

## Next LLI Forum

**Tuesday, January 12, 2010, at 10 a.m.**  
**(Social Time at 9:30 a.m.)**

### *What You Always Wanted to Know About Medicare, Supplemental Plans, and Related Health Issues*

“Mr. Medicare” is the name some people in Fairfax County call our expert speaker, Howard Houghton. Mr. Houghton is the Program Coordinator of the Virginia Insurance Counseling & Assistance Program (VICAP). This is a **free** counseling program for individuals who need help understanding Medicare, Medicare supplemental health insurance, managed care plans, Medicaid, long-term care insurance, prescription assistance plans and medical billing issues. Mr. Houghton supervises 18 counselors who are trained on most health insurance issues, and have been certified by both the Virginia Department for the Aging and the Virginia Bureau of Insurance to provide counseling on these matters. Mr. Houghton will provide some history about the fight for Medicare and give us a most interesting look at how Medicare is administered and how the program is likely to fare under the proposed health reform plans.

Please note that our LLI Forum will be held on the second Tuesday of January 2010 to accommodate the Provost and Faculty of NOVA College. Mark your calendars and bring your questions.

**Please Note:** *Parking is in the pay parking garage (\$1/hour). Parking in the B and C lots is by permit only.*

### **Mark Your Calendar for Future Forum Topics**

**February 2:** The area’s well known Dr. Gridlock will be our Forum speaker.

**There is no Forum in December.**

## LLI Student Scholarships

Doris Balinsky, dorbal123@gmail.com

**P**lease remember to make your TAX-DEDUCTIBLE contribution for these deserving scholarships before year’s end. We sent you a letter last month with bios of some of our former winners’ very moving stories. One of this year’s winners, LIDUINA NGUNDAM recently sent me a letter showing how our scholarship money is helping her further her studies. She writes:

“I started the nursing program this summer at UVA and it was amazing just how much I learned in just 6 weeks! I have developed an even deeper appreciation for nursing and I really look forward to advancing my education in the field. I was admitted as a third year student so this semester, I do my clinical rotation on the pediatric unit. It is sad working with sick children but I am glad that at the very least, the ones we see at the hospital have access to the healthcare they need. I have not yet had a chance to work with cancer patients (as oncology is my intended specialty) but I look forward to the experience next semester and part of my fourth year. As for next summer, I have applied for the Summer Nurse Technician program at Georgetown University which will run from June 7 through August 13. I am keeping my fingers crossed for good news! I must add that, I really appreciate the nursing faculty here at UVA for they are all extremely dedicated to nursing and nursing education. They are very knowledgeable, kind and patient. I am convinced I am getting excellent nursing theoretical and skills training here. **So once again, I would like to thank the Lifetime Learning Institute for helping ease my transition to this fine educational institution. I forever remain in your debt as well as that of my community.** Please say hello to all the members I had the honor of meeting and talking with at the award ceremony in May.”

*Hope to see you at the  
LLI Holiday Luncheon  
on December 9.*

# Calendar of Events



## December 2009

- No Forum, no newsletter
- 4 Winter update deadline
- 4 Trip: Candlelight tour of Mt. Vernon
- 9 LLI Holiday Luncheon
- 11 Board Meeting
- 14 Update Mailing

## January 2010

- 8 Board Meeting
- 8 Newsletter Deadline
- 12 Forum Meeting (*NOTE the date is the second Tuesday*)
- 18 Newsletter Mailing

## February 2010

- 2 Forum (Tues.)
- 12 Board Meeting
- 12 Newsletter Deadline
- 22 Newsletter Mailing

## March 2010

- 2 Forum (Tues.)
- 12 Board Meeting
- 12 Newsletter Deadline
- 22 Newsletter Mailing



## Members

Louise Blakely 703-451-2084  
blakelylk@yahoo.com

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

**Elaine Norby**, 5627 Ravenel Ln., Springfield, VA 22151, (703) 321-9097, elwan@cox.net

**Wayne Norby**, 5627 Ravenel Ln., Springfield, VA 22151, (703) 321-9097, elwan@cox.net

**Dianne V. Purdy**, 14723 Saint Germain Dr., Centreville, VA 20121, (703) 449-0615, reddianne@aol.com

**Donna L. Soderholm**, 5535 Queensbury Ave., Springfield, VA 22151, (703) 321-9546, dtapdancer@hotmail.com

**Catherine Williams**, 3434 Glen Carlyn Dr., Falls Church, VA 22041, (703) 820-6066, catherinewilliams@cox.net

**Clyde Williams**, 3434 Glen Carlyn Dr., Falls Church, VA 22041, (703) 820-6066, cwilliams92@cox.net

### Update

**Doug and Leona Johnson**, 410 S. Maple Ave., #228, Falls Church VA 22046, (703) 682-3115. Same e-mail.



## IMPORTANT: Report Address Changes

Laura Charron, Administrator

**Please, remember** to notify the LLI office as soon as possible of a new e-mail address as well as a change in mailing address and/or telephone number. Notify the office by phone at 703-503-0600, or e-mail at [llinova@juno.com](mailto:llinova@juno.com).

## Office Closed

The college and LLI office will be closed for the Holidays on the following dates:

November 24 – 30, 2009  
December 24 – January 4, 2010

## Winter/Spring Catalogue



Mailing of the Winter/Spring 2010 catalogue will be during the first week of December. Since several classes begin during January, the closing of registrations will be December 31. After registration closes, members will be enrolled only in classes which have not been filled.

### LLI Board of Directors

<b>President:</b> Paul Hopler	<b>Members:</b> Terry Brittain 11*,
<b>Vice President:</b> Bob Huley	George Chalou 12, Dick DiBuono 10,
<b>Secretary:</b> Karren Scott	Paul Hopler 11, Norma Hughes 12,
<b>Treasurer:</b> Phil Runge	Bob Huley 10, Ed McKnight 12,
<b>Assistant Treasurer:</b> Warren Hynes	Liddell McLeod 10, Marianne
<b>Past President:</b> Dick DiBuono	Moerman 10, Moe Moser 11,
	Barry Newman 10, Phil Runge 11,
	Karren Scott 12, Mary Underwood 11

\* year term ends

**Administrator:** Laura Charron

### Newsletter Staff

**Newsletter Co-Editors:** Norma Hughes 703-960-6279 nah.home@verizon.net and Lynda Brittain 703-425-8240 brittain@cox.net

**Graphic Design/Desktop Publisher:** Alfred Brothers

**Mailing Coordinator:** Bo Kelley

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## President's Message

**R**emember that we describe our organization as "LLI/NOVA is a non-profit, member-run organization dedicated to providing continuing educational opportunities to older adults." This month I want to look at the "non-profit" aspect. It is typical to be concerned about the "bottom line" for a profit-making company and be sure the profit is there. Sometimes when we are associated with a non-profit organization, members tend to forget about the financial part; somehow, the money takes care of itself. Just the opposite is true, and it is important to keep a close watch on financial aspects. For LLI this starts with an accurate record of all expenses and our fastidious watcher is the treasurer, Phil Runge, who makes sure every expense and deposit is appropriate, fully documented, and carefully recorded. Our administrator, Laura Charron, keeps a close watch on the office expenses and the receipt and deposit of membership dues and other checks. We need to be sure all of these follow a plan, which is the budget.

The budget committee under Bob Huley prepares the draft budget which is approved by the board and then the general membership. During the year, the budget is adjusted if required to accommodate unexpected changes. In addition, there are certain items such as trips, special events, scholarships, special class costs, etc., which are self-supporting and outside the budget, but must be watched just as carefully. At each board meeting, all income and expenses are reviewed and each board member is responsible for certain accounts. The board is also developing a series of policies that address critical financial issues. As an overall check, each year we request an external member-run review of the finances. Last year this was compiled by an audit committee headed by Karren Scott; this year the committee was headed by Charles Hulick. These committees provide a close watch on our procedures and yield excellent suggestions on how to improve our approach.

The end results, of course, are to make sure the funds are spent appropriately and we neither over spend nor make a "profit." There are variables that complicate the process. To protect against a shortage, the board has designated \$12,000 (about three months' expenses) as a special reserve that can only be used when the organization is in extreme financial trouble. Over the last few years, due to efficient management, our non-critical reserve has continued to grow. The board is exploring how these funds can be used to efficiently and effectively improve the operation of LLI/NOVA and we welcome your input.

Paul Hopler

## Community Outreach

Betty Lee Thatcher 703-354-8154  
Carol Weber, caroljeanweber@hotmail.com

Food donations will not be collected in December. For the January 12, 2010, Forum, Food for Others is once again the designated recipient of the LLI food donations. As a regional food distribution organization, Food for Others distributes food throughout Northern Virginia in three ways: at their warehouse, emergency food is provided daily to an average of 60 families and individuals referred by social services organizations; every weeknight, food is distributed at 14 sites in high poverty neighborhoods in Arlington, Falls Church and Fairfax; and throughout the year, bulk food distributions are provided to more than 40 community-based organizations, including churches, soup kitchens, homeless shelters and day care and community centers. While all donations are appreciated, current needs include *canned fruit, pasta sauce, jellies or preserves, and canned chili*. Bev Portman will deliver the January LLI donations.



Last month LLI members donated 105.5 pounds to the Koinonia Foundation.

## Cancellations Due to Inclement Weather

If the Fairfax County Public Schools (FCPS) cancel school for the day due to inclement weather or other emergency, all LLI classes, Forums, and other activities, except trips, are canceled regardless of class location. LLI morning classes are canceled if the FCPS announces a two-hour delay in class openings, LLI afternoon classes are canceled if the FCPS announced early dismissal. Trips are canceled at the discretion of the trip leader.

**SEASON'S  
GREETINGS**

# Special Interest Groups



## Arts & Smarts

Donna Trogler, 703 751-8932 or  
[DTrogler@aol.com](mailto:DTrogler@aol.com)

We are not scheduling museum/ gallery trips for either January or February, 2010 because of the weather factor. See you in March!



## LLI Bridge Group

Bob or Merry Huley 703-534-4819 or  
703-489-9045 ([roberthuley@cox.net](mailto:roberthuley@cox.net))

**December, and January Play Dates —**  
In December, I have changed the dates!!

We will play on **Thursday, December 3**, and **Wednesday, December 16**. In January, we will be playing on **Wednesday, January 6**, and **Wednesday, January 27**. Location: Mason District Government Center. Time: 10 a.m. to 2 p.m. Bring a bag lunch. You do not need a partner because we rotate partners so you will play with everyone. We are always looking for new players, and all levels of players are welcome in this very friendly game. Please call (703-534-4819), or email me ([roberthuley@cox.net](mailto:roberthuley@cox.net)), if you would like to attend (or for more information) so that we can provide sufficient card tables.

**Recent Results —** On October 14, the top three were Nancy Sherman, Carol Aron, and Sandy Haberlin. On October 28, the top three were the Mindy Rojahn, Lynda Brittain, and Bob Huley. For the game on November 5, top three were the Nate Rosenbaum, Bob Huley, and Jessica Burmester. Congratulations to all and Happy Holidays.



## LLI Community Theater

Norma Hughes 703-960-6279,  
[nah.home@verizon.net](mailto:nah.home@verizon.net)

Contact Norma if you wish to be included in the list of members

interested in this Special Interest Group and receive a listing of a number of the local community theater organizations and their current schedules. If you would like to "host" an upcoming production, please let Norma know 703-960-6279, [nah.home@verizon.net](mailto:nah.home@verizon.net) and she will pass on the pertinent information and details to the rest of those on the list.



## LLI Current Events Group

Marion Jacknow 703-698-8702,  
[mjacknow@aol.com](mailto:mjacknow@aol.com)

The Current Events Group will continue to meet monthly for continued interesting and educational discussions. Topics reflect the current social, political and worldly events surrounding the time of the meeting. Please join us

to share your ideas and/or to learn more about current events — whatever is your pleasure.

**Date/Time:** Friday, December 4, 2009, 10:00 – 11:30 a.m.

**Place:** Mason District Governmental Center, Small conference Room, 6507 Columbia Pike, Annandale, VA 22003

For more information, contact Marion Jacknow as above.



## Favorite Books Club

Arlene Gribben 703-569-0357,  
[arlenegribb@aol.com](mailto:arlenegribb@aol.com)

**Date:** Thursday, January 21

**Time:** 11:30 a.m. – 1 p.m.

**Place:** Mason District Governmental Center, Small Conference Room

The book club will not meet in December. The next time we get together is for our January review of "The Lady and the Panda" by Vicki Constantine Croke. The book tells the true story of one of the great woman adventurers of all time. It is a rare blend of adventure, biography and zoology. Ruth Harkness was a "Manhattan Bohemian socialite" who, against all-but-impossible odds, trekked to Tibet to capture the most mysterious animal of the day. It deals with loss, fate, love and the way animals emotionally can touch human beings.



## LLI Gourmands

Mary Underwood 703-329-8391,  
[maryunderwood29@verizon.net](mailto:maryunderwood29@verizon.net)

Thirteen Gourmands dined at The Sea Pearl on Friday, October 23, an event planned by Saranel Osborne. On November 4, Anne Austin planned a combined event of the **LLI Bacchus Wine Tasting Group** with the Gourmands for lunch at the Villa Mozart Restaurant. There will not be a Gourmand event in December. Everyone is encouraged to attend the LLI Holiday Luncheon on December 9 at the Country Club of Fairfax. Bev Portman is planning the Gourmand event for January 2010. Please contact her at 703-560-6740 or [firse@juno.com](mailto:firse@juno.com) for details.



## Nimble Fingers

Bev Portman, 703-698-8366,  
[firse@juno.com](mailto:firse@juno.com)

The December meeting of Nimble Fingers is scheduled for Friday, December 11, 1:00 to 2:30, in the Small Conference Room of the Mason District Governmental Center. Bring a small needlecraft project of any type to work on. New members are always welcome. For more information, contact Bev Portman.



## Walkabouts

Merry Macke is the new coordinator for the LLI Walkabouts. All members interested in participating in future walks should email her at [merry.macke@verizon.net](mailto:merry.macke@verizon.net) or call her using the number listed in the LLI membership directory.



## French Conversation Group

Don Reynolds, [saldonreyn@aol.com](mailto:saldonreyn@aol.com)

The French Conversation Group held its initial meeting on October 27 and made plans for the curriculum. Future meetings are set for November 10 and December 15 at the George Mason Library, Little River Turnpike, Annandale, at 10 a.m. If interested in this Group, e-mail Don Reynolds as above, for further information.

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## Volunteers Needed

**CAN YOU GIVE A FEW HOURS A MONTH TO COORDINATE LLI MAILINGS?** An LLI member is urgently needed to coordinate and be responsible for the mailing of newsletters, directories and catalogs. Generally nine newsletter issues, two directories, and three catalogs are published yearly. The mailing coordinator's responsibility has three components: 1) preparing the Postal Service forms, 2) ensuring preparation of the bulk mail and taking the mail to the Merrifield Post Office, and 3) returning final paperwork to the LLI office for the Administrator.

In preparing the bulk mail, the coordinator organizes a team to help with the placement of labels and mailing sealers and loading the publications into the Postal Service crates/bags.

Contact Volunteer Coordinator Liddell McLeod for more information ([liddell\\_mcL@cox.net](mailto:liddell_mcL@cox.net); 703-698-8366), or LLI Administrator, Laura Charron.

In addition, Trudy Hynes and Sally Reynolds, current coordinators for the Forum Hospitality Committee, are wishing to retire; so, we are hoping that two volunteers will step forward. The coordinators remind members who have signed up to bring "goodies" to the Forums, set up and arrange the "goodies" table, and ensure the caterers provide sufficient coffee and hot water for tea. For further information, please contact Trudy ([warrenjhynes@verizon.net](mailto:warrenjhynes@verizon.net), 703-644-0627) or Sally ([saldonreyn@aol.com](mailto:saldonreyn@aol.com), 703-352-7494).

## Trip Committee Report

The Trip Committee so far has two trips planned for 2010. Registration forms will be in the Winter/Spring Catalogue.

On April 20, as part of Historic Virginia Garden Week, LLI will be taking a tour of selected homes and gardens in the Fredericksburg area. Celebrating its 77th season this is the oldest and largest statewide house and garden tour event in the nation. This year's event will be a "country tour," taking place in the counties of King George and Stafford, Virginia. Lunch will also be included. The cost will be \$50 for members, \$60 for non-members. Contact Martie Klee ([marthaklee@verizon.net](mailto:marthaklee@verizon.net); 703-644-4931) for more information.

On May 13, LLI will be traveling to Ellicott City, MD, where our step-on guide will show us a number of highlights of the historic district and surrounding sites. Following the morning tour, we will have traditional English fare at the elegant Tea on the Tiber, a Victorian Tea Room in downtown Ellicott City. Afterward there will be time to wander through the nearby streets and shops or visit the B&O Railroad Museum. Cost will be \$55 for members, \$65 for non-members.

Contact **Gina Trapp** ([GTrapp\\_26@msn.com](mailto:GTrapp_26@msn.com); 703-522-7528) or **Salli Wise** ([sarahwise7@verizon.net](mailto:sarahwise7@verizon.net); 703-256-8001) for more information.

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## Handymen and Tradesmen List

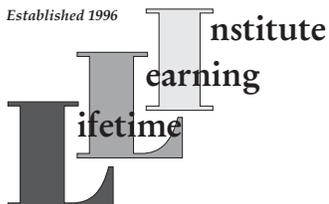
Anne Austin ([ABBAustin@aol.com](mailto:ABBAustin@aol.com); 703-569-5994)

Access to this list can be reached through the LLI website <http://lli.nova.org>. Go to "Handymen/Tradesmen Recommendations," click on **Handymen and Tradesmen List**.

*Deadline for the  
Winter update is  
December 4, 2009.*

*Deadline for the  
February newsletter is  
January 8, 2010.*

Established 1996



**Lifetime Learning Institute of Northern Virginia**

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**Change Service Requested**

**Time Sensitive Material  
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November 27, 2009**

**Look at the date on this label.  
Is it time to send your dues?**

