

## SOCIAL, CULTURAL AND VOLUNTEER ACTIVITIES COMMITTEE

The Committee is responsible for providing its members with opportunities to enjoy social, cultural, educational, and volunteer activities that not only enhance their individual well-being, but also help to connect retirees. In 2021, the Committee organized a wide variety of monthly activities, most of which were held virtually given the pandemic. For example, members enjoyed virtual tours of the Metropolitan Museum of New York and the National Cathedral of Washington and online workshops on meditation and maintaining mental health. In partnership with the Credit Union, the Committee offered several financial seminars on planning for long-term care expenses, investment strategies for seniors, and estate planning. The IDB Tax Unit held a tax seminar to which retirees were invited. In addition, the Committee created a new support group for widows and widowers, using the peace circles methodology.

And once it was safe, the Committee sponsored two fabulous lunches at a Maryland winery which were sold-out immediately after they were announced, as well as the end-of-year dinner dance overlooking the Washington skyline. At all three in-person events, beyond great food, great drink, and great conversation, perhaps the most gratifying experience was sharing warm hugs with old friends.

**Membership.** From May 2021, the members of the Committee were Directors Dora Currea and Patricia Meduña (Coordinator), along with Laura Bocalandro, Sandra Scioville, and former Vice President Claudia D. Perraza. Committee members who served from January to May 2021, were former Vice President Claudia D. Perraza (Coordinator), Bernadete Buchsbaum, Dora Currea, and Patricia Meduña.