



## BETHESDA-CHEVY CHASE BRANCH NEWSLETTER

April 2024

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

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**FOX HILL**  
8300 Burdette Road  
Bethesda, MD 20817  
Handicapped accessible. Plenty of parking.  
**GUESTS WELCOME!**  
Saturday, May 18, 2024  
11:00 AM

### **Navigating Your Health Care Journey: Getting the Care You Need and Deserve**

**Charlene Rothkopf and Colette Edwards, M.D.**

Navigating the healthcare system can be one of the most difficult and complicated journeys you can take. This session can help us gain the knowledge and confidence to advocate for ourselves (and our loved ones) and obtain the care we deserve throughout our unique healthcare journey. Charlene Rothkopf and Dr. Colette Edwards are the authors of *Navigating Your Health Care Journey: Getting the Care You Need and Deserve* published in May 2023.



Charlene Rothkopf is the Founder and President of the Wellness Consulting Group, LLC, an executive coaching and organizational consulting firm specializing in executive and leadership development, managing change, and organizational health and well-being. As a corporate executive for over 35 years, Charlene's experience includes the planning and implementation of company-wide initiatives, talent management, and group facilitation. She is a certified Health and Wellness coach and has been the co-chair of the Patient and Family Advisory Committee for a large hospital system.

Z. Colette Edwards, MD MBA, has been active in most segments of the healthcare arena, including, first and foremost, as a practicing gastroenterologist. She has leveraged additional training in health and wellness coaching at the Maryland University of Integrative Health and in health equity as a member of the NIH Scholars program in translational health disparities.

Over the course of her career, Colette has served in a variety of roles. They include being the associate medical director of a multispecialty group practice and serving in health plan medical roles. Her work has also encompassed positions at two Fortune 50 companies, including as the national medical lead for health disparities, with an initiative that won a national innovation award and as a corporate medical executive for employee health and well-being, with a multi-year record of national awards won by the team: NBGH Best Employers for Healthy Lifestyles, top 10 ranking in the “Healthiest 100 Workplaces in America,” Gold status in the AHA’s Workplace Health Achievement Index, and a citation for Excellence in Mental Health.



Dr. Edwards is the managing editor of the Wharton Healthcare Quarterly and the author of *Be Less Stressed* and a McGraw-Hill GI text. She is a member of the board of two nonprofits, Bread for the City and T1D Exchange, and an Advisor to Keen.

She received her BA from Harvard University, her MD from the Perelman School of Medicine at the University of Pennsylvania, and her MBA from the Wharton School. She completed her GI fellowship at UCSF, San Francisco.

Books will be available for purchase following the session.

## Upcoming Events: Mark Your Calendars!

- **May 14 Maryland Primary Election (Early voting May 2 through May 9** in the county where you live.) Registered voters have always been able to vote during early voting, but now individuals who are eligible but not yet registered can register and vote. To register and vote during early voting, go to an early voting center in the county where you live and bring a document that proves where you live. This document can be your MVA-issued license, ID card, or change of address card, or your paycheck, bank statement, utility bill, or other government document with your name and new address. You will be able to register to vote and vote. See the [State Board of Elections website](#) for more information.
- **July 20<sup>th</sup> AAUW MD Summer Conference** hosted by AAUW Baltimore at the Maryland Nonprofits Headquarters in Baltimore. The Maryland Nonprofits organization helps nonprofits throughout Maryland collaborate, share best practices, and work to improve the quality of life in Maryland.
- **September 27<sup>th</sup>-29<sup>th</sup> AAUW Atlantic Regional Conference** in Glen Allen, VA, at the Virginia Crossings Resort. More information will be available in your September Marylander.

## Membership Update

### It Can Be Confusing!

As we move through the upcoming program year, you'll obviously want to renew your membership at some point. Currently, depending on when you initially joined AAUW, your membership renewal date may vary from a fellow member. If you initially joined AAUW before February 2022, your membership runs from June 30<sup>th</sup> of one year to June 29<sup>th</sup> of the following year. However, if you joined after that date, your membership runs for an entire year from that point in time. So, if you joined April 1<sup>st</sup>, your membership is good until March 31<sup>st</sup> of the following year.

Confused? Don't worry. National headquarters at AAUW sends out a reminder to each member about 2 weeks before their membership expires. However, sometimes this may go to your spam or junk mail by accident, so please check those mailboxes as well.

The website may be confusing to some. **If you would prefer to send a check to our treasurer Karen Braun with your renewal, that is fine. The total for national, state and branch membership is currently \$98 per year. We have included a membership/ membership renewal form later in this newsletter, and you can use that instead.**

Christine Schmitz, our AAUW Maryland Treasurer, also reminds us that if you are not sure if you have renewed your dues, you can look up your membership on the National website at <http://www.aauw.org>. Just log in and scroll down to the "Join On" and "Member Thru" dates at the bottom of your Personal Snapshot page. Of course, the "Member Thru" date will also tell you when to start keeping a look-out for the renewal email mentioned above. You can also reach out to your Karen Braun, B-CC Treasurer at [karen.braun@verizon.net](mailto:karen.braun@verizon.net) who has all membership data.

## President's Letter

### AAUW Vote: My Humble Opinion

Dear AAUW Friends,

As you know, currently anyone holding an associate degree or equivalent or a bachelor's or higher degree may join AAUW. Recently, a proposal to change the AAUW bylaws was made that would give those who may not hold these advanced degrees the opportunity to join AAUW. AAUW sent ballots on this proposal to all of its members with the original email coming from AAUW with the subject title, **AAUW Election 2024** on or about April 3, 2024. Fortunately, AAUW is sending out the ballot again in early May for voting yes or no on this proposal. Voting ends May 15<sup>th</sup>.

I am including this in my President's Note because I have strong personal opinions on this issue. **This represents my opinion only, not that of this branch, state organization or AAUW national. Good people disagree on the best choice.**

I believe that we have sufficiently broadened our membership criteria and need to have educational criteria to differentiate our organization from other women's groups. I feel

that our history and the fact that we not only advocate for education for women but demonstrate that commitment by our own educational achievements strengthens our



voice when advocating for issues we care about or those we are seeking through court action. As a long-time marketing professor and consultant, I believe we need to figure out what makes us different – and the one constant is our emphasis on education. We have already changed requirements so that those who have a 2-year degree - or an equivalent educational attainment – are eligible for membership. Indeed, in our own branch, we have members who joined us under these guidelines.

Our national AAUW Board feels that removing the educational requirement would make us more appealing to corporate donors. I disagree. First, we are a membership organization, not a donor organization, and our first duty is to our members. Second, corporate donors are able to fund initiatives that they are interested in without regard to our educational requirements. I see no change in their attitudes based on our educational requirements. They also feel that this would increase our membership, but we already include in our “count” those who are supporters, and membership is not requirement for that classification. And finally, we have a long history of advocating for and supporting higher education for women – and we demonstrate that commitment by our own choices. We have earned the right to be a part of this important and effective organization – AAUW.

You may disagree – and whether you agree or disagree with me, I hope you will vote on this issue to assess the will of our members. Obviously, we will abide by the results of the vote. Indeed, we have voted on this issue at least twice in recent years – and each time it has failed.

#### **Here's how you can help:**

- Keep a watchful eye for your ballot from AAUW with the subject title, **AAUW Election 2024**, and enter your vote.
- If you do not receive a ballot to your email account, please check your spam folder.
- In the past, adding [vote@simplyvoting.com](mailto:vote@simplyvoting.com) to your contact list has helped to channel the ballot to your email address instead of your spam folder.

Thank you for your constant efforts to support women and girls!

*Pat*

Pat Stocker, President

# MEMBERSHIP DUES – 2024-2025

## Join or Renew Now!

**Dues:**

**\$98**

**Includes \$72 for national AAUW  
\$10 for AAUW Maryland, and  
\$16 for Bethesda-Chevy Chase AAUW Branch**

**\$69 is TAX DEDUCTIBLE**

Note: AAUW national membership dues are \$72, of which \$69 is tax deductible as a charitable contribution. The remaining \$3 is not tax deductible because it supports the AAUW Action Fund's section 501(c)(4) Capitol Hill Lobby Corps and get-out-the-vote activities

**Honorary Life members pay no dues.**

**Life members of AAUW pay \$26 in state and branch dues.**

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

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**PREFERRED PHONE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**DEGREE(S) & COLLEGE/UNIV** \_\_\_\_\_

**YEAR(S) OF GRADUATION** \_\_\_\_\_

To renew by check: Make your check for \$98 payable to B-CC AAUW, complete the enclosed form above and mail it to our branch treasurer:

**Karen Braun** - 9707 Old Georgetown Road, Apt. 1302, Bethesda, MD 20814

For questions, you can reach Karen at: [karen.braun@verizon.net](mailto:karen.braun@verizon.net)



**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.**