



BETHESDA-CHEVY CHASE BRANCH NEWSLETTER

January 2023

Website: <https://bcc-md.aauw.net/>

President

Dr. Pat Stocker

301-229-0991 Home

301-254-7141 Cell

patstocker@aol.com

Editor

Charlene Currie

301-530-2442 Home

301-613-2442 Cell

charlene.currie@verizon.net

FOX HILL

8300 Burdette Road

Bethesda, MD 20817

Handicapped accessible. Plenty of parking.

YOU ARE WELCOME TO BRING GUESTS!

Saturday, January 14, 2023

Challenges of Aging in Our Bethesda-Chevy Chase Environment

Donna Phillips Mason



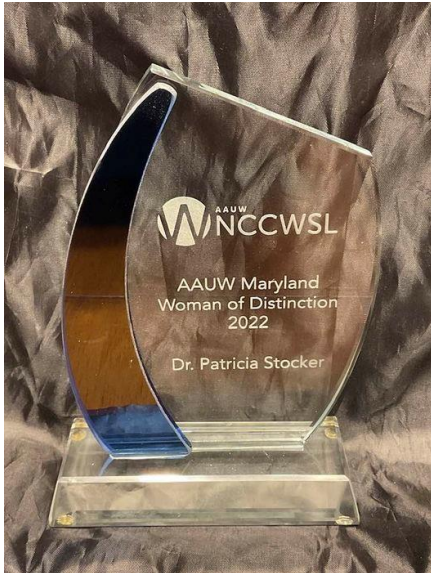
Are you a senior concerned about aging in Montgomery County? Do you have a parent, family member or friend who is looking for support for seniors in our county? Our January meeting will address these issues. Donna Mason recently served as chair of Montgomery County's Vital Living Network. Ageism is an important issue facing older women, as many of us have observed. She will discuss aging issues, such as aging in place, caregiving, housing options, the range of services available as we age, senior centers and senior programs, the role of volunteering in maintaining health as we age, and other keys to successful aging. This will be an interactive session, and those experiencing aging may share their stories, as well as those caring for aging parents or others. Donna is a specialist in the field of aging with 35 years of broad-based experience at the national, state and local levels. She was also chair of the Montgomery County Community Grants Advisory Group and a member of the Board of Directors of the Jewish Council for the Aging. She is currently Vice President of North Bethesda Village, one of the 22 Villages in Montgomery County, www.northbethesdavillage.com

President's Letter

Dear Friends,

Happy New Year! As I reflect on 2022, with its continuing virus mutations, political upheaval, international conflicts, racial unrest, and challenges to women's rights throughout the world, it's easy to be discouraged. I am choosing instead to be optimistic about 2023 and its opportunities for us to make progress on issues of concern to us, particularly those of us in AAUW who seek equity for women and girls. We are ready for this.

And as I reflect on 2022, I want to thank all of you who supported my tenure as AAUW Maryland's Woman of Distinction. It was one of the joys of my life to address hundreds of college women student leaders from throughout the US at the National Conference for College Women Student Leaders (NCCWSL) in May. Our newsletter editor, Charlene Currie, has attached a copy of the speech I gave at that time, which we thought might be of interest to you. We had a previous recipient of this award several years ago when Nancy Grace Roman, mother of the Hubble Telescope and an active member of the Bethesda-Chevy Chase branch, was honored. And it will happen again in 2023. Senator Susan Lee, a member of our branch (and Kensington-Rockville) and the Senator from Maryland's 16th District, was selected as AAUW Maryland's 2023 Woman of Distinction. Those of you able to attend our December meeting heard Senator Lee talk about issues which are expected to come before the Maryland Legislature in 2023. She shared her enthusiasm for the positions of Governor-Elect Wes Brown on issues of concern to us and talked about initiatives she is involved with for the



coming session. Among the topics of discussion was a bill on Medical Aid in Dying. As we learned at our November meeting with a representative of Compassion & Choices, this is a trusted and time-tested medical practice that allows a terminally ill, mentally capable adult with a prognosis of six months or less to live to request from their doctor a prescription for medication they can decide to self-ingest to die peacefully in their sleep.

Senator Lee's selection as Maryland AAUW's Woman of Distinction was based on her lifetime of service, including her service as a Maryland Delegate, and more recently, as a Maryland Senator. Maryland's strongest advocate for women's issues of concern to AAUW, Susan led efforts to pass an aggressive agenda of legislation to fight domestic violence, sexual assault, and human trafficking; economically empower women, children and families; secure funding for statewide rape crisis centers; and authorize the placing a statue of Marylander and American hero Harriet Tubman in the United States Capitol. Susan also is a champion of education, the environment, public safety, civil rights, transportation, quality health care, telemedicine, bioscience, clean energy, and emerging technologies.

It is because of the efforts of Senator Lee and countless others that I remain optimistic about 2023 and the opportunities the new year presents for us. Happy New Year!

Pat Stocker, Bethesda-Chevy Chase AAUW President

SAVE THE DATE

AAUW State Convention

Hosted by AAUW Howard County Branch
Held at Howard Community College in the Kittleman Room
Saturday, April 15, 2023
9:00 a.m. to 3:30 p.m.

Inequalities in Health Care Affecting Women and Girls

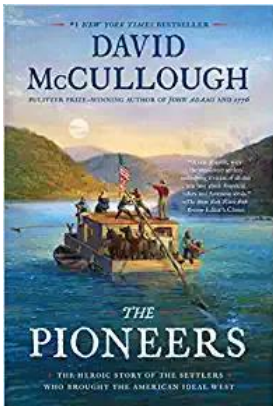
What is the “Fourth Trimester?” Health officials consider this a crucial period after the birth of a child. Unfortunately, the United States has a growing problem with providing adequate healthcare to women who have recently given birth. The rate of maternal death in the U.S. is nearly three times that of other developed countries. We will hear from experts in this field to understand the reasons behind this startling statistic and what can be done to improve healthcare and monitoring for new mothers. Often the baby gets all the attention. The signals that the mother is struggling are missed—or dismissed.

We expect to accommodate both virtual and in-person attendance.

Registration form will be available soon.

Literature Group /Book Club

The combined Bethesda-Chevy Chase and Kensington-Rockville Literature Group will meet on Tuesday, January 24 at 1 p.m. via Zoom. We will discuss **The Pioneers: The Heroic Story of the Settlers Who Brought the American Ideal West** by David McCullough



The #1 *New York Times* bestseller by Pulitzer Prize–winning historian David McCullough rediscovers an important chapter in the American story that’s “as resonant today as ever” (*The Wall Street Journal*)—the settling of the Northwest Territory by courageous pioneers who overcame incredible hardships to build a community based on ideals that would define our country.

This is a joint group with Bethesda-Chevy Chase and Kensington-Rockville. To attend, contact Pat Stocker at patstocker@aol.com or Margaret Schweitzer margaretschweitzer@gmail.com



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

AAUW Vision Statement: AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy, and measurable change in critical areas impacting the lives of women and girls.

AAUW has been empowering women as individuals and as a community since 1881. For more than 135 years, we have worked together as a national grassroots organization to improve the lives of millions of women and their families.

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 based on age, disability, ethnicity, gender identity, geographical location, national origin, race, religious beliefs, sexual orientation, and socioeconomic status.