

# Mt. Vernon Voices

AAUW advances gender equity for women and girls  
through research, education, and advocacy.

Volume 67 Issue 5 January 2024

Mt. Vernon Branch



## PRESIDENT'S MESSAGE



*Happy New Year everyone!* We can continue to pray for peace and harmony among our world citizens and be thankful for peace here at home. I hope you had a wonderful holiday season and are ready for the programs and activities of the New Year!

2024 will be an important year for our country...it is election year. We all need to stand and be counted on to help in any way we can. AAUW of Virginia Members will have an opportunity to advocate for AAUW [priorities](#) in Richmond at the 2024 Lobby Day on January 31, 2024. All members will also be asked to advocate on our Virtual Lobby Day on February 28, 2024. Be on the lookout for emails or contact **Patsy Quick** or **Mary Ellen Mehler** for more information.

Our January program will be on *Understanding Senior Living Community Options* with **Arvette M. Reid** who is Client Services Director at Signature Estate & Investment Advisors. The program will be at the Sherwood Regional Library and is a topic of interest to us all. If the weather is bad, Zoom is the alternative. See more info in this newsletter.

Our board members are meeting on January 4, 3:30 p.m. at Patsy's home to discuss the leadership and governance of our branch. If you would like to attend, please contact Patsy by January 2.

Let's make 2024 another banner year for Mt. Vernon AAUW! Happy New Year!

*Patsy*

## BRANCH PROGRAM

**Join us for a presentation on**  
**Understanding Senior Living Community Options**  
**Thursday, January 11, 1:30 p.m.**  
**Sherwood Regional Library**



Our guest speaker is **Arvette M. Reid**, Client Services Director at Signature Estate & Investment Advisers (SEIA). Arvette will address the options for senior living, including a description of the types of facilities, what each type provides as well as the costs and the types of contracts involved. She will discuss adjustments as needed after you move to a facility and long term policies. Arvette's specialty is helping analyze life care affordability over time.

**The meeting is free and open to the public.**

## MEET OUR SPEAKER ARVETTE M. REID



Since 2017, **Arvette M. Reid** has worked in wealth management at [Signature Estate & Investment Advisors \(SEIA\)](#), where she helps families bridge the gap between health and finances. Before joining SEIA, Arvette spent 15 years as a sales professional in the senior housing and healthcare industry, spanning independent living, assisted living, memory care, skilled nursing, and hospice services. This experience coupled with holding a Series 65 securities license uniquely informs how she helped SEIA create a new healthcare-driven financial planning process called the **Lifecare Affordability Plan® (LCAP)**. **Arvette** is frequently asked to present to professionals and families in the senior housing and financial industries, including communities and associations, and, most recently, at the national Investment News Retirement Income Summit. **Arvette** serves on the board for Insight Memory Care Center in Fairfax, VA. She is the recipient of the 2022 RIA Intel Rising Star of the Year Award, the 2023 Wealth Solutions Report Black Client Advocate of the Year, and Financial Planning's Top 10 Rising Stars for 2023.

LCAP is a healthcare-driven financial plan that allows seniors and their families to view a handful of hypothetical scenarios to show how finances play out over time as care needs increase. Those scenarios could include comparing staying home versus moving to a community, anticipating care needs after a new diagnosis, or comparing pricing or contract structures. “Confident,” “prepared,” and “reassured” are some of the words that families have used to describe how they feel after completing a LCAP with Arvette. Lifecare Affordability Plan® is a marketing name of SEIA.

## BRANCH LEADERSHIP 2023 – 2024

### Elected Officers

<b>President:</b>	Patsy Quick
<b>Program Vice President:</b>	Solveig Eggerz
<b>Membership Co-Vice Presidents:</b>	Susan Farmer Mary Wall
<b>Treasurer:</b>	Anne Simpson
<b>Secretary:</b>	Joanna Crane

### Appointed Chairs

<b>Bylaws:</b>	<b>vacant</b>
<b>AAUW Funds:</b>	Elaine Kolish
<b>Public Policy:</b>	Mary Ellen Mehler
<b>Newsletter/Website:</b>	Bianca Daugherty

<b>Newsletter/Directory Distribution:</b>	Mary Ellen Mehler
<b>Nominating Committee Chair:</b>	Lois Passman
<b>Hospitality:</b>	<b>vacant</b>

### Interest Groups

<b>Book Group:</b>	Liz Promen
<b>Diversity Outreach Group:</b>	<b>vacant</b>
<b>Dining Out:</b>	Paula Lettice Cathy Conron Bianca Daugherty
<b>Game Night:</b>	Bianca Daugherty Paula Lettice
<b>ImpromptEvent:</b>	Joanne Clark

**Contact Email:** [AAUW.MtVernon@gmail.com](mailto:AAUW.MtVernon@gmail.com)

In principle and in practice, AAUW values and seeks an inclusive membership, workforce, leadership team, and board of directors. There shall be no barriers to full participation in this organization on the basis of age, disability, ethnicity, gender, gender identity, geographical location, national origin, race, religious beliefs, sexual orientation, or socioeconomic status.

## BOOK GROUP



Book Group will meet via Zoom on  
Monday, January 15, 2024, 7:00 p.m.  
\*\*\* Zoom link will be sent via email. \*\*\*

BOOK: Symphony of Secrets  
Brendan Slocumb  
REVIEWER: Joanne Clark  
NEXT BOOK: Demon Copperhead  
Barbara Kingsolver

Contact Liz Promen if you are interested in joining the group

## GAME NIGHT

We are back....Join us for a fun evening with various games.

Friday, January 19, 2024, 7:30 p.m.

Home of Paula Lettice

Spouses and significant others are welcome to join in!

Contact Paula Lettice or Bianca Daugherty if you would like to join the group.

[AAUW.MtVernon@gmail.com](mailto:AAUW.MtVernon@gmail.com)



## DINING OUT - ALEXANDRIA RESTAURANT WEEK



Join Dining Out for a culinary adventure during Alexandria Restaurant Week on

Friday, January 26, 6:30 p.m. at

**YUNNAN BY POTOMAC**

814 N Fairfax Street—Alexandria, VA 22314



YUNNAN BY POTOMAC  
NOODLE HOUSE

*The restaurant is the first Yunnan cuisine restaurant in the Greater Washington Area. Yunnan is a beautiful diverse region in southwest China, offering a variety of unique flavors and textures in its distinctive cuisine. The soul food of Yunnan is mixian, delicious rice noodles, which are prepared with braised meats, rich broths and sweet, savory and spicy sauces. Mixian bowls are at the core of our menu and are complimented by a variety of unique small plates.*

**Seating is limited. Please email Cathy Conron ([cathyconron@yahoo.com](mailto:cathyconron@yahoo.com)) to reserve your seat(s). Spouses and other guests are welcome!**

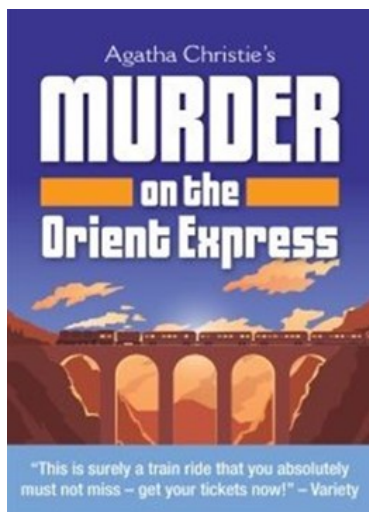
The Restaurant Week 4-course-dinner costs \$45 plus drinks, gratuity, and tax.

Menu: <https://www.yunnanbypotomac.com/restaurant-week-1>

## LTA FUNDRAISER 2024

Our fundraiser at the Little Theatre of Alexandria has gotten off to a good start. We have sold 32 out of 108 tickets. Many thanks to our member, **Susan Watkins**, who has moved from Mississippi to Tennessee, for purchasing 4 tickets to share with local citizens who might not be able to attend otherwise. Thank you, Susan, for your generosity and kindness!

We will see that every member receives tickets to purchase or sell. We want to make this a very successful fundraiser! **Contact Patsy Quick right now for tickets at \$40 each.**



Alexandria and Mt. Vernon AAUW Branches  
Invite You to Attend a Fundraising Event

**LITTLE THEATRE OF ALEXANDRIA**

600 Wolf Street, Alexandria

**March 22, 2024**

**7 PM RECEPTION - 8 PM PERFORMANCE**



**Patsy Quick, Elaine Kolish and her husband David, Joanna Crane and her husband Mark, Liz Promen and Dejuana Jones** enjoyed the Alexandria Choral Society Concert on December 9 at St. Paul's Episcopal Church in Alexandria. Our member **Anne Simpson** and her husband **Richard** are members of the choir.



Anne Simpson, front row,  
second from right  
Richard Simpson, back row,  
second from left



## AAUW-VA PUBLIC POLICY



The Public Policy Zoom meeting on January 4 at 6 p.m., which will be recorded, will provide members with detailed information on which bills AAUW VA will be advocating and supporting and how to do that.

You can find the AAUW of Virginia Legislative & Policy Priorities for 2024 [here](#).

**Don't Miss** To continue our advocacy in Virginia, don't forget our annual Virginia Lobby Day in Richmond on January 31. Even if you cannot attend, we need information on your Delegates and Senators. Please fill out our quick poll by clicking: [AAUW-VA 2024 Lobby Day Events](#).

Let Patsy Quick know if you want to make plans to attend the lobby day, so she can work out a carpool.



### Saying Goodbye to Mary Wall

In December, Mary moved to San Diego to be closer to her son and his family.

Mary, we value your contributions and time as our membership Co-VP. Thank you for your friendship. We sure will miss you and wish you all the best.

From left: Louise Priest, Anne Simpson, Mary Wall, Miriam Petruschak, and Susan Farmer (front)



## VIRTUAL IMPROMPTEVENT

If you were not able to join Solveig Eggerz and Anne Simpson for the performance of Nicole Burton's civil rights play, *Wednesdays in Mississippi*, on November 11 in Mt Rainier, MD, you have a chance now to see the video online.

The video is streaming on-demand from January 12 to 25, 2024.

Cost is \$15 for individuals and \$25 for a family or group.

The play celebrated the role of an interracial group of women who fought for voting rights, the integration of schools, and assisted Fannie Lou Hamer's Mississippi Freedom Democratic Party during that violent summer in Mississippi, 1964, known as Freedom Summer.

More information [here](#).



**Wednesdays In Mississippi**  
Proper Ladies Working for Radical Change

scan the code to get your tickets today!  
or visit [pipelineplaywrights.org](http://pipelineplaywrights.org)  
Closed Captioning Available

Individuals \$15  
Family/Group (2-5) \$25  
Students \$10  
Large groups, please email us at [pipelineplaywrights@gmail.com](mailto:pipelineplaywrights@gmail.com)

Written by Nicole Burton  
Directed by Rikki Howie Laceywell  
Adapted from a book by Debbie L. Harwell

Streaming on-demand for a limited time!  
January 12-25, 2024

Recorded at Joe's MOVEMENT EMPORIUM Mt. Rainier, MD

defy expectations



**The Southwest District Invites You to  
Join Us in Lynchburg on  
Friday, April 12 – Saturday, April 13  
at the Hilton Garden Inn.**

The rate for rooms booked under the AAUW-VA block is \$139.00 per night, plus tax.

The room rate includes breakfast. Room rates are subject to the following taxes:

\$1.00 Occupancy Tax, 6.5% City Sales Tax, 5.3% State Sales Tax.

- **Reservations can be made by calling the hotel directly at 434-239-3006 or by [Clicking Here](#)**
  - Please use the group code **AAW** to ensure you receive the block rate. When booking online, enter the code in the Group Code tab under Special Rate Codes.
  - The cut-off date to book rooms at the discounted rate is 03/13/24.

**Our Keynote Speaker will be  
Dr. Alison Morrison-Shetlar, the first woman president of the  
University of Lynchburg.**

*Plan to enjoy a little shopping because vendor tables will be available.*

*Friday afternoon sightseeing tours will be scheduled starting at 2:00 p.m. to give you a chance to enjoy Lynchburg.*

# 2023 - 2024 MT. VERNON BRANCH PROGRAM YEAR

Meeting Date and Place	Focus/Activity
<b>Saturday, September 16, 2023, 10:30 a.m.</b> <b>Sherwood Regional Library</b> 2501 Sherwood Hall Lane, Alexandria, VA 22306	<b>Holding Your Field And Space</b> Women's Empowerment Presentation by <b>Melissa Thiel</b>
<b>Saturday, October 14, 2023, 10:30 p.m.—noon</b> <b>Sherwood Regional Library</b> 2501 Sherwood Hall Lane, Alexandria, VA 22306	<b>Seniors Staying Strong (Seniors building body strength and flexibility)</b> <b>Jenny Grover (personal trainer)</b>
<b>Saturday, November 18, 2023, 10:30 a.m.</b> <b>Sherwood Regional Library</b> 2501 Sherwood Hall Lane, Alexandria, VA 22306	<b>Travels to Antarctica</b> Antarctica from various points of views of the travelers
<b>Saturday, December 9, 2023, 11:30 a.m.</b> <b>Cedar Knoll</b> 9030 Lucia Lane, Alexandria, VA 22308	<b>Holiday Event</b>
<b>Thursday, January 11, 2024. 1:30</b> <b>Sherwood Regional Library</b> 2501 Sherwood Hall Lane, Alexandria, VA 22306	<b>Senior Living Community Options</b> <b>Speaker: Arvette M Reid</b>
<b>February 2024 TBD (3<sup>rd</sup> Thurs or 3<sup>rd</sup> Sat.)</b> <b>Zoom</b>	<b>Struggles Toward Integration and Defeating Massive Resistance in Virginia: libraries, lunch counters, schools</b>
<b>Saturday, March 9, 2024, 10:00 a.m.</b> <b>Zoom</b>	<b>Annual Business Meeting</b>
<b>Friday, March 22, 2024</b> <b>7 p.m. Reception / 8 p.m. Performance</b> <b>Little Theatre of Alexandria</b> 600 Wolfe St, Alexandria, VA 22314	<b>LTA Annual Fundraiser</b> <b>Murder on the Orient Express</b>
<b>April 2024 TBD (3<sup>rd</sup> Thurs or 3<sup>rd</sup> Sat.)</b> <b>Sherwood Regional Zoom?</b>	<b>Underfunding Public Education</b> Panel Discussion with <b>Laura Goren</b> , Director of Research and Education Policy at The Commonwealth Institute (TCI) for Fiscal Analysis
<b>Thursday, May 16 or 23, 2024</b> <b>Location, Date and Time TBD</b>	<b>Annual Potluck</b>
<b>Saturday, June 8 or 15, 2024</b> <b>Location, Date and Time TBD</b>	<b>Annual Planning Session</b>

**Northern District Meeting**  
**March 9, 2024 - 10:30 a.m.—1.p.m.**  
**More information will follow.**



*AAUW Mount Vernon Branch Holiday Celebration  
Cedar Knoll, December 9, 2023*



# January 2024

- **4 Board Meeting, 3:30 p.m.**  
Contact Patsy Quick  
703/360-8676
- **11 Branch Program, 1:30 p.m.**  
Contact Patsy Quick
- **15 Book Group, 7 p.m.**  
Contact Liz Promen  
703/780-7342
- **19 Game Night, 7:30 p.m.**  
Contact Paula Lettice  
703/780-3463
- **26 Dining Out, 6:30 p.m.**  
Contact Cathy Conron  
703/966-1238

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Board Meeting	5	6
7	8	9	10	11 Branch Program	12	13
14	15 Book Group	16	17	18	19 Game Night	20
21	22	23	24	25	26 Dining Out	27
28	29	30	31			



Check out our website <https://mtvernon-va.aauw.net/>  
Follow us on Facebook <https://www.facebook.com/mtvernonvaaauw/>

