

Villages supports aging in our own homes with grace

By Micki Carter
Triad Editor

“Aging with dignity and grace” was the topic of Scott McMullin of San Carlos, a co-founder of Villages of San Mateo County, who spoke to members of the Mid-Peninsula branch Saturday, Jan. 23.



Scott McMullin

“Let’s face it. Most older adults, myself included, want to remain in their own homes as long as possible,” he said, adding that the Villages can help make that happen.

McMullin was joined on the Zoom presentation by Mid-Pen member Victoria Kline, who is a director of VSMC, the um-
See VILLAGES, Page 9

Mid-Pen to hear about community organizing

Sienna Fontaine, legal director of Make the Road New York, will discuss her organization’s community empowerment strategies to confront and undo systems of oppression with Mid-Peninsula branch at 10 a.m. on Saturday, Feb. 13.



Sienna Fontaine

Make the Road New York (MRNY) is a grass-roots, community organization that builds the power of immigrant, low-income and working-class communities to achieve dignity and justice through organizing, policy innovation, transformative edu-

cation, and survival services. With a membership of more than 24,000. It tackles critical issues like workplace justice, tenants’ rights, immigrant and civil rights, public education, health care access, policing and LGBTQ justice.

During her tenure, MRNY has challenged many anti-immigrant policies of the Trump administration. Before joining MRNY in 2015, Sienna began her legal career at Bronx Legal Services, after being selected for a Skadden Fellow-

ship to establish the Bronx Medical-Legal Advocacy Project.

Sienna graduated from NYU School of Law in 2007 and was a recipient of the Vanderbilt Medal for Community Service and the LACA Public Service Award.

During her years at NYU Law, she participated in a number of clinics, served on the executive board of the Black Allied Law Students Association and was an editor on the Review of Law and Social Change.

Sienna grew up in San Mateo, attended Hillsdale High School and received her bachelor’s degree from UC Berkeley, where she studied sociology and Spanish.

From the president

Now, if ever, we look to our friends for necessary support

By Carole Farina

Kudos to our Neighborhood leaders for creating festive and fun virtual holiday parties! Because of Zoom, members joined in when they ordinarily would not have been able to in person.

How online we have become!

The past year has been a learning experience for all of us, and we have risen to the challenge and profited by it.

Our priorities may have shifted, but what



Carole Farina

truly makes us happy and fulfilled is even better defined.

I love the educational videos I now have time to watch.

I get a chuckle out of the plethora of jokes about ourselves.

I take a few extra minutes to act on behalf of a worthy cause.

I exercise more regularly.

I care even less about the color of my hair.

And I so appreciate my husband and my friends.

As the global feminist Gloria Steinem emphasized, companionship and community are so important to well-being.

Having the support of a friend enables us to attempt anything.

Remember to ask for support, express your needs, and be a good friend yourself.

Who? What? When?

Co-Presidents: Cathy Chowenhill (cathychowenhill@comcast.net) and Carole Farina (cfarina@alumni.stanford.edu)

Membership: Vicci Mueller (591-5444)

Distribution: Ellen Van Creveld (591-0814)

Electronic distribution: Cathy Chowenhill

Triad editor: Micki Carter (mickicartr@gmail.com)

Sunshine Lady: Marge Haruff is our Sunshine Lady. Please contact Marge at mharuff@aol.com or 592-9900 if you know anyone who would appreciate a card from Mid-Pen Branch.

Know of a prospective member? Please contact Vicci Mueller (viccim@aol.com).

Board Meeting: Tuesday, Feb. 2, at 11 a.m. via Zoom.

Triad Deadline for March will be Feb. 15. Please send articles in Word format and photos (separately, not embedded in Word) as large-format JPEGs to Micki Carter (mickicartr@gmail.com).

Time to start thinking about our Named Gift Honoree(s)

By Carolyn Miller
Fund Chair

Now that we are well into a new year, I hope that you are all safe and well and that you've drawn strength during these challenging times from the bonds that connect AAUW members.

Our neighborhood had a wonderful party last month that we all enjoyed very much. It is great to get together with others in our branch and visit on Zoom. The neighborhood chairs have done a splendid job of keeping us connected.

It is now February and the main thing on everyone's mind is, "When can I get my vaccine shot?" But the world keeps going on. AAUW keeps going, and it is now time for us to be thinking of our branch's Named

Gift Honoree.

This is a special person or persons who we think is worthy of this very distinguished award. If you have a special person in mind who you think is worthy, please let me know ASAP as the committee will be meeting soon. She or they will be announced at our general meeting via Zoom in April.

Thank you all for your generous contributions to our organization. Your monies have gone far and wide to help our cause of helping women and girls. We will have one of those women speak to us at the April meeting.

Please continue your support and if you have any questions or thoughts please contact me, Carolyn Miller, Fund chair, at mfmiller34@aol.com.

Consider taking on something more for Mid-Pen in coming year

Will you do a little more in 2021-22?

It is time to turn from state and national elections to those for our Mid-Peninsula branch. The nominating committee will soon be at work searching for the right members to fill our offices for 2021-22. Do consider taking a position yourself.

No experience is needed, and plenty of help is available from former officers. One of our long-time members said that when she was contacted to be president, she was going to refuse, but then thought "I'm a college graduate. Of course I can do it!" And she served three terms!

Or do you know someone who seems like a good fit for a position? Contact Nancy Oliver (nancy1oliver@earthlink.net or 592-5822) who will pass along your suggestion to the committee.

'Biden must focus on jobs,' Bould tells Mid-Pen

By Micki Carter

Sally Bould of Santa Cruz, a new Mid-Pen member and a close friend of Co-President Carole Farina, led a Zoom discussion of socialism and capitalism and the practical application of those terms on Dec. 12.

In particular, she looked at Sen. Bernie Sanders' penchant for describing himself as a socialist and concluded, "I don't see that any of this qualifies as socialism."

Bould is a professor of sociology emerita of the University of Delaware. She has been a fellow of the European Union Institutes for Advanced Study and the Gerontological Association of America as well as a senior research fellow of the Center for Population, Poverty and Public Policy Studies (Institute of Socio-Economic Research) in Luxembourg.

In her PowerPoint presentation, she described capitalism as "an economic system where the ownership and administration of production and distribution of goods is in private, non-governmental hands. The goal is profit for the owners."

Socialism, on the other hand, is based on "economic and political theories advocating collective or governmental ownership and administration of the means of production and distribution of goods. It's not for profit."



Sally Bould

She explored the roots of both systems in the wake of the Industrial Revolution and the devastation of World War II as governments tackled the economic and class divide that left huge populations suffering economically. In the United States, Roosevelt's New Deal took the first steps towards creating an economic safety net with Social Security, and Johnson's Great Society added Medicare in 1965.

Then she took the group through Sanders' proposals for Medicare-for-all, free college education, minimum wage hike to \$15/hour, child care and action to fight climate change and then concluded, "I don't see that

any of this qualifies as socialism.

"We're talking about capitalism with an enhanced welfare state; we're not talking about socialism."

So, considering the perils of our economic system ("now that Covid has exposed the holes"), will President Biden be able to right the ship? "I'm skeptical. What we need is a health-care system for everybody and an (effective) unemployment insurance program. But the new administration has to focus on jobs. We need investment to create those jobs.

"The big problem in getting any health-care reform through is that we have very big, very powerful insurance and drug companies. If we had done this in 1965 (when Medicare was created), it may have passed," she said. "Now the drug companies are powerful enough to charge whatever they want, and we can't negotiate the prices."

During the animated discussion that followed, Carolyn Chambers said, "Bottom line, it just takes money. This is the richest country in the world. A whole lot of companies and very wealthy people in this country don't pay any taxes. Every entity needs to pay its fair share of taxes. Simple solution: Change the tax law. Unfortunately, the legislators are in the pockets of the lobbyists."

If you would like to listen to the entire presentation, here's the [link](#).

Carole Farina suggested that members might be also interested in following up Bould's presentation by reading a book review of [Ancient Foundations](#) from the New York Times.

San Mateo branch to hear Shelley Silbert; we're invited to listen

San Mateo branch AAUW has invited Mid-Peninsula to attend the Feb. 17 talk on "Climate Change Impact on Public Lands," by Shelley Silbert, Great Old Broads for Wilderness: Zoom meeting at 1 p.m.

If you wish to attend, contact Cathy Chowenhill at cathychowenhill@comcast.net and she will email you Zoom information a few days before the event.

National sends its thanks for Mid-Pen's \$1,000 donation

Dear AAUW Mid-Peninsula (CA) Branch leaders and members,

I hope this note finds you and all your branch members safe and well and that you've drawn strength during these challenging times from the bonds that connect AAUW members.

Goodness, what a year 2020 has been. As this difficult year finally draws to its close, all of us at AAUW National continue to work from home, as we have since mid-March — which seems like light years ago! I'm so proud of our national office staff and all they've accomplished this year: pivoting to virtual programs, increasing our advocacy and working with fierce commitment to further our mission.

I just learned from our team that your Mid-Peninsula Branch made a generous gift of \$1,000 to our Greatest Needs Fund. Please share my personal thanks with all those whose passion for AAUW's mission

made this gift possible.

Your AAUW Greatest Needs gift provides flexible support, which is especially important now as we've faced challenges on every front. We are working to ensure that gains we've won won't be lost—in educational opportunity, economic security, leadership and every arena in which we work.

The pandemic has exacerbated and highlighted inequities that run deep and, with your support, we're meeting the moment. Recently, I wrote an op-ed for Newsweek about how Covid-19 is so tough on working moms, and what policies and actions we can take towards economic recovery. But it's a long road ahead.

Please take every precaution and be safe. Thank you, thank you, thank you—and I hope to "see" many of you on a Zoom AAUW webinar soon!

With gratitude from all of us at AAUW National, Kim Churches

Check out the sections which are still meeting

Climate Change

The climate change section will meet virtually Monday, Feb. 8, at 3:30. A Zoom link will be sent prior to the meeting. Sometimes we need to be educated and sometimes inspired; we will be watching two short documentaries and then discussing the issues they raise. The first film is *Biomimicry* (with Janine Benyus, produced by Leonardo Di Caprio) which explores a new field of study, biomimicry. The idea is to use the millennia of knowledge nature has developed in order to survive to help solve today's problems. The second documentary, *Valve Turners*, reminds us that a few people can make a difference, as activists turn off the valve of the Tar Sands oil project knowing they will likely be arrested. To join us, email boothsherry1@gmail.com and I will make sure you get the link.

Book Bunch

We meet by Zoom on the fourth Friday of the month (Feb. 26) at 12:30 p.m. Contact Cheri Sullivan to join (cheryl.sullivan@gmail.com or 217-840-6627). (Please note that we are no longer meeting on the second Friday of the month, but on the **fourth** Friday.) In February we will be discussing Mary Ammon, a 19th-century female paleontologist, by reading either *The Fossil Hunter* by Shelley Emling OR *Remarkable Creatures* by Tracy Chevalier. There's no need to read both books; just choose one of them. Our March book will be *Plainsong* by Kent Haruth, and our April book will be *News of the World* by Paulette Jiles. All are welcome!

French Conversation

We'll meet on Zoom on Tuesday, Feb. 9, at 2 p.m. We plan to read in *Le retour du Jeune Prince* from Page 28 through the end of Chapter 5! Bring your bonnes idées pour la conversation!

Spanish Conversation

From November through April, Spanish Conversation will meet by Zoom on the first Monday of the month from 2:30-4:30 p.m. Leonor Urbain will send the link. After April the group will decide if this meet-up plan will change. If you are interested in further information, contact Leonor at Lurbain@comcast.net.



The Mid-Pen Hiking Section is the one group that hasn't had to go online during the pandemic. In this photo the group was enjoying the fall colors in Redwood Shores. Contact Stephanie Katz to join them.

Public Policy

The Zoom meeting date is Tuesday, Jan. 26, 3-5 p.m. Look for a Zoom invitation email from ybergero@mac.com on the day of the meeting. Discussion will center around the past weeks' incidents and reasons for these horrific events. Question: How do we erase the negative discourse in our country? Please contact Yvonne Bergero (ybergero@mac.com), or 650 595-3648 with any comments or to be added to our section. Please join in on the conversation.

Hiking

The group continues to meet on Thursday mornings. There's renewed interest in spending time together! Members of the group suggest walks, hikes, routes and the time and place to meet, and then someone leads and does the emails for that week. Stephanie Katz is the contact (stk4@lehigh.edu).

Historic Preservation

San Mateo County History Association will present a free webinar at 3 p.m. Jan 28

on "How Highway Construction in Post WW II Changed the Landscape in San Mateo County," with Mitch Postel (as part of the Courthouse Docket series). Register [here](#).

In another Courthouse Docket, Redwood City Councilman Jeff Gee will join a panel discussion on the Lunar New Year. Register at the same site.

The SMCHA is also collecting YOUR stories of living with Covid 19. How has your life changed since March? Send journal entries, essays, video, photographs, and/or artwork. Go [here](#) to find information and instructions.

Preserving our State Capitol: There is a proposal to expand the Sacramento buildings, but it would remove the historic 1949 annex, partially block the view of the capitol steps and eliminate more than 100 trees, many of which are also historic. Preservationists have a different view that would save the building and trees and also cost much less. To find out more, and voice your opinion, go [here](#).

For more information about any of these, contact Nancy Oliver.

Climate Change



Our old-growth titans: Can we keep them?

By Carole Farina

Californians are rightly proud of their exceptional trees: the massive and old giant sequoia, the unique yucca Joshua tree, and the tallest tree, the coast redwood.

Since 2015 close to two-thirds of the giant sequoia groves have burned with about half of that since August. In the Mojave National Preserve, 1.3 million Joshua trees in one of the largest remaining stands perished in the August fire. The devastated Big Basin is a reminder that coast redwoods are not immune either.

With drought continuing and temperatures rising, understory brush makes for hotter, bigger, higher and deadlier fires. Due to earlier practices and building sprawl, our old-growth ranges, those very trees that provide the best carbon sink, greater by volume than the Amazon forest, are vastly diminished. Only 5 percent of the old-

growth coastal redwoods remains.

Next-generation forests are less fire-tolerant with lower canopies and thinner bark. The giant sequoias take thousands of years to attain their size.

The redwoods and sequoias are made to withstand fire, and Joshua trees are usually away from fire zones. But they cannot run from increasingly hotter temperature, the hottest ever recorded in Death Valley; more severe and frequent storms; and diminishing water.

During the drought and again during August's fires, hoses at their base saved our iconic giant sequoias. We cannot irrigate every tree in a forest nor ignore the devastating effects of changing and worsening conditions.

What can we do to make a healthier situation for our trees and ourselves?

- We can educate ourselves and be

responsible in our own behaviors. Carolyn Miller suggests "[The Social Life of Forests](#)" in the New York Times. And if you haven't read *The Overstory* by Richard Powers, you must.

- We can join an organization's group of armchair activists or write letters to representatives.

- We can use our voices and our votes.

Every action we take is one more step in the right direction.

Mid-Pen member Jean Dehner's husband died

Jean Dehner's 83-year-old husband Bob died unexpectedly on Jan. 14. Bob was a staunch community activist, passionate about youth sports and parks. No memorial is planned.



Neighborhood 1 held its holiday party on Zoom Dec. 28, Nancy Crampton reports. “We had decided we would share our special holiday decorations as well as a glass of wine or two. We were treated to several amazing Christmas collections. Marie Walbach shared her huge Christmas village (above), which she says actually belongs to her son and daughter-in-law who have run out of space for it. Then Mary Ann Miotto shared the hundreds of Christmas ornaments on her tree that she has collected over a lifetime. We all enjoyed the fruits of their labors and seeing two such special Christmas collections!”



Victoria Cline said, “Twas the day before Dec. 1, when members from Neighborhood 5 heard a knock on their door. (Judy Diashyn, below, and Lois Monroe, above) To their surprise, they were presented with a yummy miniature bundt cake and asked to manage self-control by not delving into the delicious looking cake until the next day when a Zoom session was planned for everyone to celebrate together the start of this most festive month!”

Neighborhoods celebrate the holidays!



Ten of us from Neighborhood 4 gathered on Zoom on New Years Day, Wilma Hoffman reported. “Everyone had received a mysterious sack on their doorstep an hour before with the following instructions on the outside: Follow these easy directions to get a good start: Bring to your Neighborhood 4 Zoom Holiday Party: Sense of humor and fun, hat on head, supplies from the little bag, goodie on plate provided. Then afterwards, continue the laughter and camaraderie throughout the rest of the pandemic, knowing you have friends and a supportive community around you, and it won’t be too long till we can all hug again. Time to use the wine glass. Up-end the wine glass over the size piece of cake you want and press down.”

On Jan. 5 Neighborhood 3 gathered for our annual holiday party but this time it was on Zoom, Sally Mellinger said. “Before the gathering everyone received little cakes from Nothing Bundt Cakes. They also were given a few New Year’s items which included a popper, a noise maker and some holiday beads to wear. Cathy Chowenhill set up the meeting for us and we discussed what has brought us joy in the last year. We also discussed music and how it makes us feel and what types that run through our minds. At the end of the meeting, everyone opened their popper and shared their little toys and their riddle. I must say that I received more comments about the poppers than any other activity we had.”



Neighborhood 8 met by Zoom on Jan. 8 and had a chance to visit with old friends and get acquainted with some newer members, Margot Diltz reported. It was a chance to see the faces of those whom we haven’t seen for almost a year.

Mid-Pen honors its 50-year members



Virginia Spini
1959



Pat Holvick
1950



Doris Brown
1958



Carolyn Miller
1960



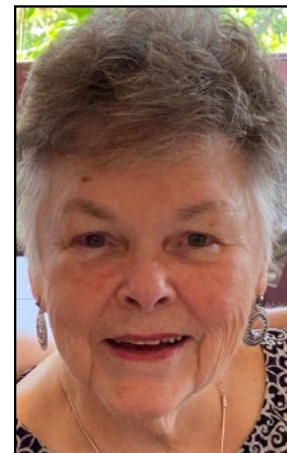
Barbara Barth
1961



Helene Haughney
1969



Ellen Van Creveld
1968



Nancy Oliver
1963



Joanne Payne
1961

This month, we would like to honor the members of the Mid-Peninsula branch who have been AAUW members for 50 years or more! Congratulations to these honorable women for sustaining their memberships for over 50 years! The beginning dates of membership for these women range from 1950 to 1969! If you have been an AAUW member for 50 years, the honorary membership requires an application form. You can find it on our website under the Members Only tab. The AAUW Bylaws tell us that an Individual Member who has paid AAUW dues for 50 years shall become a Life Member and shall thereafter be exempt from the payment of AAUW national dues. So join us in applause for Pat Holvick, Doris Brown, Virginia Spini, Carolyn Miller, Barbara Barth, Joanne Payne, Nancy Oliver, Ellen Van Creveld and Helene Haughney!

How long until we close the Gender Pay Gap?

By Ginny Hatfield
AAUW California Public Policy

How long will it take? What can we do to make it happen sooner rather than later? These are questions that AAUW has been grappling with for decades.

As we mark Equal Pay Day on March 31, perhaps there is hope that we can make progress in decreasing the gender pay gap in 2021, given a new administration that is committed to social justice and leveling the growing disparity between the haves and haves not.

We also now have women in the highest echelons of national leadership; and as we all know, when women are in charge, things get done!

According to the 2020 update to AAUW's The Simple Truth, it will take white women until the year 2069 to achieve parity with men, based on the projected

earnings ratio compiled between 1988-2019.

For women of color, the numbers are even worse. Black women will have to wait until the year 2369 – 350 years – as their earnings ratio has only advanced a mere 7% from 1988-2019. And Latinas find themselves in the worst scenario as their earnings ratio has only increased 4% from 51% to 55% during this period of time, projecting their year of parity to 2451!

The reasons for these disparities in the gender wage gap are known – and understanding what's causing the problem is the first step to meeting it head on. Members are urged to read the summary of The Simple Truth update on our [National website](#) which

lays out the problem, its causes and solutions.

AAUW is leading the charge to effect change, and you are part of the solution with the work your branches undertake on behalf of women and girls. The more we educate ourselves and others about the scope of this gender wage gap with programs like Start Smart, Work Smart, NCCWSL, etc., the more we chip away at the disparity.

What is your branch doing to make a difference in the Gender Pay Gap? Let us know what creative ideas you have come up with to spread the word in these days of social distancing, we'll share them on the web (send to publicpolicy@aauw-ca.org).

Plan for the future of AAUW in Legacy Circle

Becoming a Legacy Circle member is quick and easy and comes with perks, the most important of which is knowing AAUW will be here in the future.

It also helps Mid-Peninsula gain recognition as a 5-Star branch. We look forward to welcoming you to our Circle!

What does making a legacy contribution mean? It is a donation of any amount to AAUW National that has been included in your estate plans by will, trust, retirement plan, beneficiary or insurance beneficiary. The information about your planned gift is confidential, nonbinding, and for internal accounting purposes only. To signup, go [here](#).

Enter AAUW art contest; the deadline will be Feb. 3

Get ready to show off your talent by submitting your photography or a digital photo of your painting, drawing or sculpture to 12th annual AAUW art contest!

Entries will be accepted through Feb. 3. And if you're more critic than artist, get set to vote on the best entries, starting Feb. 10. The six winning entries will be featured in a collection of notecards mailed to AAUW members in the spring. Visit the AAUW Art Contest [page](#).

Building Resiliency for a Changing Climate

Sea Level Rise | Flooding | Fire Risk | Coastal Erosion

Virtual Annual Joint Meeting

Thursday February 4, 2021 7:00pm-8:00pm

OneShoreline | LWV LEAGUE OF WOMEN VOTERS OF SOUTH SAN MATEO | LWV LEAGUE OF WOMEN VOTERS OF NORTH & CENTRAL SAN MATEO COUNTY

Climate Resiliency

Speakers

Dave Pine, SMC Supervisor
Len Materman, CEO, OneShoreline

Climate change increases our country's exposure to floods and fire.

- * OneShoreline is a new countywide governmental agency to address flooding and sea level rise.
- * Hear about the initial flood protection plans and share your ideas for future actions.
- * Get involved in the planned community meetings, to focus on both flood and fire.

Please Register at buildingclimateresiliency.eventbrite.com

LWV Business Meeting @ 8:15pm
A Zoom Invitation will be sent to all Members



Mid-Pen hikers followed Sawyer Camp Trail along the misty Crystal Springs Lakes in San Mateo last fall.

Villages

Continued from Page One

brella organization for three local villages: Sequoia Village (Redwood City to Belmont), Mid-Peninsula Village (San Mateo to Burlingame), and Village of the Coastside (Half Moon Bay to Montara).

During the pandemic, one of the most popular services provided by the Villages is the “touch base” phone call. “Right now, 25 volunteers are calling most of our 200 members every week or so,” McMullin said. “That may be the only person that member talks to that week.”

Cynthia Ford, a Mid-Pen member and Villages volunteer, added, “We always used to provide a mentor for new members for awhile. . . Now we’re calling regularly, and this kind of a connection is making a big difference. This is something to consider even after Covid.”

Before Covid, transportation was the most popular service of the Villages. Making use of an extensive list of volunteers, members have been offered 20 one-way rides a month for medical appointments, shopping, back and forth to the airport and more.

Several members mentioned peace of mind as the greatest benefit. “Villages have become an extension of my family,” Nancy Grandfield said. “It gives me a sense of security knowing that you care about me. One time I got nervous about a phone call I

received. . . Here comes Scott and a policeman. They made the phone call to see if this was something that was okay. It was a huge relief.”

McMullin said they have about 150 volunteers who sign up to do simple home repairs like taking care of jammed garbage disposals, furnaces not working (which usually requires nothing more than replacing thermostat batteries) and technology assistance (such as learning how to use a new TV remote or setting up a new computer). But during the pandemic, they are only accepting emergency requests.

“We’ve discovered that volunteers want to be of service to the community,” Kline said. “They have offered all kinds of services — marketing, writing, artwork, a host of different things. Their ideas are a gift of their own.”

Anyone interested in volunteering can register [here](#). Orientation sessions and background checks are required.

Mid-Pen member Nancy Batten listed a number of examples of help she’s had from the Villages volunteers (outdoor furniture repainted and gutters cleaned) as well as trips to the airport. “And during Covid, they’ve sent little gifts, poinsettias during the holidays and bundt cakes.”

McMullin emphasized that the Villages isn’t a caregiving service, “but we have a long list of caregivers when that’s the direction a member needs to go.”

The Villages of San Mateo County is supported by membership dues of \$600 for a single member or \$750 for a couple. Membership is also offered for just the social aspects of the program. Eighty percent of the members are women, and the average age is 83.

“Many of our members started in their mid-70s,” Kline said. “They looked at it as insurance that would be there when they needed it.”

One of the first services offered to new members is a home-safety inspection that identifies such problems as tripping hazards and the need for grab bars.

Perhaps the newest program of the 6-year-old organization has focused on emergency preparedness for its members. Recognizing the need to be ready for wildfire evacuation or earthquakes, the Villages has divided itself into neighborhoods of 10-15 members each with readiness captains and “go-bag” starter kits.

“We are an aging nation, and San Mateo County is no exception,” McMullin said. “It is estimated that 25 percent of our county population will be over the age of 65 by the year 2030.

“Government services and home-care agencies will not be able to handle all of the needs, but we can band together to help each other as we write the next chapters of our lives.”

For more information, click [here](#).