

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
March 2026



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, March 4, 2026: *Northern Virginia Family Services*

Northern Virginia Family Services is a local non-profit that provides services to help families thrive at every stage of life. Ms. Kathleen McMahon, Executive Vice President, Development and Communications, will introduce us to the range of services they provide around health and well-being, homelessness and housing, immigration, workforce development, and more.

Wed, March 11, 2026: *Meet Dr. Deidra D. Parrish, Director, Arlington Public Health*

Dr. Deidra D. Parrish was named Arlington County's Public Health Director in the Department of Human Services (DHS) in late 2025. In this role, Dr. Parrish provides overall leadership and direction for public health programs and serves as the official health advisor for Arlington County. Dr. Parrish is a board-certified infectious diseases and preventive medicine physician with over two decades of public health experience at the local, state, national and international levels. Prior to joining Arlington Public Health, she served in the U.S. Agency for International Development as a Senior Advisor in the President's Emergency Plan for AIDS Relief (PEPFAR) for HIV testing and treatment and co-led the interagency Global-Domestic HIV Bidirectional Learning Forum.

Wed, March 18, 2026: *The Do's and Don'ts of Medical Cannabis*

Whether it's from cancer, a fall, osteoarthritis, or neuropathy, many senior citizens live with pain. Over-the-counter pain medications are often ineffective, and prescription medications may carry a risk of addiction and other side effects. Dr. Leah Sera, Associate Professor in the Department of Practice, Sciences, and Health Outcomes Research at the University of Maryland School of Pharmacy, will introduce us to medical cannabis and what you need to know before talking to your doctor.

Wed, March 25, 2026: *Estate Planning 101*

This presentation by Christopher T. Leighton, Partner, Hughes & Leighton PLLC, focused on older adults, will provide a clear, practical overview of the basics of estate planning. Participants will learn the purpose and key components of essential documents, including a will, durable power of attorney, advance healthcare directive, revocable living trust, and beneficiary designations. The session will explain how these tools help protect assets, ensure healthcare wishes are honored, and reduce stress for loved ones. Common misconceptions, the importance of keeping documents updated, and steps for getting started will also be discussed. Attendees will leave with a better understanding of how thoughtful estate planning supports independence, dignity, and peace of mind for themselves and their families.



Daylight Savings – March 8th

More information and how to join via Zoom can be found at
ANVashington.org/events



For more information or to learn about the benefits of becoming a member of Arlington Neighborhood Village, contact us at 703.509.8057 or visit ANVashington.org