



THE ARCLIGHT

The Weekly Members' Bulletin of the
ARLINGTON ROTARY CLUB
February 27 – March 5, 2017

<http://www.arlingtonrotaryclub.org>

Meetings: Thursday, 12:15 pm
Washington Golf & Country Club
3017 N Glebe Rd, Arlington, VA 22207
WGCC Phone: (703) 524-4600

Chartered July 4, 1929 – Now In Our 88th Year



Midday Program at the WGCC - Thursday, March 2, 2017 **Mary Beth Crosson and JoAnne McCarty of Independent You** **“Aging Well – A Little Planning Goes a Long Way”**

As you or a loved one prepares to enter your golden years, are you ready? You can save yourself and your family time, money and energy by planning early and putting a few basic items into place in advance.



Mary Beth Crosson is the founder of Independent You Senior Services. She began her home care business in 2010 after completing her training as a Certified Nursing Assistant and taking on her first client; a stroke patient with complete paralysis of one side of her body. As word of Mary Beth's skills and abilities grew, her client base grew as well. After securing licensing by Virginia Department of Health as a Home Health agency, Mary Beth sought out a business partner and registered nurse to prepare for the next growth phase of the company.

Joanne McCarty joined Independent You in August 2013 as Mary Beth's business partner and the agency's Director of Nursing. Joanne graduated from Adelphi University and earned a Bachelor of Science in Nursing, and continued her education with classes towards a Masters in Nursing Administration at New York University (NYU). Prior to joining Independent You, Joanne was the Managing Director of Firstat Nursing Services (a pediatric homecare agency). Joanne brings her dedication to nursing in her position as the Director of Nursing and provides quality Care Management services to her senior clients.



Also This Week: Happy Hour! Meet Up at The Front Page, 6 – 8 pm Thursday

Last Week

Arlington's General Registrar Linda Lindberg reviewed the various means she and other electoral officials across the country use to keep voter rolls accurate, as well as factors that complicate the task, such as the lack of a national voter database and voter mobility).

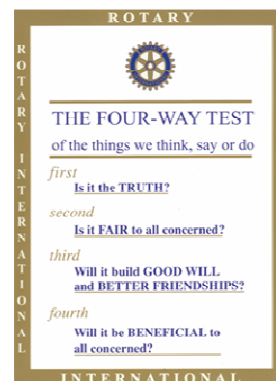


Greeters for February: Bill Howard;

If you are a greeter and cannot arrive 15 minutes before any weekly meeting your month, IT IS YOUR RESPONSIBILITY to make sure your partner will be in attendance or to find a substitute for yourself. Contact club Admin. Chair, **David Sutfin**, djsutfin@gmail.com with any questions.

Upcoming Events

- Mar 2 - Happy Hour at The Front Page, 6 – 8 pm.
- Mar 2 – 4 – Multidistrict “Chesapeake Presidents-Elect Training Seminar (PETS)” at Westfield Marriott, 14725 Conference Center Dr., Chantilly VA
- Mar 9 – Lunch Meeting at the WGCC: Linda Billings, Consultant to NASA's Astrobiology Program and Planetary Defense Coordination Office, National Institute of Aerospace, on “Going to Mars – How? When? And What Shall We Do When We Get There?”
- Mar 16 – Lunch Meeting at the WGCC: Mike Lee Pope, author, “Wicked Northern Virginia.”
- Mar 16 - Happy Hour at The Front Page, 6 – 8 pm.
- Mar 18 – Rotary Leadership Institute (RLI) training, George Mason University
- Mar 23 – ARC Executive Board Meeting, 11:00 AM – All members welcome to attend.
- Mar 23 - Lunch Meeting at the WGCC: Daniel Blaine [or other speaker] - Bridges 2 Independence
- Mar 30 - Lunch Meeting at the WGCC: Brian Karns, Director, and Courtney Morris -The Kitchenaid Senior PGA Championship
- Apr 6 – Lunch Meeting at the WGCC: Brig Pari, Exec Director, SMASH STEM Foundation – “Sports, Math, and Scientific Hypothesis”
- Apr 6 - Happy Hour at The Front Page, 6 – 8 pm.
- Apr 13 – Lunch Meeting at the WGCC: Kelsey Clarke – The Solar Foundation
- Apr 13 - Happy Hour at The Front Page, 6 – 8 pm.
- **April 20 – ARC Spring Gala; details pending**
- April 27 – Lunch Meeting at the WGCC: Jane Rudolph, Arlington County Parks & Recreation
- May 18-21 – District 7610 Annual District Conference, Wintergreen Resort, Wintergreen VA



ARLINGTON ROTARY CLUB
P.O. BOX 100038
ARLINGTON, VIRGINIA 22210
ROTARY CLUB NUMBER 5787, DISTRICT 7610
CHARTERED JULY 4, 1929

2016-2017 OFFICERS

PRESIDENT	SHANNON OWENS PRENDERGAST
PRESIDENT-ELECT	DAVID SUTFIN
PRES-NOMINEE	ROBERT MARTINSON
IMMEDIATE PAST PRESIDENT	JEFF SUTTON
SECRETARY	JOHN BECKER
TREASURER	JOE LOTT
SGT.-AT-ARMS	HUGH BARTON

2016-2017 DIRECTORS

MEMBERSHIP	ROBERT MARTINSON
SERVICE PROJECTS	COLLEEN BARTON SUTTON
ROTARY FOUNDATION	SHERRY BARNDOLLAR ROCK
CLUB ADMIN	DAVID SUTFIN
PUBLIC IMAGE	HUGH BARTON
WEBSITE/SOCIAL MEDIA	KIM DURAND
FUNDRAISING	SHERRY BARNDOLLAR ROCK
YOUTH PROGRAMS	KIM DURAND

ARLINGTON ROTARY EDUCATIONAL FOUNDATION

PRESIDENT, JOE LOTT
TREASURER, STEVE KLEMP