Betsy Pugin



**Most creative:** Mystery Book Club, by Mary Lu Bednarsky



**Most original:** Photography SIG, presented to Arlene Gribben



**Prettiest:** Visual and Performing Arts, accepted by Anna Dixon

## Community Outreach



We are entering a new year and the need in our community for food donations remains high. Food for Others reports that they are serving 1,855 households a week. They rely on food drives and food rescue operations (picking up discarded food that is still usable from grocery stores or other retail food establishments). Since LLI is not in a position to do a food drive at this time, we are asking our members to consider:

- Making a check payable to Food for Others and mailing it to: Food for Others, 2938 Prosperity Ave., Fairfax, VA 22031
- Donating online at [foodforothers.org](http://foodforothers.org) using credit card, eCheck, or Paypal.



Your continued support is deeply appreciated.

## Special Interest Groups



## Financial Discussion



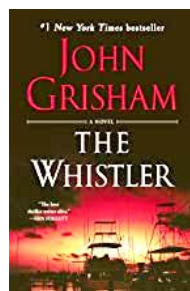
Thursday, January 13, 1:00 p.m.  
Braddock District  
Governmental Center  
meeting room, 9002 Burke

Lake Rd. (Kings Park Library building)

Does the stock market confuse you, abuse you, amuse you, excite you, frighten you, or delight you? Join us on the second Thursday of each month!

Contact Doug Johnson, [llinovadoug@gmail.com](mailto:llinovadoug@gmail.com)

## Mystery Book Club



Monday, January 3  
1:30 p.m. – 3:00 p.m.

Book: "The Whistler" by John Grisham



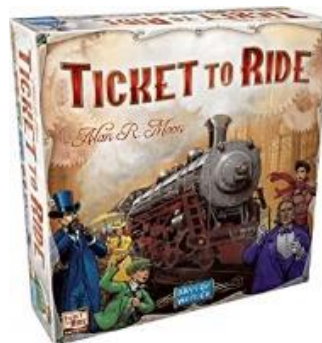
Monday, February 7  
1:30 p.m. – 3:00 p.m.

Book: "The Last Flight" by Julie Clark

Location: Kings Park Library

Questions? Contact Mary Lu Bednarsky,  
[mlbednarsky@gmail.com](mailto:mlbednarsky@gmail.com)

## Tabletop Games



Tuesday, December 28, 1:30 p.m. - 3:00 p.m.

Location: Kings Park Library

New member Rod Dyck will showcase two games: "A Ticket to Ride" and "Las Vegas Royale."

The group generally meets on the fourth Tuesday of the month. The January meeting will be Tuesday, January 25, 1:30 p.m. to 3:00 p.m.; games to be determined.

Come join us for some fun and laughter!

Questions? Contact Mary Lu Bednarsky,  
[mlbednarsky@gmail.com](mailto:mlbednarsky@gmail.com)

## Favorite Books Club



Thursday, January 20,  
11:30 a.m. to 1:00 p.m.

Location: Braddock District  
Governmental Center  
meeting room, 9002 Burke  
Lake Rd.

Our selection this month is the graphic novel "They Called Us Enemy," a memoir by George Takei. In 1942, when he was four years old, Takei and his family were rounded up and shipped to a "relocation" center. He describes those years behind barbed wire, the joys and terrors of growing up imprisoned there, and the way that it shaped his family and his future.

Questions? Contact Lynne Smaldone,  
[smaldonega@hotmail.com](mailto:smaldonega@hotmail.com)

## Photography



Friday, January 21, 10:00 a.m. - noon

Braddock District Governmental Center  
meeting room, 9002 Burke Lake Rd. (Kings  
Park Library building)

New members are always welcome, no matter  
your experience or level of expertise. Meetings  
are held on the third Friday of every month.

Regular cameras as well as cell phone  
cameras are used by members, so no special  
equipment is needed.

Contact Buck Myers, [hbm@hbmphoto.com](mailto:hbm@hbmphoto.com)

## Foodies and Friends – Comfort Food for Winter Blues

Thursday, January 20, at 10:00 a.m.

**The Original Pancake House**  
7395 Lee Highway, Falls Church



Join us for an old-fashioned  
pancake feast! This is a  
casual affair enabling us to  
enjoy coffee and engage in  
conversation as long as we  
want. Parking is plentiful  
and the restaurant is accessible. Please RSVP  
to [pattivolz@verizon.net](mailto:pattivolz@verizon.net) by January 18 if you  
plan to attend so I can alert the restaurant to  
an approximate number.



A recent study has found women who carry a  
little extra weight live longer than men who  
mention it.

Remember back when we were kids and every  
time it was below freezing outside, they closed  
school? Yeah, me neither.

It's weird being the same age as old people.

So, if a cow doesn't produce milk, is it a milk  
dud or an udder failure?

Corona Coaster: noun; the ups and downs of a  
pandemic. One day you're loving your bubble,  
doing work outs, baking banana bread and  
going for long walks; and the next, you're  
crying, drinking gin for breakfast and missing  
people you don't even like.

We all get heavier as we get older, because  
there's a lot more information in our heads.  
That's my story and I'm sticking to it.