



## Patricia Brown Selby

May 28, 1954 - April 12, 2018

Patricia Brown Selby grew up in Rockville, Maryland, in a family friendly neighborhood with children who were all friends and all played outside together. She went to Catawba College in North Carolina, where she met lifelong friends, and then attended West Virginia University and received her masters in Social Work. Unbeknownst to her, years before her and her late husband (George) met, she would walk past his antique store in Old Town, Alexandria multiple times a week. She would not meet him years later until they both worked at AARP.

Tricia worked for AARP for almost 25 years and helped to create and implement numerous outreach programs to promote healthy aging. In her role as an Interreligious Liaison in the Program Department, Tricia's colleagues recall that it made sense that Tricia served in this role, "because she seemed to exude a certain spirituality."

Tricia also served as editor for one of AARP's magazines, Maximizing Human Potential. As editor, she solicited articles from colleagues and other guest writers to share their knowledge and expertise as inspiration for readers to explore their untapped abilities and talents. She also coordinated a walking program with the Red Hat Society, providing a training for a group of national leaders at the AARP headquarters. Tricia, always professional in her appearance, got a kick out of hosting the Red Hat ladies dressed in all their

regalia (boas, feathers and bling).

Her last 10 years at AARP were spent as a Program Consultant on the Health Promotion Team in the Education and Outreach Department. During her time on the Health Promotion Team, Tricia worked on Physical Activity programs and resources, including a nostalgic program called, "Get Fit on Route 66." The consulting organization on the project expressed their appreciation for Tricia's impeccable work on the team, as she always delivered, never missed details and was calm under pressure.

Tricia met her husband George at AARP in the late 1980's and they married in October of 1992. They welcomed their daughter, Amanda, to their lives in August 1994. Tricia's former colleagues at AARP describe her as a professional gem – trustworthy, responsive and a problem solver. She is remembered by her colleagues as having a natural serenity, innate kindness and ability to listen to people. It was clear to everyone who worked with her that she loved her life with her husband George and was immensely proud of her daughter Amanda.

After retiring from AARP, Tricia was a full time mother and also participated in some volunteer work. She was a great mother to Amanda, as she would volunteer for swim meets that Amanda was participating in, as well as always available to be with Amanda after school and help with homework. One time, Tricia even drove Amanda and her friends to a Jonas Brothers concert, all the way in Richmond, VA, there and back, in one night (on a school night)! She was the best mother a daughter could have asked for.

Tricia had a passion for photography, traveling, and especially being by the water. She also had a love for sweets of any kind, including cookies and ice cream. She never turned down dessert!

Tricia was a loving mother, daughter, sister, aunt, daughter-in-law, sister-in-

law, and friend. She is loved and remembered by many, many friends, former co-workers, and relatives who all loved the genuine and sweet human being she was. She will be missed dearly and will always be remembered by her sweet spirit, laugh, and smile.

# Tribute Wall



“ *Patricia Brown Selby*

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October 27, 2022 at 09:45 PM



“ *Tricia and I worked on the Health Team together (although on separate projects). She and I remained friends, meeting for lunch a couple of times a year since we both left AARP roughly 9 years ago. She was a mentor for me at AARP and continued to provide a model of professional and personal excellence as a friend. I admired her enduring grace and courage through some of life's most difficult challenges. She lit up with pride every time she spoke about her daughter, Amanda. I'm sure Tricia and George are watching over her together now. Rest In Peace my friend.*

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**Candle of Nature** - April 19, 2018 at 12:00 AM



“ *Patricia Brown Selby*

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**Sweet Tranquility Basket** - April 19, 2018 at 12:00 AM