

The logo features a stylized human figure with arms and legs raised, composed of three curved lines in orange, green, and blue. To the right of the figure, the words "Bodywise Newsletter" are written in a large, bold, black, sans-serif font.

Bodywise Newsletter

Fall 2013

FROM THE CHAIR AND EDITOR

Our Bodywise Annual Meeting at UDC on October 1 attracted nearly 50 members who socialized over refreshments and participated actively in carrying out the organization's business. It was a productive meeting. We elected a Nominating Committee and six members of the Board of Directors, adopted amendments to the bylaws, chose the charity Bright Beginnings to honor at this year's Holiday Luncheon, heard from the Bodywise office regarding the status of the program and discussed plans for a possible memorial tree planting for Lance Maxey. As your chair, I also reported on the accomplishments of Bodywise Participants, Inc. during the past year. (The report is appended on page 8.)

One third of the Board of Directors stands for election annually. This year incumbents Cecilia Scolah and Marie White were re-elected to 3-year terms and Velta Melnbrencis to a 2-year term. New board members elected to 3-year terms are Cynthia Johnson, Liliane Weinrob and Tylka Vetula. Nominating Committee members elected for 3-year terms are Laura Cosgrove, Loretta Lewis and Tylka Vetula. Congratulations to all and thank you to everyone who generously agreed to be nominated.

I also extend our gratitude to Frida Jacobson, a dedicated board member whose term is

Contributors

Laurie Blackman Thompson
Evelyn Tuckson
Celia Hoke
Faye Sanders

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University of the District of
Columbia, College of
Agriculture, Urban
Sustainability &
Environmental Sciences
Institute of Gerontology/
BODYWISE
4200 Connecticut Ave. NW
Building 32, Suite C-10
Washington, DC 20008
Tel: 202-274-6651
Fax: 202-274-6605

Laurie Blackman Thompson
Program Director
lbthompson@udc.edu
Faye Sanders
Project Assistant
asanders@udc.edu

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Published 3 times a year by
Bodywise Participants, Inc.,
the *Bodywise Newsletter* is
intended to keep
participants apprised of
program activities and news
of significance to the
Bodywise senior
community. Submit items
to Bonnie VanDorn, editor
and board chair, 202-362-

expiring. We will also greatly miss Dolores Landry who has served more than two terms on the board, much of that time as our treasurer. She did a phenomenal job of organizing our finances and reporting to us.

As you see these members in the pool or the gym or perhaps the Holiday Luncheon, please thank them for stepping up to take responsible roles in support of the Bodywise program that we all enjoy.

Bonnie VanDorn, Chair

Bodywise Program Director Resigns

Laurie Blackman Thompson has announced her resignation as Program Director at the Institute of Gerontology at UDC. She will be returning to Howard University where she earned her master's degree to become Assistant Director of the Multidisciplinary Gerontology Center. Thompson has an extensive history with Bodywise that began when Lance Maxey, who was also a masters student at Howard at the time, recruited her to teach exercise classes 14 years ago. Two years later she was appointed to lead the Bodywise program. She will be available at UDC until November 8 and, barring some conflict, is planning to attend the Bodywise Holiday Luncheon when we can recognize her dedicated leadership.

Dear Bodywise Members,

I would like to say "thank you" and "farewell". I will be stepping down as program director for the Bodywise Program; however it has been an honor and a pleasure to serve as your Program Director for the last 12 years. I started at the Institute of Gerontology as a Bodywise instructor and leave as the Bodywise Program Director. I have truly enjoyed seeing the impact of the program on the lives of community members. I have worked hard over the years to provide a program that promotes health and wellness to older Washingtonians. During my tenure, I tried to educate persons on how important and how valuable Bodywise is and trust that it will continue to thrive in my absence. Many thanks for your continuous support, enthusiasm, and commitment to the Bodywise Program. I am confident that we will cross paths again.

Sincerely,

Laurie

2013 Holiday Benefit Luncheon

Put a star on your calendar for **Monday, December 9 from noon to 2:30 pm** and purchase your ticket so you don't miss the Bodywise Holiday Luncheon. Last year's popular event was sold out



as members and their guests anticipated fun and delicious food served family style at Maggianos Little Italy at 5333 Wisconsin Avenue NW in Friendship Heights. The venue was such a hit that we are returning to Maggiano's a second time and have reserved a larger room so we can accommodate more people.

Donations Sought for Bright Beginnings

The luncheon program will recognize our dedicated Bodywise instructors and administrators, honor past Bodywise chairs and benefit Bright Beginnings, the local charity selected by Bodywise members at the recent Annual Meeting. Bright Beginnings is a nationally-accredited child and family development center that serves homeless infants, toddlers and preschoolers and their families. Bright Beginnings serves about 186 children annually whose families are living in crisis shelters or transitional housing. Their educational, health and family support services prepare these children for kindergarten and stabilize their families. Attendees wishing to make a tax-deductible donation are asked to make out a separate check to Bright Beginnings, Inc. and bring it to the luncheon. (Those not attending the luncheon may give checks to a ticket seller or mail them to Mariane Huy, assistant treasurer, 2939 Van Ness Street NW #1130, WA DC 20008.) Bodywise Participants, Inc. will make an additional donation from its treasury and all contributions will be presented to the Bright Beginnings representative invited to the luncheon.

Tickets Available

Tickets are \$25 each for members and their guests and must be purchased in advance. Make out checks to Bodywise Participants, Inc. The number of tickets is limited, so don't delay contacting one of the volunteer ticket sellers:

Bright Beginnings

Several years ago Bodywise member Evelyn Tuckson's grown-up godchild had a birthday party and in lieu of gifts, she asked guests to consider a donation to Bright Beginnings. Evelyn contributed to the charity and was so inspired by its mission that she visited Bright Beginnings and saw firsthand the children that it serves. She has been a regular donor ever since, and proposed that this year's Bodywise Holiday Luncheon benefit the charity.

In addition to donations, Bright Beginnings needs volunteers for a variety of roles from reading stories and chaperoning field trips to helping with the parent auction. More information is available at www.brightbeginnings.org

Takoma: Cynthia Johnson, 202-829-6480, cindi0512@aol.com
Bob and Jean White, 202-723-5077, bob.grover@netzero.net

Wilson 1: Candy Kessel, 202-363-0478, candykessel@rcn.com
Tylka Vetula, 202-337-0569, vetulat@gmail.com

Wilson 2: Eva Ravitz, 202-966-7770

UDC Low Impact Aerobics and Yoga:
Carmen Triantafillou 202-966-2030, catrianta@aol.com
Liliane Weinrob, 202-244-5185, liliane@prodigy.net

Door Prizes Needed

As in past years, Celia Hoke is calling for volunteers to solicit door prizes from merchants or to donate gifts themselves. Prizes add to the fun, create community visibility for the program, and provide incentive for guests to attend and to contribute to Bright Beginnings. See the Door Prize Request form on page 11, which provides talking points for approaching donors. Members who have secured donated gifts are asked to bring them to the luncheon and to email Hoke at celia.hoke@verizon.net by December 1 to let her know the prize and the contributor so donors can be credited in the luncheon program and the *Bodywise Newsletter*.

Free Beginner Bird Walks

Does the cooler fall weather tempt you to get outdoors where you can enjoy walking through meadows and woodlands while spotting birdlife? The Audubon Naturalist Society offers free, volunteer-led walks every Saturday morning, 8-9 am through December 7 at Woodend Sanctuary. You can bring binoculars or use theirs. No registration is required. Free parking is available at Woodend, 8940 Jones Mill Road, Chevy Chase, MD 20815.



ANS also offers a wide array of fee-based classes and field trips to explore and learn more about our area's natural history. Among the offerings are leisurely autumn walks along less travelled portions of the C&O Canal with stops to observe birds, fall wildflowers and foliage, butterflies, snakes and turtles, as well as walks with a botanist through Great Falls Park observing the glorious fall progression of flowers turning into fruits, and leaves changing from green to gold. All programs are led by experienced naturalists. See descriptions at www.anshome.org or contact Senior Naturalist Stephanie Mason smason@anshome.org, 301-652-9188 x37. For registration information contact Pam Oves, poves@anshome.org, 301-652-9188 x16.

DC Public Libraries Extend Hours

Starting in October, DC Public Library neighborhood locations added hours, opening on Sundays and until 9 pm four nights a week. The District's fiscal year 2014 budget increased the library's budget by 25 percent, restoring library hours citywide for the first time since 2009 when a budget cut ended Sunday hours at neighborhood libraries and reduced hours citywide. The new hours are:

Sunday	1-5 pm
Monday through Thursday	9:30 am-9 pm
Friday and Saturday	9:30 am-5:30 pm

Free Seminar at Brighton Gardens

Bill Amt, a presenter from Iona Senior Services, is speaking at a one-hour seminar hosted by Brighton Gardens of Friendship Heights on Wednesday, November 6. **Anger, Aging, and Caregiving** is for older adults who are struggling with feelings of anger about aging, and for family members who are frustrated, overwhelmed, or just plain furious about their caregiving situation. The session will address ways to cope and communicate.

Refreshments are served at 6:30 pm and the presentation runs from 7-8 pm. To register for this free session, email registration@iona.org, or call 202-895-9448.

The session will be held at:

Brighton Gardens of Friendship Heights
5555 Friendship Boulevard, Chevy Chase, MD 20815
301-656-1900

Brighton Gardens is located at the corner of Friendship Boulevard and South Park Avenue. Free parking for these seminars is across the street at 5550 Friendship Boulevard.

Metro: Travel on the Red Line (in the direction of Shady Grove) to the Friendship Heights stop. Walk north on Wisconsin Avenue and turn left onto South Park Avenue. Turn right at the second stop sign at Friendship Boulevard to #5555.

Calendar

NOVEMBER

Bodywise Registration at Wilson Aquatic Center

Wednesday, November 6, 6:30 am

In-person registration for water aerobics starts at 6:30am and continues until classes are filled. Bring your D.C. identification and your current Bodywise Membership Card.

To renew an expired membership card, contact: Faye Sanders, asanders@udc.edu, 202-274-6651.

Anger, Aging, and Caregiving (Free Seminar)

Wednesday, November 6

Refreshments at 6:30 pm; presentation from 7-8 pm

For older adults who are struggling with feelings of anger about aging, and for family members who are frustrated, overwhelmed, or just plain furious about their caregiving situation. These feelings are normal. Come learn about ways to cope and communicate.

Presenter: Bill Amt, MSW, LICSW, of Iona Senior Services

Brighton Gardens of Friendship Heights, Chevy Chase (See page 4 for directions.)

To register, contact: registration@iona.org, 202-895-9448.

Veteran's Day – NO BODYWISE ACTIVITIES

Monday, November 11



Bodywise Board Meeting

Tuesday, November 19, 12:30-2:30 pm

For members of the Bodywise Participants, Inc. Board of Directors.

Meetings are open to Bodywise members who wish to attend.

Chevy Chase Library, 2nd floor meeting room (to be confirmed)

Contact: Bonnie VanDorn, bvandorn@rcn.com, 202-362-3176.

Thanksgiving Holiday Week– NO BODYWISE ACTIVITIES

Monday, November 25 through Friday, November 29

No classes are scheduled, but the Bodywise office is open Monday, November 25 through Wednesday, November 27.

DECEMBER

Bodywise Holiday Benefit Luncheon

Monday, December 9, noon-2:30 pm

Plans are to return to Maggiano's Little Italy again this year for a festive holiday get-together. Tickets are



available through Bodywise volunteers in your classes. See list of ticket sellers on page 3.

Winter Break – NO BODYWISE ACTIVITIES

Monday, December 23 through Friday, January 3, 2014

No classes for two weeks. The Bodywise Administrative Offices are closed Tuesday, December 24 through Monday, January 1.

JANUARY 2014

Bodywise Activities Resume Following Winter Break

Monday, January 6

Bodywise Registration at Wilson Aquatic Center

Monday, January 6, begins at 6:30am

In-person registration for water aerobics starts at 6:30 am and continues until classes are filled. Bring your DC identification and your current Bodywise Membership Card.

To renew an expired membership card, contact: Faye Sanders, asanders@udc.edu, 202-274-6651.

21st Annual NBC4 Health & Fitness Expo (Free admission)

Saturday and Sunday, January 11-12

Washington Convention Center

The largest, best attended health expo in the country.

Bodywise needs volunteers to work in the booth and participate in a low-impact aerobics demonstration.

Contact: Faye Sanders, asanders@udc.edu, 202-274-6651.



Bodywise Participants, Inc. Annual Report from the Chair October 1, 2013

The common interest that brings us together today as Bodywise seniors is our desire to remain active and fit. The title of Michelle Obama’s initiative to eliminate childhood obesity—Let’s Move—could also be our slogan. We “move” with energy, committed to our classes in water aerobics at Wilson and Takoma, and low-impact aerobics and yoga held at UDC.

But Bodywise is much more. First, it is a District-wide program of the Institute of Gerontology at UDC and is funded in part by a grant from the D.C. Office on Aging. Activities are held at eight sites and are serving numbers exceeding the 425 participant goal set for this year’s grant. Two dedicated staff, Program Director Laurie Blackman Thompson and Project Assistant Faye Sanders, administer the program—securing the grant, hiring instructors, coordinating with partner sites, and handling registration.

And second, working with UDC is the non-profit organization whose members are all of us who take part in the classes in Ward 3. Our name is long: Bodywise Program at UDC under the auspices of Bodywise Participants of Washington, D.C., Inc. or Bodywise Participants, Inc. for short.

We are an all-volunteer organization governed by a Board of Directors and supported by voluntary contributions suggested at \$25 per member annually. Our purpose is to support the Bodywise physical fitness programs and to provide services that enhance healthy living for D.C. seniors. During the past year we focused on accomplishments in four areas: program support, communication, advocacy and community service.

1. Program Support

- We recognized the dedication of our modestly paid Bodywise instructors by presenting each of the six with a monetary gift of appreciation during the holidays.
- At the NBC4 Health & Fitness Expo at the Convention Center, 15 members and their instructors demonstrated low-impact aerobics; other members worked shifts at the Bodywise booth.
- We provided a representative to serve on the Bodywise Advisory Committee that is required under the grant.

2. Communication

- When pool closures and other events disrupted classes, email alerts were sent and Coordinator Louise Segal activated the Telephone Tree. Our email database maintained by the Bodywise office continues to grow. If you are not receiving emailed notices, please give your address to Faye Sanders so you can be added to our list.
- Thanks to the efforts of Membership Chair Ann Louise Cowan, Bodywise publishes a member directory every two years. The new edition is in progress and should be in your hands by yearend.
- The *Bodywise Newsletter* was published in winter and spring and distributed primarily by email with print copies available through the Bodywise office. The most recent issue debuted a new logo for Bodywise that depicts the enthusiasm and physical fitness of our members. As the editor, I welcome suggestions for content and invite contributors to submit articles.

3. Advocacy

- In preparation for a Budget hearing last April before the D.C. Council Committee on Workforce and Community Affairs, we called on Bodywise members and they responded by submitting nearly 50 letters requesting additional funds for the D.C. Office on Aging to expand Bodywise and other programs for seniors.

4. Community Service

- The annual Holiday Luncheon, a sold-out event for 90 members and guests at Maggiano's Little Italy, was a benefit for Martha's Table. With donations of \$800 from the membership and \$350 from the Bodywise Treasury, we contributed a total of \$1,150 to support Martha's Table education, nutrition and family support programs. Later in this meeting you will have the opportunity to select the charity that we will honor at this year's luncheon.
- Several members responded to the Bodywise office's request for volunteers to participate in the Martin Luther King Day of Service project to prepare packages for U.S. Troops.
- And in service to our Bodywise community, under the direction of Amenities Chair Celia Hoke, we continue to remember our members during times of illness, hardship and loss. This past year we sent cards and floral arrangements, visited sick or recuperating Bodywise members, and attended memorial services for members or their families. If you know of any member who is sick, in the hospital, or

who passed away, please let the Bodywise Office know so that our Amenities Committee can respond appropriately.

- Through the initiative of Pat Ikonen we have been planning a memorial to Bodywise instructor Lance Maxey.

In order to achieve these results, the Board held five bimonthly meetings in the last year. All were held at the Tenley-Friendship or Chevy Chase Libraries at noontime and were open to the membership.

We continue to maintain our 501(c)(3) non-profit status having filed the IRS Form 990 on time. Additionally, we are in compliance with the D.C. government relative to our corporation status.

Bylaws Committee Chair Ferial Bishop and the Board reviewed the Bylaws and proposed amendments to update this governance document. The changes will be presented to you for adoption later in this meeting.

I'd like to recognize and thank the 14 other members of the Board of Directors who have led your organization this year:

Dianne Black, Vice Chair

Mary Lou Collector

Ann Louise Cowan, Membership

Monique Garrity (recently resigned)

Celia Hoke, Amenities

Mariane Huy, Assistant Treasurer

Pat Ikonen (appointed mid-year to fill a vacancy through 2015)

Frida Jacobson

Dolores Landry, Treasurer (leaving after more than two terms)

Loretta Lewis, Nominating Committee Chair

Velta Melnbrencis

Louise Segal, Telephone Tree Coordinator

Cecilia Scolah, Secretary (appointed to fill a vacancy through 2013)

Marie White

In the coming year the Board will be exploring new ways for our organization to serve members and the community. We welcome your ideas. Please feel free to talk with any one of us or sit in on a Board meeting and lend your voice.

Bonnie VanDorn, Chair

**Bodywise Participants, Inc.
Holiday Charity Luncheon Door Prize Request
December 9, 2013**

Bodywise Participants, Inc., a community fitness program for Senior Citizens in the District of Columbia, holds an annual **Holiday Charity Luncheon** each December benefiting an area charitable organization which is recognized at the holiday gathering.

Bodywise, Inc. solicits door prizes of goods and services from merchants and businesses to help promote this worthwhile event and to increase participation and contributions by those attending the Holiday Charity Luncheon.

In past years, restaurants, cinemas, merchants, and other business establishments have responded favorably to our requests for door prizes for the Holiday Luncheon. We would very much appreciate any gift(s), certificate(s), or service you may wish to contribute. You may give your gift directly to the solicitor, a Bodywise member, who will ensure that it reaches the event and contributes to the festivities of the luncheon gathering and its worthwhile goal of aiding others during the holiday season. Donors will be acknowledged in the luncheon program and in the *Bodywise Newsletter*.

Bodywise, Inc., operated under the auspices of the Institute of Gerontology at the University of the District of Columbia, is a tax-exempt 501(c)(3) organization. Your contribution to this event is tax deductible to the full extent of the law.

Thank you for considering our request.

Bodywise Member/Solicitor: _____

Telephone: _____

As a door prize for the Bodywise Holiday Charity Luncheon, we are pleased to contribute:

Signature of Owner/Manager: _____

Business Address: _____

Telephone: _____

NOTE TO BODYWISE MEMBER: Please email what the contribution is and the name of the contributor so that both can be listed in the Holiday Luncheon Program; send to celia.hoke@gmail.com. Thank you!