

October 2015

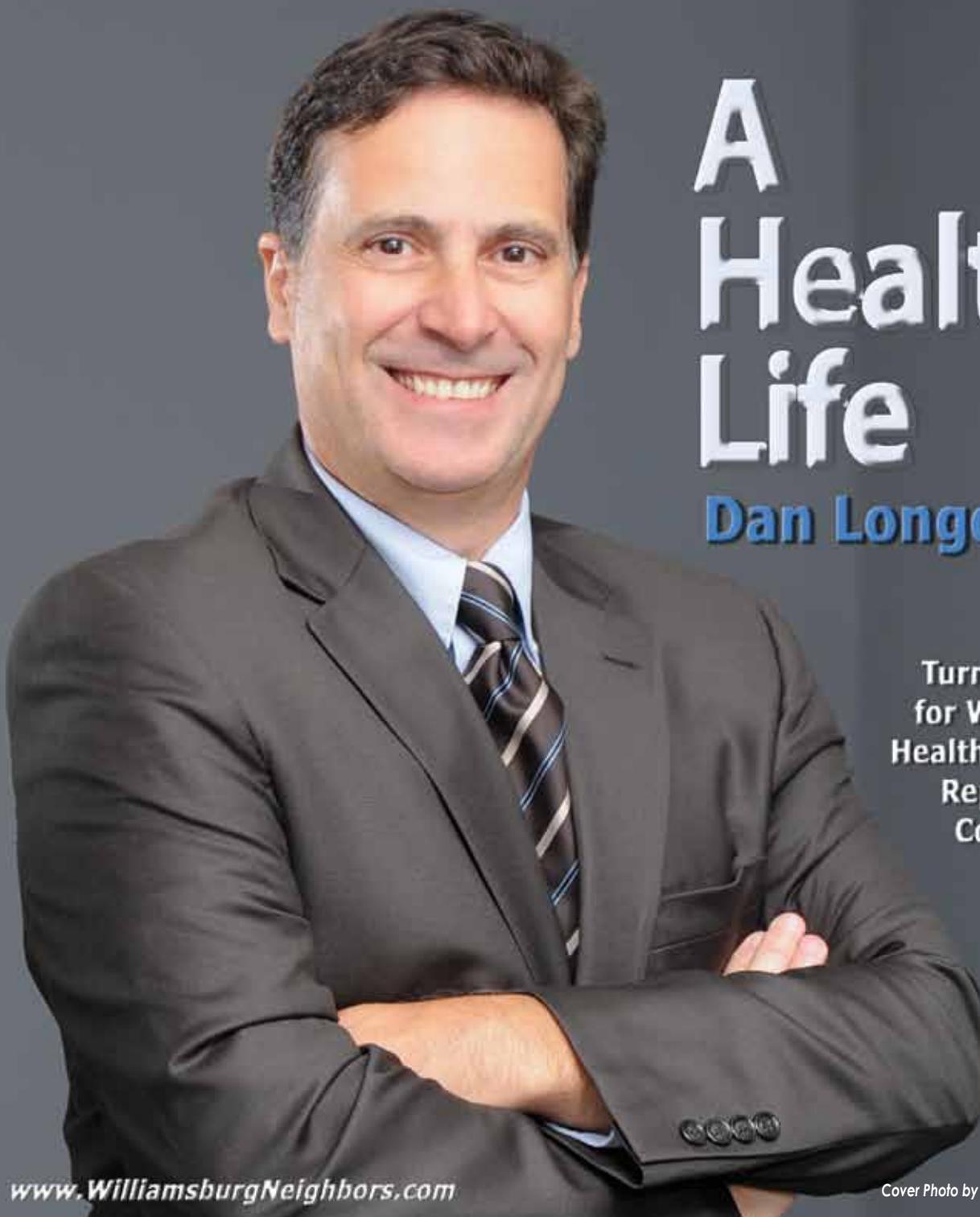
WILLIAMSBURG'S

Next Door Neighbors[®]

VOL. 9, ISSUE 10

PRICELESS

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A Healthy Life

Dan Longo

Turn to Page 37
for Williamsburg
Health Foundation's
Report to the
Community

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There is a very positive and highly discernible vibe that runs through this issue of Next Door Neighbors. Across a dozen diverse articles, several people share some very personal insights into what it means to them to care for those dealing with intensely personal and particularly difficult challenges. Though their work may frequently expose them to sadness and distress, they remain unfailingly upbeat and strong in spirit.



Meredith Collins, Publisher

It is entirely appropriate, and no coincidence, that Dr. Dan A. Longo, Director of Behavioral Health at Colonial Behavioral Health, graces our cover and is featured in our lead story. He is an outright ambassador of optimism with his infectious, cheerful attitude towards life, mental health, and aging gracefully.

Dr. Longo's story, and those of the other caregivers included here, is complimented by the comprehensive annual Report to the Community by the Williamsburg Health Foundation. They have taken great pains to communicate to the community how they help facilitate, coordinate, and enable the availability of healthy opportunities throughout our community. The work they do is invaluable.

Lastly, we have taken the metaphor of a positive vibe "running" through this magazine right to the very end. Even our popular "In the Neighborhood" photo puzzle features a snapshot of a pack of wildly enthusiastic Williamsburg youth running in the recent D.O.G. Street 5K race! We hope you enjoy the puzzle, the stories, and catch the constructive qualities these neighbors are spreading through good health - mind, body and spirit. NDN

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Cover Photo by Lisa Cumming

Looking for Joy



By Alison Johnson

When Dr. Dan A. Longo sees a person begging for money, he usually stops. He doesn't question how they came to be on the streets, or make any judgments about them. He offers them a smile. He gives them his lunch. He wishes them well. He feels happy.

And happiness, Dr. Longo believes, can be a major contributor not only to a good life but a longer one. As Director of Behavioral Health at Colonial Behavioral Health in Williamsburg, Dr. Longo, a licensed psychologist, speaks often on the surprising power of optimism in healthy aging, a link increasingly proven by research. In fact, studies suggest people who stay positive about growing older may live some seven and a half years longer

than those with more negative attitudes.

"Research is always in flux, but if these findings hold up, happiness might turn out to provide a benefit that just about surpasses anything else people can do," Dr. Longo says. "It's not a magic bullet, but happiness seems to be much more than just a mood. It seems to have remarkable protective powers."

Wellness, then, wouldn't just be the absence of disease, or linked solely to physical steps such as healthy eating, regular exercise or not smoking. It would include an ability to embrace a positive approach to life: being thankful for good things, however small; building strong relationships with family and friends; using humor to shrug off everyday nuisances;

helping others; and simply smiling a lot.

Ever-growing evidence indicates that an upbeat attitude can boost both physical and emotional well-being, Dr. Longo says. Optimists tend to have stronger immune systems, faster recoveries from illnesses, less risk of depression, lower levels of stress hormones, better social interactions and more energy.

"They generally feel more confident, empowered and in control," Dr. Longo notes. "They're more likeable, so they don't become isolated. All of that is important to coping with the decreasing abilities that come with aging."

As the American population grays at a rapid pace, seniors should do their best to nurture a



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“positive bias” toward themselves.

“That means focusing on your good memories and proud achievements and what you can still do, rather than the mistakes you've made, the bad things that have happened and the skills you've lost,” Dr. Longo adds.

Dr. Longo believes anyone, even those who have endured numerous tragedies and hard times, can be optimistic. His proof is the first person who sparked his own fascination with happiness and mental power: his Uncle Rosario.

As a boy in his native Palermo, Italy, Dr. Longo marveled at how people always flocked to Rosario. “Happiness would literally bloom around him when he walked into a room,” he remembers. “He had a roaring laugh that warmed everybody up. He impacted everyone's mood.”

Dr. Longo assumed that his uncle had led a charmed life. Then one day, his mother pulled him aside and told him the truth. Rosario had been a soldier during World War II and he was captured, herded on to a train and shipped to a prison camp in Poland. He watched many friends starve to death. He almost died. In fact, his family was stunned when he suddenly appeared back in Italy, emaciated but alive.

A broken man, Rosario retreated to his room at his parents' house for a while. Then one day, Dr. Longo's grandmother burst in and told her son, with a blunt dose of strong language, that he needed to get out of bed and figure out how to live again. Dr. Longo isn't sure how, but Rosario did.

“He didn't look back, or at least not in a way that defined him,” says Dr. Longo. “He became very successful and happy. He showed me that you can come to feeling good about life in many ways. You can get there even after very traumatic experiences.”

Dr. Longo is careful not to discount anyone struggling with clinical depression, which requires therapy and possibly medication. He also stresses that it's normal for people to feel overwhelmed, stressed and sad when they go through challenging times.

“The key is: can we then shift to coping, to being hopeful and positive?” he asks. “Instead of staying in a dark room, can we turn the lights on and open the window? Can we listen to upbeat music, not something depressing? Can we get out for walks? It's easy to get stuck in a dark place. That shift, a willingness to engage in behaviors that will help us, is crucial to moving forward.”

And while youth and material wealth have their perks, they don't help much with happiness, surveys of Americans of varying ages and incomes have shown. Those who earn \$10 million or more annually, in fact, appear only slightly more content than the average American, Dr. Longo reports; people older than 50 and even in their 80s often are among the happiest. A much bigger piece of the puzzle seems to be a satisfaction with one's life and pride in personal accomplishments.

Happily, Dr. Longo was able to shape his early interest in the workings of the mind into a career helping people. He spent his early years in Palermo, an ancient city on the northern coast of Sicily that is full of history, art, music, food and sunny weather. In an era before cell

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phones and computers, Dr. Longo, his two older brothers and their friends kept busy with beach trips and mountain hikes.

When Dr. Longo was 16, he relocated with his parents to Long Island, New York, where his oldest brother had moved to pursue a longtime dream of living in America. "When he turned 18, he just said, 'I'm going,'" Dr. Longo recalls. "He started a business, working in electronics like my dad, and did it all on his own. That gave me a lot of motivation to carve my own way in life."

Dr. Longo had studied English in Italy and threw himself into extracurricular activities that his old schools hadn't offered, including baseball, photography and painting. He also was a voracious reader. "My first love was literature and philosophy," he says. "That intellectual world was more interesting to me than objects or sales or other types of careers I could have gone into."

After earning a Bachelor's Degree in Liberal Arts, Dr. Longo pivoted to psychology. With a 1983 Master's Degree in Rehabilitation Coun-

seling from State University of New York at Amherst/Buffalo and a 1991 Doctorate Degree in Counseling Psychology from Michigan State University, he went on to work with children and adults in public and private medical facilities in several states.

About 19 years ago, Dr. Longo moved to Williamsburg for a job at Eastern State Hospital. He started at Colonial Behavioral Health in 2006 and is an administrator overseeing Adult Outpatient Services, which offers emergency and ongoing therapeutic care for patients recovering from mental illnesses, intellectual disabilities or substance abuse disorders.

"My field has allowed me the privilege of spending time with people as they try to shift into a better place in life," he says. "Not everyone succeeds, but when you can see their growth and movement ahead, it's very rewarding." He pauses and continues with a laugh, "The family business would have been more lucrative. But I believe that you need to do what you love."

In addition to work, many small acts can

promote optimism, Dr. Longo says. He suggests keeping a journal and describing three good things that happen each week. Writing thank you letters to family, friends, teachers or co-workers who have had a positive impact can boost happiness for months, even if those notes are never mailed. Volunteer work and simple acts of kindness – like a free sandwich and a friendly greeting for a stranger – provide purpose and important community connections.

Personally, Dr. Longo also enjoys traveling, hiking, sailing, reading and spending time with his family, including kids Ashton, 14, and Nina, 9, and their stepmom Gina, whom he recently married. Visits to his Italian relatives in New York involve a stereotypically loud, warm, fun and food-loving bunch.

Dr. Longo also tries to be quick with a smile or laugh – as much like his Uncle Rosario as possible.

"My uncle could have lived in despair," Dr. Dan Longo says. "Instead, he looked for joy. That's a good role model for all of us." NDN

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COPING

By Rachel Sapin



Lisa W. Cumming Photography

For Allison DeLaney, death and coping with death are experiences that have as much to do with our minds as they do our bodies.

“We’re never just body or just spirit. Everything is all mixed up in us,” says Allison, a chaplain for the nonprofit Hospice House, where she has served in the role for the past eight years.

Knowing that the mind and body are con-

nected when it comes to healing, Allison formed a walking group for those with loved ones at Hospice House six years ago. The group has over 250 people that use it or have used it to heal today.

“When I took on the bereavement program, I realized people don’t necessarily want to sit and talk,” she says. The walking group, Allison says, allows people a safe space to talk

about their experiences. “You can ask someone, ‘When did your wife die?’ That’s not a weird question to ask,” she explains. “You’re not staring straight at a person; you’re walking next to them. I think that approach is what I find most effective in supporting someone.”

“As people feel free to walk and talk, they often start honestly telling their story,” Allison says.

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“Yes, there’s sadness in it, but I think the dynamics of emotion when somebody feels safe to share what they really feel and really think, that’s such a privilege. I don’t even have to do anything, but if they feel safe with me, they can say something that’s healing to them,” she says.

Allison grew up in Venice, Florida, a small town where she remembers sticking out “like a sore thumb.”

She says her Americanized name hides a more mixed heritage. “Everyone is shocked to see me because I’m actually Chinese-Jamaican,” she says. “I’m first-generation American.”

Allison initially went to school at the University of Florida with the intent of becoming a physical therapist. But a Medicare cap that had been put in place at the time she graduated made it so there weren’t a lot of jobs out there for newly-minted physical therapists.

“I was soul searching,” she remembers at the time. That’s when Allison decided to tag along with a friend who was volunteering with a program called the Amate House. The young adult volunteer program of the Archdiocese of Chicago fosters 11-month volunteer

experiences that include youth and family services, elder care, immigrant and refugee services, nursing, legal aid, social services, education and youth ministry.

For Allison, who is Catholic, it was her first experience living away from Florida. She remembers one of the most challenging things was getting used to Chicago’s brutal winters.

“Most of my roommates were from Notre Dame. They were just laughing at me because I didn’t know how to dress,” she remembers. “In the winter, I didn’t have the right gloves or scarves. I just never wore them because I wasn’t used to having to, but I quickly learned because it was survival.”

Through the program, she volunteered at an inner city rehabilitation hospital. “That was a very formative experience for me,” she says. “At the end of that experience, I knew I loved physical therapy, and I’m still doing it. But I felt I needed to explore my faith in a deeper way.”

It inspired Allison to apply for a scholarship to do graduate work in Theology. She received the Bernardin Scholarship from Catholic Theological Union to attend the school in Chicago and work on her Master’s Degree in

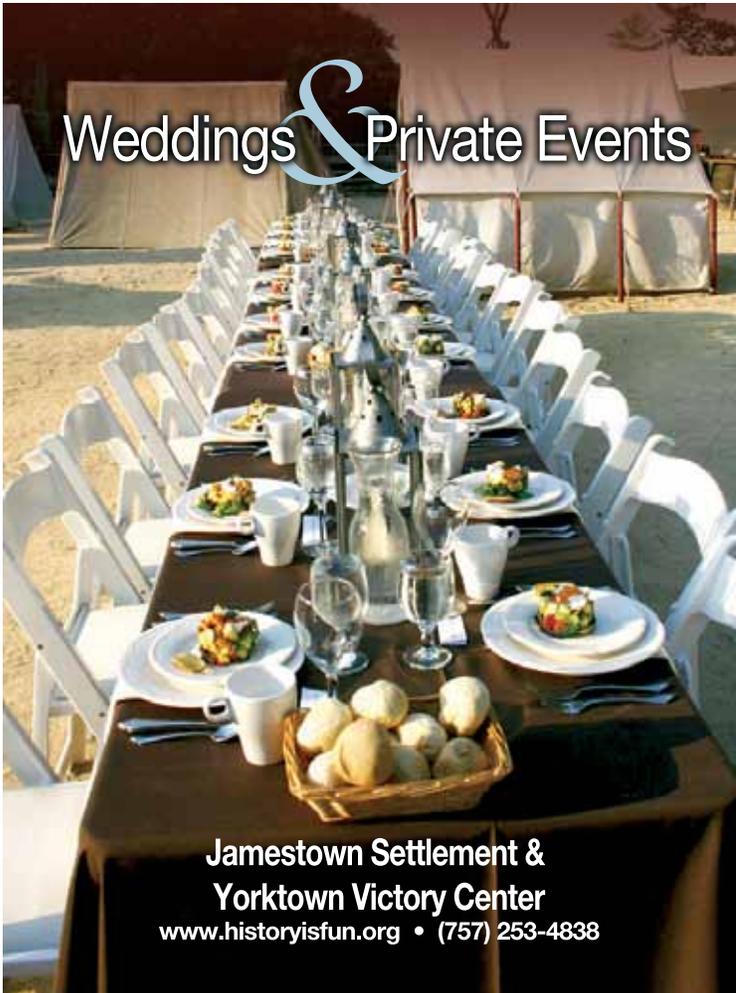
Theology. Her husband was also doing graduate work at the school.

Allison, who has a Clinical Pastoral Degree, also went through training to becoming a board-certified chaplain. “I was working full-time in a hospital,” she says. “It was very intense. I did a lot of overnight on-calls. I was there for traumas, deaths, all sorts of life transitions in a hospital. I just found that it was such meaningful work.”

Being a chaplain helped fill a gap in her professional life. “As a physical therapist, there are the very practical skills to help somebody move when they can’t walk or being more independent after they’ve had a stroke. It’s physical,” she explains. “What I felt like chaplaincy added was this ability to listen to a person’s story in a healing way. That’s the invisible skill of the chaplain.”

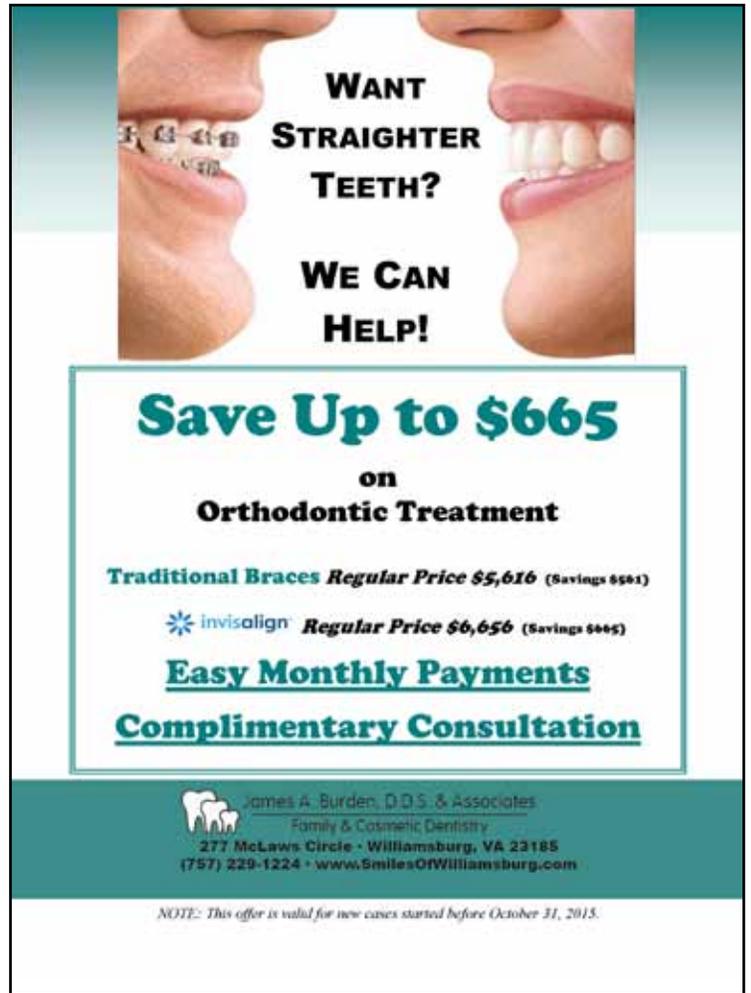
Following graduate school, life happened quickly for Allison. During her graduate program, she was pregnant with her first son.

“I always tell my son, ‘Do you know you have a whole degree you did with me?’ He was born a little early, a week after I ended the residency at the same hospital,” she says with a laugh.



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It wasn't long until the cold winters and the busy city life started to weigh on Allison and her family. With her husband being from northern Virginia, the couple decided a move to Williamsburg to be close to family would be the next best step.

"It seemed like a really nice place to raise a family. The access to nature was big for us," she says.

When she moved to Williamsburg, Allison took time away from work to raise her son. It was a tough decision as she had just graduated from a chaplaincy program that she loved. Her craving to continue her work in some way led her to Hospice House, where she started as a volunteer.

She was moved by a program she saw that looked at death in a holistic manner. "There are only a handful of hospices in the nation that operate as they do," she says. "They offer their services completely free of charge because they're supported by donations"

Soon, Allison was offered a part-time job as a chaplain with Hospice House, where she served in the role for eight years.

"Hospice care is such a complicated thing to acknowledge when you're really terminal-

ly ill," she explains. "The expectation when you're in hospice is that a doctor has told you they're expecting six months or less when giving your diagnosis. The philosophy of hospice I think is so beautiful. It's really what I think all care should be. It's holistic. It's saying, 'This is your life. Yes, you have a disease, but you are more than your disease.'"

She gives the real life example of a woman she worked with at Hospice House. The woman wanted to go to her son's wedding and was contemplating whether chemotherapy would shrink a tumor enough to make the trip possible.

"That's where you have conversations that are more meaningful than if a doctor said, 'You can do this treatment, or that's it. I have nothing else,'" Allison explains. "That's just so hopeless, and everybody needs hope, even if they're dying."

Allison says death isn't all about dying either. "I think the work has been more of a blessing than anything. It's an opportunity to appreciate life even more. Because there's an ending, the people who know their lives are coming to an end have such a better sense of priority," she says. "It's not about the stuff

anymore. It's about people, it's about relationships you have and spending time with people you love. Being around people who are dying, teaches you how to live well because they appreciate things on such a real level that other folks take for granted."

For now, Allison is taking what she calls a sabbatical from her role as a chaplain with Hospice House, but she says the work will never really leave her.

"I need to refresh myself to be able to give anything again, in the way I want to," she explains. "I think I will always be a chaplain somehow. You still know the knowledge. You still practice it and use it in your day to day life. Similarly, chaplaincy is a way of honoring the spirituality around me. I can't not do that."

She's also looking forward to her next challenge. "As I take my sabbatical from hospice chaplaincy I'm excited to be a home health physical therapist where I'll have the privilege of being in a person's home to help enhance their physical potential and quality of living. It is wonderful to bring hope in whatever way possible amid the challenges of physical illness," Allison DeLaney says. NDN

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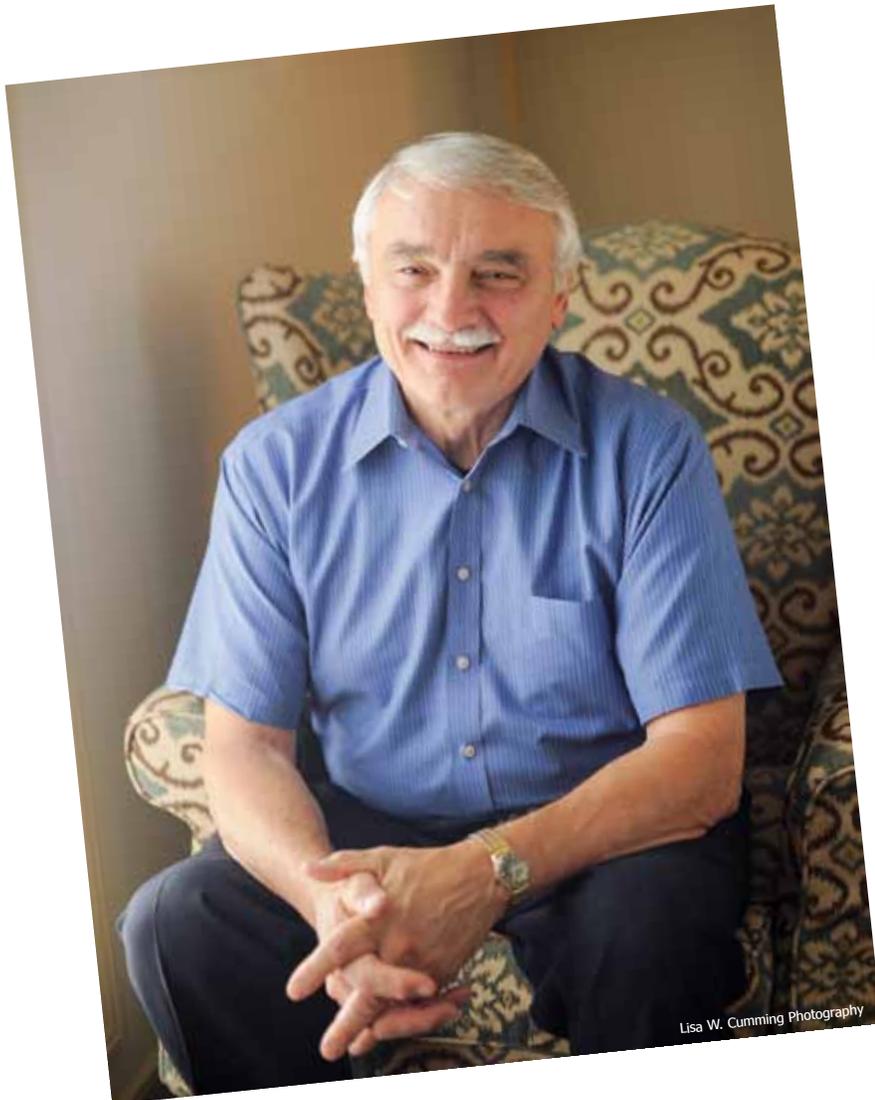
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Help in **OVERCOMING** Trauma

By Narielle Living

Dr. Edward Tiller did not expect to become a psychologist. In fact, he was aiming for a career in chemistry. "I'm a late bloomer," he says. "I actually didn't decide to possibly become a psychologist until the second semester of my senior year." Although he received a BS

in chemistry from Bowling Green State University in Ohio, by the end of his junior year in college he had already decided he did not want to be a chemist. Unfortunately, he did not know what he wanted to be.

"I'd worked in a couple of labs, so I knew

something about what it would be like, but I enjoyed interaction with people more than just things."

In his first semester of his senior year he had a course in industrial psychology and enjoyed it very much. When the professor asked ques-

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The Urgency of Timely Evaluation of New Onset “Flashes and Floaters”

The term floaters is used to describe transient movement of translucent or opaque spots in our vision that can last minutes to years. There are many possible causes to the onset of floaters. As we age, the eyes tissues change; the cornea changes curvature, the lens opacifies (forming cataracts), and the vitreous humor liquefies. The vitreous humor is a gel matrix. This gelatinous mass, somewhat firmer than an egg white, constitutes four fifths of the eyes volume and is 99% water. The gel matrix serves two primary functions; it provides structural support to the lens and retina, and also helps to nourish all of the internal structures of the eye. It also functions as a protective barrier in the case of blunt trauma, cushioning the blow to the delicate retina.

As we age, the vitreous liquefies allowing it to move more freely within the eye. In most of us, the vitreous eventually separates from the back of the eye. This is known as a posterior vitreous detachment (PVD). This is a normal occurrence. However, sometimes it separates vigorously, tearing the retina in the process.

“A retinal tear or detachment is impossible to diagnose over the phone,” Dr. Schultz says. I always see patients with symptoms of sudden onset flashes or floaters urgently (same day) and I often have patients thank me for seeing them without an appointment. These patients have done the right thing by calling their doctor. If a tear develops, and the liquid vitreous gets into the tear and under the retina, the retina detaches from the back of the eye.

“I tell patients it’s like getting

water behind wallpaper and the whole wall can come off. Early detection is key and can make all the difference in a patients’ visual outcome,” says Dr. Schultz.

Recently Dr. Gregory Schultz saw a patient in urgent consultation. “He did not have an appointment, and my staff, having been trained in the triage of ocular urgencies and emergencies knew this patient had to be worked into our schedule,” says Dr. Schultz.

The symptoms that the patient was experiencing were common to Eye Center of Virginia and seen in numerous patients they treat each week.

However, as common as these symptoms are, the potential severity of the situation leading to the symptoms and the consequences of ignoring those symptoms are poorly understood by the public.

“After seeing two patients in the last week with retinal detachments with potentially blinding effects, I felt it was important and my duty as an eye care professional to make the public aware of just how severe these symptoms can be,” says Dr. Schultz. “Do not ignore this symptom hoping it will just go away” says Dr. Schultz. “It could

cost you vision.”

Most people that have longstanding floaters have a benign finding that comes with birthdays. For others, the cause can



Dr. Gregory Schultz

be inflammation within the eye, retinal or vitreous hemorrhage from diabetes, infection, even eye cancers. It is also concerning when the floaters are new, sudden in onset, or accompanied by “flashing.” The acute onset of new symptoms signifies a sudden change, which is more commonly associated with retinal complications like retinal tears and retinal detachments.

After an acute PVD, proper follow-up is required until the patient is “out of the woods. The protocol of the American Opto-

metric Association (AOA) is 3 to 4 weeks follow-up to reassess the retina. If flashing continues, the patient must be followed monthly until flashing subsides.

“During the first month following an acute PVD with flashing, I advise patients to take it easy, and avoid vigorous exercise, high impact aerobics, golf and tennis due to the whipping head movement required in these sports,” says Dr. Schultz. All of these activities can lead to a retinal tear or detachment.

“I advised two patients recently. One followed my advice had no complications and was back to golfing in four weeks. The other did not heed the warning, came in urgently in two weeks’ time with reduced vision. He had developed a large retinal tear, and retinal detachment, and was taken to surgery the next day,” says Dr. Schultz.

The severity of the retinal detachment, the duration the retina has been detached, and the proximity of the detachment to the macula will all affect visual prognosis and outcome. That is why it is critical to get in right away and be evaluated once the symptoms of flashes and floaters start. “The clock is ticking,” says Dr. Schultz.

The potentially blinding complications of this condition are entirely preventable if caught early. It should be noted the risk of PVD and floaters increases with age, and with the Baby Boomers now reaching their 50’s and 60’s this will be a common reason to visit your eye doctor.



Retinal tear with retinal attachment



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tions, Ed [as he requested to be called], would respond and then ask questions of his own. "He would sometimes respond, sometimes say I don't know, and sometimes he'd tell me that my question would make a good master's thesis," Ed says. After getting further encouragement to become a psychology major, and more research into the subject, he decided to pursue that career.

After receiving a Master's Degree in Psychology, he began job hunting. He was at a Midwestern psychological convention and interviewed with a number of people, most of which involved testing situations, when he came across a job at a hospital in Tennessee.

"They wanted a junior staff member and would be willing to train me in doing therapy. It was the lowest paying but the most interesting. I decided to go there."

While he was working at the hospital he met a woman who was the head of medical records. They got to know each other, fell in love and got married. After leaving the hospital, he began teaching at the University of Chattanooga while working as director of the

Hamilton County Mental Health Association. At that point he decided to pursue a doctorate degree. "We had a young son, so it was hard on my wife," he says. But ultimately that was what put him where he is today.

After receiving his doctorate, Ed's first job was with the University of Richmond. "I worked there for a while. I enjoyed what I was doing, but I enjoyed clinical work more than academic work, so I went from that into different clinical settings."

Ed moved to Williamsburg in 1979, and has enjoyed living here. "I've had chances to live elsewhere, but I've turned them down. This is a small town but we have a lot of the amenities of a bigger city, with the restaurants, Colonial Williamsburg and William and Mary."

Ed leads a well-established psychotherapy group called the Williamsburg Centre for Therapy. In this office, therapists see individuals, couples, families and groups of all ages.

For his own practice, he normally works with people who are older high school age to any age. The reason he doesn't work with younger children is that he has colleagues that

specialize in that area. In addition, his interests have changed as his practice has evolved. "If I work with a younger person it's normally for something nobody else knows how to treat," he says. "Obsessive compulsive disorder, or OCD, is one, hair pulling, also known as trichotillomania, is another. But with adults, I work with basically any kind of problem. I specialize in more anxiety disorders and dissociative identity disorder, or DID."

The anxiety disorders Ed works with present as phobias, panic, or a person who constantly worries, and is sometimes called generalized anxiety disorder, or GAD. According to Ed, around 40 percent of the people he sees have experienced some kind of trauma, including post traumatic stress disorder, or PTSD.

"For some, the PTSD began very early in life, normally through abuse of some sort, and then this develops into what used to be called multiple personality disorder, MPD, and is now called DID."

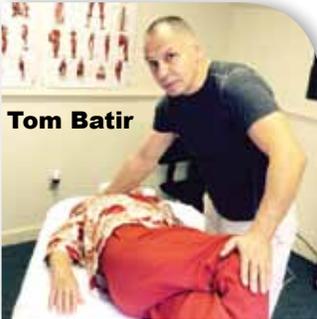
Ed says that in order to develop DID a person has to have been subjected to repeated and unpredictable abuse. "If it happens once

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or twice it will probably not develop. But if it happens repetitively and before the age of going to school, that's the other key. If the abuse happens when the child is young and doesn't have the resources that a teenager or an adult would have then DID is more likely to develop. Another risk factor is if there isn't a safe person in that child's small world. If there's a safe person, there's a very good chance it won't happen. If there isn't, and a child has to deal with his or her own resources, then that's the condition that it normally develops from."

When working with PTSD, sometimes Ed works with a condition known as complex PTSD. Complex PTSD occurs when there is extreme trauma that happens later in life, but it does not develop into DID. This could be somebody who went for several tours in Iraq or Afghanistan, and each time there were actions that resulted in death or extreme violence. The length of time necessary to work through this type of disorder would depend on what kind of childhood a person had. "If they had a better childhood it would take less time; if they had a more difficult childhood it

would take more time."

In order to work with clients who have been through tremendous abuse or are dealing with layers of anxiety and trauma, one of the most important things Ed has to know is how to keep himself healthy. In doing so, he has to be able to avoid internalizing what he hears or absorbing the negativity.

"You don't deal with DID or PTSD without learning how to take care of yourself, because otherwise you'd get out of it," he says. "I've learned early on to keep what my clients have been through and the impact on them separate from me. At the time that they are sharing it I think I'm quite empathic and I react emotionally to what I hear, but once they leave the office I let go of it. I learned to do that many years ago, because if I didn't I would have gotten out of it. Some therapists only do short term therapy, and some avoid working with certain areas of therapy. I'm more interested in being challenged. I find the challenge interesting, and I find if I'm puzzled that draws me more than when I'm not, because I have to work harder and I like that."

When people are facing disorders such as PTSD or OCD, Ed believes that with hard work and perseverance these traumas can be overcome. "That's been my experience," he says. He adds that he cannot give a timeline of when the healing will happen, because the amount and the extent of trauma are what determine the necessary length of time. If someone has undergone a relatively short amount of trauma and it wasn't that significant then this can be worked through in a short period of time. "But people with DID or complex PTSD take years to recover," he says. "It's not weeks, and it's not months."

Dr. Ed Tiller believes that with the proper resources and therapy, people can adjust to whatever life has thrown at them. "I think for many people, considering going into therapy or counseling is scary. In working with an effective therapist life can go from being depressing and anxiety-ridden to being very positive and bright. It's a useful tool when other things aren't working, and it's a realistic tool that helps a person to change and therefore change the life he or she is living." NDN

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WALKING TO END ALZHEIMER'S

By Cathy Welch

"In a lot of ways, I'm the classic poster child of this disease," Barbara Monteith says. "Two-thirds of people with Alzheimer's are women and 63 percent of the caregivers are women."

Barbara is the youngest of four children. She grew up in Richmond and earned her Bachelor of Arts in History at The University of Virginia and minored in Spanish. After college she and husband, Martin, moved to northern Virginia where her daughter, Kelly, and son, Ryan, were born. Today, Kelly is a George Mason University freshman and Ryan is a senior at Jamestown High School.

Because of the diverse population in northern Virginia, Barbara followed in her friend's footsteps and taught English as a Second Language (ESL). Her mentor encouraged her to earn her Master's Degree in Linguistics as she was to make it her career.

After seven years, Barbara's family realized they could not afford to buy a house in northern Virginia and wanted a slower pace of life. They preferred a college town for the culture, the music, the plays and the lectures. Since



Lisa W. Cumming Photography

Williamsburg was halfway between Martin's parents in Newport News and Barbara's in Richmond, this area was a natural fit.

Barbara has been an adjunct professor at the College of William and Mary for 12 years working with international graduate students studying applied science, computer science and physics. For a while, she was the ESL program manager for graduates.

When Barbara's mother started showing signs of dementia about eight years ago, she encouraged her father to get a diagnosis. "I was not working with The Alzheimer's Association at the time, but stuff my dad would tell me raised red flags," she explains. "I was very concerned about her driving."

After her mother was diagnosed with Alzheimer's disease, Barbara's father became her mother's main caregiver, until he died very quickly and unexpectedly in 2010. "It was one of those things where he got a headache on Tuesday and died on Thursday," Barbara explains. "The two years after my dad passed away and my mom stayed in our childhood house, my brother lived with her. He was very kind."

Barbara was suddenly a long-distance caregiver. Her mother stayed in her own home for a few years after that. They hired outside help for the daytime hours her brother could not be there.

But Barbara still had the bills to manage, trustee duties to perform, her mother's finances to oversee, seeing that she got to her doctor appointments and traveling to visit her in

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“As a long-distance caregiver, every time the phone rings your heart kind of jumps,” Barbara explains. “Who’s calling me and what new crisis am I going to have.”

After a few years, the stress of caring for her mother long-distance became too much for Barbara to continue full-time work. “My kids were young, and I just couldn’t do it anymore,” she says. “So I stopped working which is very, very common.”

A lot of women are forced to leave full-time jobs or, at least, switch to part-time work for this reason. Approximately 63 percent of unpaid caregivers are women. Among this group 19 percent quit their job and 20 percent go from full-time to part-time. And two-thirds of patients with an Alzheimer’s diagnosis are women.

“Unfortunately, women get hit on both sides,” Barbara says.

In late 2012, Barbara decided it was not safe for her mother to stay in her own home any longer. That is when she moved her to an assisted living facility in Williamsburg.

“Boom! All of a sudden I’m in charge of taking care of my mom,” Barbara says. “My kids were 11 and 13. I have an older mom. A lot of people whose parents have Alzheimer’s, their kids are already grown up and out of the house. It’s a little unusual to be in the Sandwich Generation.”

After several months off to begin management of her mother’s care, a time Barbara calls her first retirement, a part-time job opened up at the Alzheimer’s Association.

“I wasn’t looking for anything more than part-time,” she explains. “And I knew that if any employer was going to be sympathetic about having to take time off for my mom, it would be the Alzheimer’s Association.”

Barbara is now the full-time staff point of contact for the Peninsula and the Williamsburg Walk

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to End Alzheimer's. She works with the Southeastern Virginia Chapter which covers 7500 square miles. She is responsible for the Peninsula, Hampton, Newport News, Yorktown and Williamsburg area and works out of the chapter's McLaws Circle location.

The Walk to End Alzheimer's is the Alzheimer's Association's signature event led by volunteer chairs and co-chairs. A major part of Barbara's job is to support these volunteers. She also is out in the community educating people about the disease and the services the association provides. In addition, she secures sponsors for their events as well as tracking fundraising and participant goals. She spends time at the Williamsburg Farmer's Market, Second Sundays and health fairs to get the word out about what the association is doing.

"I speak at a lot of Rotary and Kiwanis Clubs. I'm always looking for ways to get new audiences," she explains. "It is also a part of my job to recruit teams, retain teams and monitor our progress."

Barbara knows that Alzheimer's disease still has a stigma surrounding it and people are often reluctant to talk about it. "What's been amazing is that any time I'm out in the public and have something on that identifies me

with the Alzheimer's Association, people just tell me their stories," she says. "There's a real need for people to share."

Every Walk to End Alzheimer's across the country has Promise Garden Flowers in four colors: blue represents people who have Alzheimer's; purple represents people who have lost someone to the disease; and orange represents an advocate. Barbara receives a flower from the last category: yellow for caregivers. During the opening ceremony a representative from each category shares their story and asks those with the same color flower to raise it.

"Caregiving can be very isolating," Barbara says. "You can look around and see we're all there for different reasons, but we all want to walk to end Alzheimer's. That was really powerful to be able to look around and say, wow, I'm not the only one going through this."

Alzheimer's is the sixth leading cause of death in the United States. Deaths from diseases like, HIV/AIDS, diabetes, heart disease, and cancer are decreasing whereas deaths from Alzheimer's are increasing exponentially.

"Alzheimer's disease could break our healthcare system. It is progressive and ultimately fatal," Barbara says. "We need more federal funding. In 2014, Medicare and Medicaid

spent \$150 billion towards the care of people with Alzheimer's disease, while only \$566 million was dedicated to Alzheimer's research."

Barbara has definitely struggled to find balance in meeting her children's needs, caring for her mom and working. "Every once in a while I look up and my husband's over in the corner saying, 'Pay attention to me,'" she says. "It's difficult."

Barbara and her family enjoy living in Williamsburg. "I love the bike paths," she says. "I'm a history major so I love walking around Colonial Williamsburg."

Barbara also appreciates the area's musical opportunities. She attends Williamsburg United Methodist Church where her hand bell quartet, Bell Canto, began. The group performs fundraising concerts, one recently at Bruton Parish Church. She also loves the Williamsburg Regional Library.

Barbara feels The Walk to End Alzheimer's is important for her community. "James City County has a higher population of persons 65 and older than the rest of Virginia," she explains. "Williamsburg still has a small town feel and people tell their stories. There aren't many who haven't been touched. It has impacted lives here." **NDN**



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Aging With Independence

By Brandy Centolanza



Lisa W. Cumming Photography

As the director of the Peninsula Agency on Aging's Aging & Disability Resource Center in Williamsburg, Diane Hartley works to ensure that local senior citizens and their families have what they need as they grow older so that they can continue to be active in the community.

"We provide services and support for older adults and adults with disabilities so they can remain independent in their home as long as possible," Diane says. "Our services are available to older adults regardless of income, are free or on a sliding scale, and no one is ever turned away. We are here to support people

as they age."

Most of the services that the Peninsula Agency on Aging, which has offices in Newport News and in Williamsburg, offers are geared toward individuals ages 60 and above. However, the Williamsburg office is seeing a growing number of people over the age of 75.

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Williamsburg's older adult population is increasing at a higher rate than the rest of the country.

"That is our fastest growing demographic," Diane points out.

Peninsula Agency on Aging works in partnership with several local businesses, government agencies, health care organizations and hospitals as well as local churches and faith-based organizations to provide a variety of services to senior citizens.

Some older adults need assistance with finding employment, so Peninsula Agency on Aging offers a Workforce Development program that includes job training as well as job transitioning. Another program called SHARP offers aid to home-bound seniors and their caregivers. A nurse may visit the senior citizen at the request of a neighbor or family member to address their needs.

"We may provide in-home health care, in-home meals, transportation, whatever they need," Diane says. "It's about helping older adults remain in their homes and where they are comfortable for as long as feasible."

Peninsula Agency on Aging also provides support to caregivers through the Family Caregiver Training Program, a hands-on training program for family members caring for an elderly loved one at home. The family caregiver monthly Lunch & Learn series allows caregivers to gather to discuss some of the issues they may encounter. Topics covered include medication management, hygiene and skin care, legal issues, body mechanics, respite for caregivers, as well as other training.

"Caregivers are being asked to do more and more hands-on care, and this series provides them with skills to handle tasks they didn't expect," Diane says.

Through the Eastern Virginia Care Transitions Partnership, Peninsula Agency on Aging provides support to individuals when they are discharged from the hospital to help reduce readmissions for vulnerable seniors. The agency also offers a Chronic Disease Self-Management Education Program and a separate program on Diabetes Self-Management, and financially supports an adult day service program, the Williamsburg United Methodist Church Respite Program. This program allows senior citizens to engage in activities involving art, music or gardening while caregivers take a break.

RIDES is another popular program for senior citizens who no longer drive. The program provides transportation for seniors throughout the greater Williamsburg area.

Diane cites several issues the community is facing as the senior population continues to grow.

"Transportation is a big issue as more people are turning in their driver licenses and must rely on family and friends to get by," she says. "There is also a need for more adult day service programs. Housing is another huge issue, especially for those who have limited income." Mental health concerns are another category of issues.

Socialization is also vital for senior citizens as they age.

This is why Peninsula Agency on Aging, along with several local churches, operates the Community Café at St. Martin's Episcopal Church. The Community Café, held monthly in the fall and spring, offers older adults a chance to gather, interact with each other, and have fun. "Having the opportunity to remain socially-engaged has positive health benefits," Diane says.

Diane has been active with providing help to senior citizens since 2009 and finds the experience rewarding. “Three months ago, we had a client who was living in a motel with nowhere to go,” she recalls. “Now she is in transitional housing and on the track to having stable housing, and, thanks to our job training program, she has some income. I think it is wonderful that we are able to help people, many of whom are working hard to improve their lives. There really aren’t too many jobs where at the end of the day you get to go home knowing you really, truly did help someone.”

Helping others is nothing new to Diane, who grew up in Maryland near Washington, D.C. and joined the Peace Corps not long after earning a degree in finance and economics from George Washington University.

Diane spent three years on Yap Island in the Federated States of Micronesia assisting new businesses with bookkeeping before returning to the United States, where she took a job with the Environmental Protection Agency (EPA). She met her husband, Troy, while working at the EPA. The pair later spent time in Michigan, where Diane worked at the University of Michigan connecting students and faculty with non-profit organizations as the director of the Detroit Community Outreach Partnership Center. Diane later worked with a non-profit affordable housing organization in New Hampshire before her husband was relocated to Williamsburg seven years ago.

Diane began volunteering with the Senior Service Coalition’s Housing & Neighborhood Support Committee and eventually accepted a position with the organization, which became a program of the Peninsula Agency on Aging last year.

Among her duties as director is reaching out to other groups within the community to address the needs of the senior population.

“I work with a variety of people with this job,” she says. “What I like about the Williamsburg area is that the people are really, truly willing to work together, and I think that’s exciting. It is not always easy because there are some difficult issues to address, and I think it is wonderful to see us all working collaboratively to support the needs of area senior citizens.”

Her job affords her the opportunity to spend quality time with her family, which includes not only her husband but their two children, Emma, who is active with swimming at Lafayette High School, and Griffin, who is involved with theatre at Hornsby Middle School. The family also recently adopted a dog, Quinn. “She has a lot of energy right now,” Diane says of Quinn. “We like to take her on long walks. She is so sweet.”

Diane and her family like to travel and spend time outdoors. Diane once spent a month in Borneo helping to monitor orangutans being reintroduced to the wild. She and her family recently returned from a three-week trip across the country that included stops at the Grand Canyon, Mt. Zion National Park, Hollywood, and Comic-Con International in San Diego. “Comic-Con was huge, very fascinating,” Diane says. “The whole trip was interesting, a lot of fun.”

Diane Hartley hopes to continue to improve the lives of local senior citizens through her work with Peninsula Agency on Aging for the near future. “I want to work as long as I possibly can because I know that it is so important to stay active and engaged in the community.” NDN

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By Narielle Living

“There are four kinds of people in the world. Those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.”

– Former First Lady Rosalynn Carter

For Dr. Christine Jensen, Mrs. Carter’s words have guided her in her work and her life. In her position as director of health ser-

vices research at the Center for Excellence in Aging and Lifelong Health, Christine has seen all types of caregivers, and she is an advocate for those who need support in their caregiving role.

Originally from the New River Valley area, Christine and her family came to Williamsburg in 2001. At the time, she was just finishing her doctorate at the University of Delaware.

“My husband’s company was relocating part of their efforts to Hampton, and I thought I was going to have a job opportunity in Richmond, so we picked Williamsburg because we thought we’d be going both ways.” Since living here she has found she likes the area, and she has also become integral to the aging support structure within the community.

Shortly after they moved here, Christine

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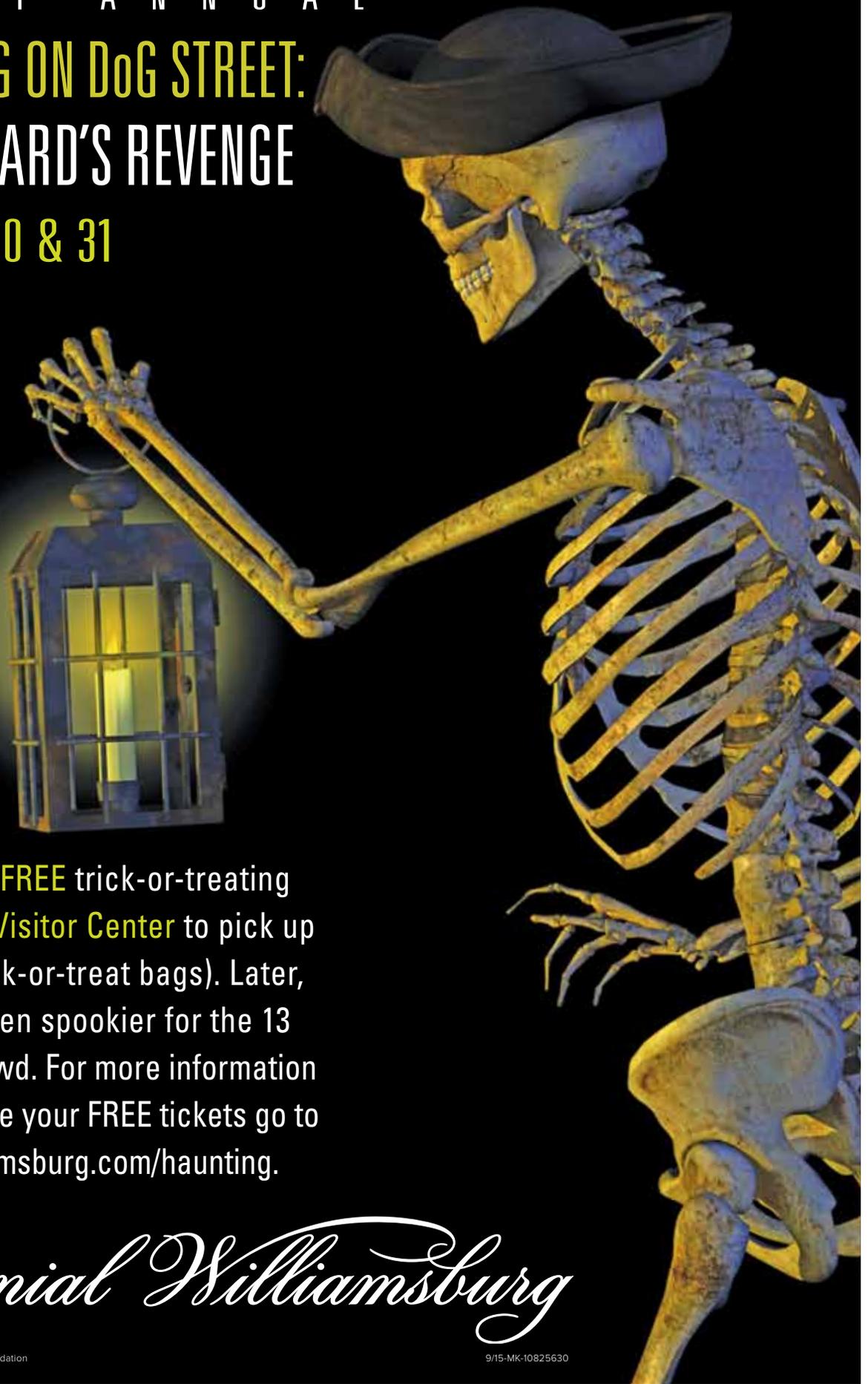
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learned about this center. At that time, it was not part of Riverside but was its own community-based center with a very small office on the campus of William and Mary. She took a position at William and Mary in their public policy research center, which was supporting the effort to get the facility off the ground.

"In 2009 I came here, to the Center for Excellence in Aging, as an employee. I teach at William and Mary, and I teach at VCU, but it's been a good fit here."

The Center for Excellence in Aging and Lifelong Health is a research and support facility. Although the name suggests a focus on the elderly, Christine has also been heavily involved in working with caregivers through their often arduous journey. She has built programs with a variety of other sources, including Rosalynn Carter's Institute for Caregiving, in order to provide the community with a caregivers support network that provides education, advocacy and research.

While seeking respite care for caregivers is strongly advised, Christine often sees that people do not utilize available resources and get burned out. "I'm not sure why," she says. "I think part of it is a misunderstanding about what respite can do. Sometimes people think,

'they're going to be in my home, I've got a stranger in my home.' We tell them that if you use an agency we recommend they are bonded, insured, they've done background checks and screening. Of course, once in a while some folks fall through the cracks who aren't ideal, but by far we wouldn't be recommending these agencies if we didn't know what they could do."

Christine says the first step is someone from the agency visits the home to gain an understanding of the home environment, the person who needs care and the person who's giving care. From that point a match can be made based on specific needs, such as preferred gender of the worker, whether or not transportation is required, or if light housekeeping or meal preparation is needed. "They're not going in for 24 hours and taking over, and no, they probably can't do as good a job as you, but they've received training and they are giving you a break," Christine says. "We want people to think about it as a break for them to go out and do something they've put off, including a doctor's appointment, because while you've been managing your loved one's care you can't neglect your own."

Christine is enthusiastic about her work. "I

have really felt this calling and this passion to work with all kinds of people involved with elder care. I probably do more work with families and those people who kind of fell into this by default, and who weren't trained or prepared." Her work also entails helping those who are in the profession of elder care. "We do some training for staff in other facilities in our Riverside affiliate, and we have a strong relationship with some long term care facilities that have aides or staff who might need training in how to interact with older adults and the family members who come in to visit them."

One of the services that the Center for Excellence in Aging runs is called the Caring For You, Caring For Me seminar, a program of the Rosalynn Carter Institute for Caregiving. Christine really likes the fact that it does not segregate caregivers. "Caring For You invites all caregivers, so that's a nice program because many of them are more segregated and specific," she says. Sometimes that type of segregation can be important to a group, because different diagnoses require different types of care. For example, caregivers who care for someone with multiple sclerosis or cancer will face different issues than those caring for someone with Alzheimer's disease. This five

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Another important aspect of Christine's work is helping people who are sole caregivers find resources within their own support network.

"The first thing we do is always try to acknowledge and applaud what caregivers are doing, especially if they feel like they are in this on their own," Christine says. "They may have other family members, or they may have coworkers who can relate, but sometimes they truly feel isolated, or embarrassed to go out with their loved one, not sure of the resources in their community. They might have heard there's something available for them, but they don't even know where to start."

One of the support groups, FAMILIES: Family Access to Memory Impairment and Loss Information, Engagement and Supports, provides individual counseling but requires that attendees bring someone in their support network to four of the sessions. This often makes caregivers reconsider who is actually part of their team.

"They can bring another family member, that person can join by phone if they don't live nearby, they can bring a neighbor or a church

member, anyone who is part of their support network who might be of assistance or has been of assistance to their caregiving," Christine says. It also helps people who may have isolated themselves in caregiving. "A daughter called. She was caring for her mother, and she said, you don't get it, I really am the only one. But as we talked about it she did have other siblings. They were far away, and they thought she had it all under control."

Christine says that this type of work doesn't really come with a tool book, but her agency can help put the pieces together. "We help people determine where to begin with the resources, how to know which ones are a good fit, and affordability and eligibility questions." Christine tells people that support groups help connect others who are doing the same thing and allows them to share things such as strategies and tips. "You may also be sharing things that will benefit them too, because everybody is a caregiver expert in a support group like that. You learn from each other."

According to Christine, statistics from the latest U.S. caregiving study estimate 30 percent or more of people involved in elder care are caring for two people at one time. "This could be parents, in-laws, an aunt or uncle.

I think we had assumed that if there was one caregiver there was one receiver, but that's not always the case."

Although very often statistics can paint a grim picture of the burnout and health risks of caregiving, Christine prefers to focus on the positive aspects of this job. "We're not denying that it can be burdensome or stressful, but you can balance that with some of the positive gains. No one can do it as well as you, and look what you're able to give back to your family members."

Stories of the challenges and triumphs of caregiving are what fascinate Dr. Christine Jensen the most, and she believes that we can all learn from these stories.

"I interviewed a woman as part of my dissertation," she says. "This woman was in her forties and caring for her mother that had just turned sixty or sixty five and had Parkinson's for a number of years. The woman had a ten year old daughter, and at that age the daughter had a great deal of needs. The woman was sandwiched in between caring for her mother and her daughter. One day the daughter said to her, 'I've seen what you've done for grandma and this is what I want to be able to do for you.'" NDN



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A Shoebox of HOPE

By Rachel Sapin

It was the yoyo that Elizabeth Henry remembers most vividly. She received it as part of a shoebox filled with toys and pencils as a child.

“We were so excited because we never received anything,” she says. At the time, Elizabeth was around 10 years old and lived with over 400 other children in an orphanage in Ukraine.

Elizabeth didn’t know who sent the shoebox, but it didn’t matter at the time.

“You feel alone, but when you get that box, it’s a little piece of hope,” she says. “When you get that box, you feel like someone out there does care. The world’s not such a bad place.”

Fast forward to today. Elizabeth, now 21, is a junior studying human nutrition, food and exercise at Virginia Tech. This year, she will be delivering thousands of similar shoeboxes around the world through a non-profit program called Operation Christmas



Lisa W. Cumming Photography

Child.

The non-profit is the same one that sent her a box as a child in Ukraine.

“My mom thought that was not possible,” she remembers, when she first told her mom

she wanted to send 100 shoeboxes to orphans. “We told our families and friends, and my dentists and my teachers – everyone. I was asking them to help out. Everyone agreed to help. Year by year, we were collecting more and more boxes.”

In 2011, Elizabeth and her sister, Taylor, who at the time attended Virginia Tech, gathered enough items for hundreds of boxes to be sent around the world. The sisters gathered enough for 268 boxes in 2012.

The sisters have collected over 1,800 boxes in four years since they started their own Operation Christmas Child collections and hope to hit an even higher number this year.

number this year.

“Hopefully this year we can get up to 3,000. That’s the goal,” Elizabeth says.

Elizabeth, who lived in that orphanage for five years, was officially adopted by her family

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in Williamsburg when she was 13 years old.

But before being adopted, she says it was hard to believe there was much to hope for in terms of having a life, a job, a future. She says that's why delivering the shoeboxes is so important to her.

"It brings me joy to know that some little girl or little boy is going to receive this box and knows there is hope out there," she says. "That's what I got. I felt that someone finally cared enough to send me a box full of toys, so I wasn't alone in the world. That's how you feel in the orphanage."

According to the non-partisan Congressional Coalition Adoption Institute, there are an estimated 153 million orphans around the world who have lost one parent. There are 17,900,000 orphans who have lost both parents and are living in orphanages or on the streets and lack the care and attention required for healthy development. These children are at risk for disease, malnutrition and death.

Operation Christmas Child, founded in 1970 through Samaritan's Purse, asks for donations in the form of a shoebox filled with small toys, school supplies and toiletries for children who need them. Since 1993, Opera-

tion Christmas Child has delivered gift-filled shoeboxes to more than 124 million children in more than 150 countries and territories.

Elizabeth says growing up in an orphanage in Ukraine taught her to not take anything for granted.

"In orphanages, you don't really have parents. You have a supervisor that cares for 30 to 40 children, so you don't get any attention. They don't really look out for you, so you're basically raising yourself."

She remembers living in a small room with seven other girls, and sharing everything—from clothing to toys.

It was a choir trip where she had the opportunity to travel to the United States for two weeks that led her to the Henrys and her new life in the U.S.

"I stayed with two different families. One was in North Carolina, and one in Virginia," she remembers.

She says that at the end of her choir trip, both families wanted to adopt her, but she felt a strong connection to the Henrys upon meeting them, one that only grew stronger with time.

"I felt like I fit in perfectly," she remembers.

"My little sister, Kate, was adopted as well before me. The Henrys knew what they were doing; they knew how to talk to me."

During her first two weeks in the U.S., it was the little things that amazed Elizabeth.

"The first time I went on a roller coaster it was so mesmerizing to me," she remembers. "I had never seen anything like this before."

And it was a simple trip Elizabeth took with her family as a teenager to Target one October that reignited her memory of the shoebox. It was there that she learned about Operation Christmas Child and wanted to do more than fill just a few shoeboxes to send to orphans around the world.

Elizabeth says one of the most amazing parts of volunteering with Operation Christmas Child and organizing shoebox collections is how that spirit of giving has spread to her family and friends elsewhere.

"We don't just do Operation Christmas Child at Virginia Tech," she explains. "My sister is at George Mason, and she is doing it there. My other sister goes to Christopher Newport University, and she's starting it there. We have people that are doing it at University of Alabama. I have friends that I went to high

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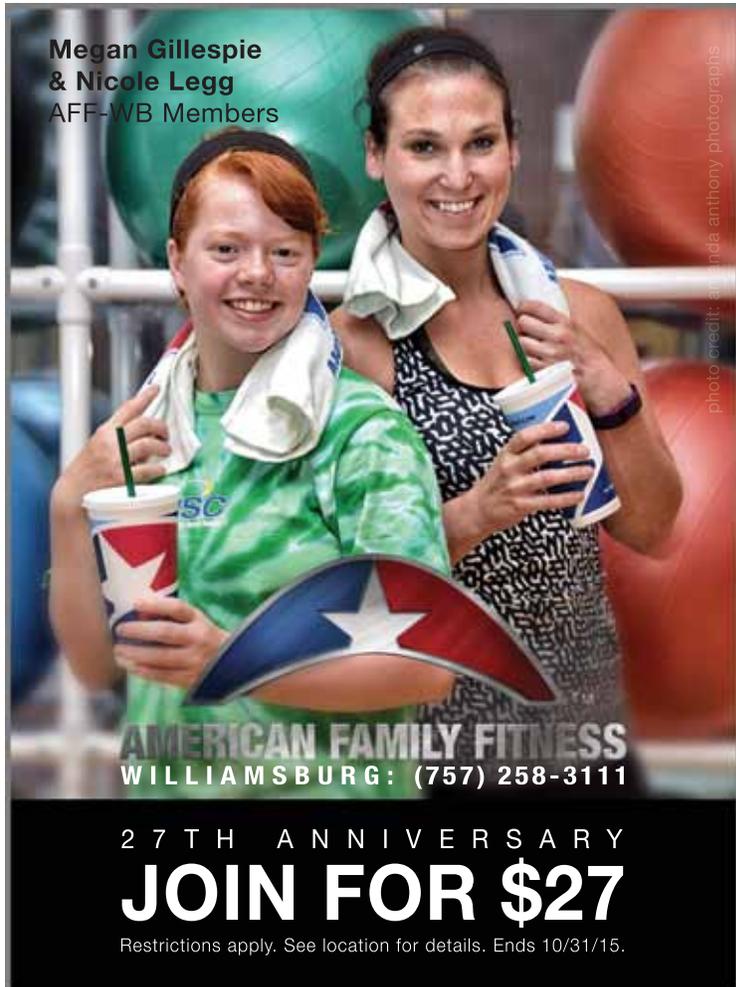
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school with who knew I was doing it who took it with them.”

Elizabeth says she has a different perspective on life than many 21-year-olds.

She came to this country not being able to speak a word of English.

“I was a lot older than most kids who get adopted,” she says. She remembers starting middle school in Williamsburg and having no context of what was being spoken about or how to participate.

“I was just sitting there, trying to figure out. I was terrified,” she remembers.

Elizabeth worked hard to understand the new world she had entered, vastly different from the one she left in Ukraine.

“I took extra lessons. Every time I came home from school, I would study, study, study,” she remembers. “I joined a soccer team and track team and all kinds of stuff. My big thing was when I joined the softball team. I didn’t know I wanted to play softball, but my sister was playing, so I wanted to try. And it turned out I was good.”

Elizabeth says she would never return to Ukraine to live, though she has visited the orphanage she was adopted from once since leav-

ing.

“It was really difficult,” she remembers of that trip. “It was hard for me to leave that life behind. That was all I knew at one time. It involved a lot of crying and sadness, but it was a great experience.”

She does however hope to be able to contribute even more to Operation Christmas Child in the future.

“My hope is that one day, I will be able to travel with Operation Christmas Child, and actually help them deliver boxes,” Elizabeth Henry says. “My dream is to one day hopefully hand a box to a little kid, and see their face light up. That would make my day.” NDN

A \$7 donation can cover the cost of a shipping label, and is payable to Samaritan’s Purse. Those who make the donation online can attach the label to their shoebox to track it. Samaritan’s Purse will send recipients and email about the country where your box will be delivered. To learn more about donating a shoebox in Williamsburg, contact Jean Henry at 565-2900 x305 or jhenry@PCSVirginia.org. For more information on Operation Christmas Child, visit: www.Samaritans-Purse.org

Next Door Neighbors

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Children & Church



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By Brandy Centolanza

Despite today's busier-than-ever family schedules, Meghan Brewer, coordinator of Children's & Youth Formation at Bruton Parish Episcopal Church, says it's vital to find time for religion and reflection, especially for children. That's why Meghan works to ensure her service for children ages four to 11 is so special every Sunday. "Sunday mornings are a time for the kids to unplug and be in the moment," Meghan

shares. "A time when there is no soccer or ballet or homework. It's about fellowship and love for one another. For the little time they are with me each week, I want them to realize their im-

portance in this world, to feel accepted, and to know they are being heard."

For the past four years, Meghan has conducted a simplified church service for the younger ones at St. Mary's Chapel in the Parish House while their parents partake in the regular

church service at Bruton Parish Church, which is celebrating its 300th anniversary this year.

"It is more conducive and fun for their age," Meghan explains. "There's music, prayer, gos-

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pel stories and readings. It allows them to learn prayers and traditions of 'the big church' before they are ready to sit with their parents in regular church. When they are here, I want them to feel comfortable and have fun, so I get up and dance with them. The kids are so insightful and soak it all in."

What helps is incorporating popular children's books such as *The Giving Tree* by Shel Silverstein or *Oh, The Places You'll Go* by Dr. Seuss into her lessons for the children, who come from various backgrounds and attend various schools throughout the community.

"By doing this, I can make the gospel stories more relatable to the kids," she says. "I want them to know that Jesus was open and welcoming to all kinds of people, and forgiving and accepting of all kinds of people, and I want them to know that they can also be welcoming and open and accepting in the same way."

When the children's service first began, eight children attended. These days, an average of 30 kids attends on a routine Sunday. "I am just so excited about it, and my faith has grown so much stronger because of the growth of this program," she says.

In addition to the children's service, Meghan oversees Bruton Parish Church's Sunday School program, nursery and youth program for teenagers as well as the annual Christmas pageant and Vacation Bible School.

Community service is emphasized through the youth program as teens prepare to be an acolyte, someone who assists with church ceremonial duties such as lighting the candles, or a crucifer, one who carries the cross in and holds the Bible for gospel readings.

Teens in the youth program also help collect food donations and stock shelves at FISH during Thanksgiving and assist with Shelter Week when Bruton Parish Church hosts homeless individuals during the winter as part of the Community of Faith Mission partnership with other local churches and faith-based organizations.

Younger children also assist during Shelter Week. "During that week, I will talk to them about needs versus wants, and what we can do to help others, whether it is someone who is homeless, our neighbors or the elderly," Meghan says. "The kids also make centerpieces for the tables so they can be a part of it in their own way."

Last year during Vacation Bible School, the kids prepared manna bags filled with forks and spoons, applesauce, granola bars, water, socks and other items that can be passed out to someone in need.

"The purpose of the Manna Bags, or the Homeless Blessing Project, is to make the bags and stash them in your vehicle to hand out when approached by a less fortunate person," Meghan explains. "It tends to go a lot further than spare change. This is something that our church had already done in the past and other churches do as well, but it has been a project that our children and youth have also been a part of."

Meghan's goal is to make the children feel like a part of the church community as much as possible and to encourage involvement with entire families. Another program she created at Bruton Parish Church, quarterly pancake breakfasts, attempts to do just that.

"I am big on hospitality, and I always want people to feel as welcome as possible," she says. "The pancake breakfasts began as a way to introduce new families and to intertwine people of all ages. Parents come

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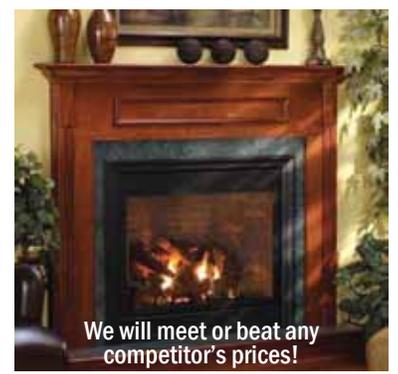
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together and make breakfast, and it's a great way for them to work as a team, have fun and develop their own friendships. Having fun is important. It's what keeps bringing people back."

Religion has always been a part of Meghan's life. She grew up in Raleigh, North Carolina. "My parents and grandparents were a great influence, and participation in church made me understand that importance at a young age," Meghan says. "My church was a safe haven for me. I was there all the time. My goal is to make the children at Bruton Parish Church feel safe too."

In high school, Meghan worked in her church's nursery and was involved with Young Life, and Fellowship of Christian Athletes (FCA), both religious-based groups.

"I went on retreats and other trips with them to build on my personal spiritual growth," she says.

Meghan attended St. Mary's College in Raleigh, where she worked on Vestry. She met her husband, David, at her best friend's wedding, and the two of them were later married at the chapel at St. Mary's, with her chaplain from college presiding over the ceremony. Meghan dabbled in careers in communications and in finance as an assistant to a broker before finding her calling working with children.

After Meghan and David's three children were born, she left the corporate world to focus on raising her family. Meghan and her family relocated to Williamsburg in 2007, and a few years later she landed a teaching position at her twin sons' preschool, Walnut Hills Baptist Church Learning Center.

"I've always enjoyed working with children," she says. "I was a babysitter in high school and worked as a camp counselor. Working in the preschool was amazing. I was able to be fully available to my kids."

Reverend Christopher Epperson, the Rector at Bruton Parish Church, approached Meghan about coming to work with the children at his church.

"He just felt there was an energy I could bring to the church," she says. "He saw how I was with children, and how much I love them. The thing I love most about working with children is how honest they are, how real they are, how innocent. They are just so enthusiastic with such great energy. The younger children make you feel like you are a rock star. They are just so excited to learn. They are amazing."

Beyond Bruton Parish Church, Meghan loves to dote on her own three children, her twins, Will and Walker, who just turned 13, her youngest son, Davis, and their dog, Molly Macrae. Meghan is active with the PTA at Matthew Whaley Elementary School and Berkeley Middle School and enjoys getting to know her boys and their friends as they grow and mature.

"I love memory-making and look for lots of opportunities for memory-making," she says. "I have found that tangible things come and go, but you'll always have your memories."

Meghan Brewer hopes to continue to make such memories for the children at Bruton Parish Church for years to come. "Children fill my heart with joy," she says. "Right now, I feel I am where I am meant to be. I want to continue to be a role model, mentor and friend to my children, to their friends, and to the children here at church. I want to continue to be the best self that I can be." NDN

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Living Life

By Lillian Stevens

According to David Joseph Tetrault, pastoral care is a living transmission of life, a sacred companionship, taking time to live with awareness and care throughout one's days.

"It's about leaving a legacy that's more than material gain," he says.

Ordained in 1973, David spent four years at Williamsburg's historic Bruton Parish Church before he was called to serve St. Paul's Church, Capitol Square, Richmond for the next ten. From there, he returned to Bruton before retiring at the end of 1996.

Though he has long since retired from working as a full-time Episcopal priest, his pace is probably not consistent with retirement as most know it. His passions range from interim parish ministry for the Diocese of Southern Virginia to volunteer work as a former circus chaplain. He is also a free-lance musician, writer and teacher who has enjoyed working as a theme park entertainer.



Lisa W. Cumming Photography

Perhaps it's his rural background, but David also loves to play in the dirt. "I cannot pass up a bargain when there are plants to rescue!"

Additionally, he is teaching a class two days a week for William and Mary's Christopher Wren Association, titled *The Heart of Aging: Learning to Elder, not just Grow Old*.

"We are a restless culture whose journey can

deepen each time we experience a curious moment," David says. "The Quaker tradition honors elders, those who are 'seasoned' enough to teach the young. In the Bible, old folks become elders when they encounter God or life's challenges in unexpected ways. They are remembered for courage and wisdom and become role models who change the course of history. We're

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wasting our mature years worrying about pills and money because that's all we're offered to think about most of the time. But there's so very much more."

Ask him exactly what it is that he does outside of the classroom and the answer is as straightforward as he is.

"I just try to show up now for small churches. I see myself as a spiritual companion. These little parishes were once thriving and welcoming for all, especially young families. But everything has changed economically and socially for them. They are searching for whatever is next."

David currently spends time in Lawrenceville, a small town that was once a thriving railroad community. Until recently, there was even a historic Black Episcopal college there, but now it's mostly empty storefronts.

"So I'm in this exquisite little church that was built in 1829 and there are maybe 15 people on a Sunday morning," he says. "They show up, and so do I. I love being with them and I know that wisdom will prevail as they move into a very different corporate future. I try always to remember that Jesus didn't rush in to fix everything he was told was wrong. He allowed people's faith to awaken first. Then they were free to be healed from within."

Shortly after leaving parish ministry, David worked as a performer for six seasons in the live entertainment division of Busch Gardens. It was a time he remembers with great joy. "I had come to a point in life and career when I was tired of hauling all the professional freight of working in a church. Jesus was a traveling artisan, not someone working in the temple. I'm not a magician casting spells. I'm someone who has come to trust that the gospel has something to say about life's great mysteries. But it must be set free in the world each minute we are alive. If there's something true there, it can't be frozen in the lives of those who lived long ago."

After 14 years of "off the reservation," the Diocese called asking if he'd serve a couple months at a parish in Newport News to bridge the gap between Rectors. As it turned out, two months stretched into a year and a half. Once a new leader was hired, David returned to his other pursuits but pretty soon, the phone rang again. This time he was asked to help out at St. Cyprian's Church, a historic Black congregation in downtown Hampton. "That was the best experience I could have had in this work. It was an unbelievable uplift every time I walked in the door."

Then there was the circus, Ringling Bros. and Barnum & Bailey for 12 years.

"It started out as a sabbatical when I was at Bruton Parish," David says. "My friend, Father Jerry Hogan, from the Archdiocese of Boston and I talked about launching an ecumenical chaplaincy effort together." The two talked to church leadership in this country and even took it to the Vatican for final approval by the Pope.

"People don't realize that there are three Ringling shows out there for two years at a time. That's over 500 individuals divided into a truck show and two others that ride the rails."

Circus chaplains, much like their counterparts in the military, offer a ministry of presence. Most of this was accomplished over long weekends that worked for his family's schedule. David and his wife, local pediatrician, Georgia Ann Prescott, have two daughters who have since grown up. The couple have six grandchildren.

"We are simply there knowing that, at any time, there is the possibility

of serious injury or even death if a performance goes wrong. We are there to honor the ritual aspects that hold families and communities together – marriages, Sunday worship, weddings and even funerals. And always there is the dimension of presence, of listening and of offering attention.”

Growing up, David’s own family was rooted in a French Canadian settlement in rural Illinois. His father was a small-town banker and lawyer. Both parents were musicians.

“We French Canadians were tribal,” he recalls. “It was a total immersion in language, culture and a deeply ingrained religious Jansenism inherited from those who immigrated to Canada in the 17th century. It was like what Erma Bombeck used to say, loaded with a gift of ‘guilt that keeps on giving.’ Even early on I struggled with the catechism and dogmatic teachings.”

By his mid 20s, David decided that he would take another path. Armed with a Degree in English/Journalism and with some high school teaching in his portfolio, he headed to Washington, D.C. where friends told him he could find work in the music field.

“There was a lot of government money going into restoring some of Washington’s museum and musical culture,” he says “Groups large and small were looking for keyboard instrumentalists and singers who could handle major works.”

David gravitated toward opportunities to sing at the Washington Hebrew Congregation, with the National Symphony Orchestra and finally affiliating with groups performing at the Washington National Cathedral. The latter is where he found the Episcopal Church and its unique way of being a church in the world.

Living at that time in a neighborhood adjacent to Capitol Hill, he found his way to a nearby small church that was both friendly and inviting. It was there that David found a spiritual home, and a vocation to the priesthood. He says the spiritual piece of his life has always been the most important.

“Sure, we’ve got this material moment that’s seems to be set in time and have three dimensions and appears to be going somewhere. The big question, especially now, is ‘What do I really know about all of this? Is there any way I can be here and not feel trapped, not feel like life is out to get me? Is it all about taking one more miracle with side effects that could kill us?’”

Several years ago after open-heart surgery, he recalls feeling like somebody pushed a spiritual reset button in his life. “There’s a bigger moment going on than the dramatic one my little mind is putting together right now. Some philosophers call it ‘imaginal’ and scientists name it the ‘adjacent possible.’ Jesus teaches that we are immersed in the infinite all the time, the reign of God, but it manifests inwardly and opens the gates to a flood of new life from the future.”

“The church has held for centuries that this can be taught. I don’t believe it can. It can only be transmitted by living contact from one human being to another. We can’t teach about love. We can only be love and there’s nothing more to understand. It’s just there: like jazz or a great work of art or a beautiful poem that touches the soul.”

That is the kind of legacy the priest, scholar and artist hopes to leave. In the meantime, David will continue to keep busy with his many pursuits and family activities.

“My older daughter says that I’m insatiably curious,” David says. “And that is something I can live with.” NDN

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Making Every Day Count

By Erin Fryer



Lisa W. Cumming Photography

When it comes to caring for others, Carolyn Yowell is a firm believer that you can only excel at taking care of someone else if you are good at taking care of yourself.

As the Executive Director of the Respite Care Center at the United Methodist Church in Williamsburg, Carolyn is in charge of a program that provides a safe haven for com-

munity members with special needs to take a break from their normal routines and engage in conversation, make music, create artwork, and get back in touch with what makes them tick.

An experienced health care professional, Carolyn knows it's just as important for the caregivers of these individuals to take time for

themselves as well.

With many of the Respite Care members dealing with illnesses that can come as we age, especially Alzheimer's and dementia, Carolyn says she really enjoys being able to help the members of the Williamsburg community who have feelings of helplessness and loneliness.

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“When I am interviewing potential members, they often tell me how they used to be able to do this and that, but now their days have become very uneventful and routine,” Carolyn says. “They get up, eat breakfast, take a nap, watch TV, go to bed, then get up and do it all over again. It doesn’t have to be that way.”

A saying that Carolyn lives by is that “The end of life is just as important as the beginning of life.” While the program has some younger members with disabilities, most of the members are seniors.

A native of Delaware, Carolyn admits she has had a deep love for senior citizens for as long as she can remember.

“My parents had me late in life,” she says. “I had older parents, and a much older grandmother. My grandmother and I shared a very special bond. I remember taking trips with her and spending lots of time with her as a child.”

The neighbors who lived across the street from the house she grew up in were also seniors, and she loved visiting them. “I have such fond memories of spending time with older people when I was a young girl,” she says. “I remember the smells, the cookies, and

the games we would play.”

Now a married mother of three, Carolyn says her love for the older generation has never changed.

“I have always had a deep respect for seniors,” she says. “I think they have such a plethora of wisdom. They have seen so much, been through so much, and have overcome so much. It’s fascinating to listen to their stories.”

She enjoys interacting with the Respite Care members, and she explains that their personalities often offer a glimpse into their lives in their younger years. “Our members are more than just men and women,” she says. “They are former business men who come in and want to run the show, or 90-year-old women who just want to get up and dance because it was frowned upon when they were younger.”

Carolyn says they even have a former emergency room physician, and that they enjoy being able to say, “Well, if we have an emergency at least we have a doctor here!”

“It’s so important that we incorporate their old lives while they are with us,” she says.

While the members get to spend their time at Respite Care engaging in activities such as

gardening, painting pottery and exercise, Carolyn says they work very hard at keeping them sharp, especially for those with Alzheimer’s and dementia.

One way Carolyn and her staff make sure to keep the memories alive is by creating memory books with their members. “They are like a scrapbook, but they allow them to be creative and put pictures and other things that remind them of the lives they have led up until this point.”

Carolyn says it’s great to see the members making their books, and asking each other about photos and stickers and their past. “It’s wonderful to see them strike up a conversation and talk about themselves and interact with someone who can learn something new about them,” she says.

When the illnesses start to take hold and they have a hard time remembering their past, the members can show people their memory books and the book can speak for them when they don’t know what to say.

Carolyn admits that those moments are the hardest part of the job. “I look at our members like they are part of my family,” she says.

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“When I start to see their abilities decline and their illnesses progress, it can be very difficult.”

However, she wouldn't change it for the world. “I absolutely love being able to make connections with these families,” she says.

She stresses it's important for seniors to be around people their own age. “A lot of the time their caregiver is younger and hasn't experienced the same eras in life that they have,” she says. “At Respite Care, they get to interact with people who have seen some of the same major events in history, and it's important for them to share in those memories together.”

Even after the members have graduated and become “alumni,” Carolyn stays in touch with them and their families, who she says are just as important to her as the members.

“It makes us so happy to provide hope and joy to families who know their loved one is socializing in a safe and stimulating environment, and that they can converse and be educated while the caregivers take some time for themselves,” she says.

Carolyn admits it can be hard when interviewing new members, because a lot of the time she will witness a lot of guilt on the hearts

of the caregivers.

“They will often feel guilty for wanting and needing time for themselves,” she says. “We want them to know that is not the case at all, and that it's important for them to have a break.”

“Seniors often get very lonely, so we offer them a place to come and be with peers while giving their caregivers time to prevent burning out.”

Her favorite part of the job is seeing the members smile and meet new friends, but also seeing the caregivers breathe a sigh of relief to have some personal time.

They have 10 members come each day, and sometimes when their caregiver comes to pick them up they won't want to leave because they are having such a good time.

With a small staff and a few volunteers, Carolyn and her colleagues are proud of the program they have established.

It's rewarding, Carolyn says, to know that while there are difficult moments, especially when the people she thinks of as family decline health-wise, that she and her team were able to give them a few more good days.

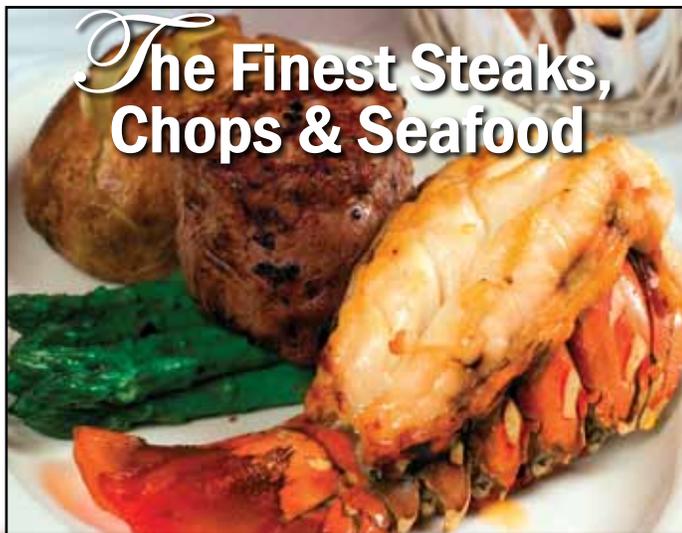
“It's great having a job where you leave every day feeling better than when you got there,” she adds.

While Carolyn admits she shared a special bond with her grandmother, she says that her late mother was her best friend in the world, and that she also offered the best advice that she carries with her to this day.

“My mother always said that it's okay when times get hard, because you know they will always get better. But she also said that when things are great, savor it, because things happen in life and you need to appreciate things when they are good because they won't always be that way.”

With her youngest son in high school, Carolyn spends much of her time outside of Respite Care working on her own health. An avid tennis player, she also enjoys aerobics and spending weekends with her family at their cottage in Gloucester.

It's safe to say that Carolyn Yowell will continue to embrace the thought that the end of life is just as important as the beginning, and that her passion will always be helping others make every day count. NDN



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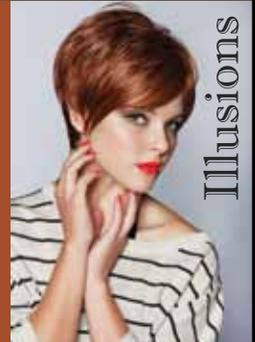
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WILLIAMSBURG
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REPORT TO THE COMMUNITY

ANNUAL REPORT
2014



WILLIAMSBURG HEALTH FOUNDATION

VISION

Individuals making healthy choices in a community with health opportunities for all.

MISSION

Inspire collaboration, mobilize resources, and encourage innovation to enhance the health and well-being of people living in Greater Williamsburg.

STRATEGIC STATEMENT

Provide resources in perpetuity to identify and communicate community health needs, serve as a catalyst for collaborative approaches to meet those needs, help fill gaps in the delivery of services to the most vulnerable populations, promote healthy lifestyles, assess progress, and celebrate success in our service area.

VALUES

We are... bold innovators, responsible decision makers, evidence-based actors, collaborative partners.

GOALS

STRATEGIES

Promote healthy lifestyles and informed individual choices for all who live in our community

- Invest the Foundation's resources to increase opportunities in our community for health and well-being
- Strengthen partnerships and build networks across all sectors to advance a community culture of health
- Leverage the Foundation's influence to increase community demand for health opportunities

Target resources to meet the health care needs of our most vulnerable community members

- Invest in programs and agencies whose work results in positive health outcomes

Increase health opportunities by advocating for their consideration in policies and decisions affecting our service area

- Create awareness among public and private decision-makers of the health impact of local and regional policy decisions
- Build capacity of agencies and organizations that advocate for health opportunities

Health is a dynamic state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

LETTER FROM THE CHAIR AND THE PRESIDENT



Do you remember being a small child and needing a step stool to reach the sink, the soap, and your toothbrush? Sometimes improving health is complex and costly, and sometimes it's as simple as a stool by the sink.

For a small child, that stool is the key to preventing the spread of germs as well as keeping teeth clean which is critical to life-long health. Just as significantly, that stool means greater independence and growth. Isn't it better for a child to have a stool to reach the sink than to need an adult's assistance? Or, when there isn't a caring adult, to suffer from constant colds and cavities?

For ours to be a healthy community, everyone in it needs to be able to reach what he or she needs to live a healthy life. Everyone should be able to access the basics of a healthy lifestyle with places to be active and affordable, nutritious food. All children should live where it is safe to play outside and where there are places to play. Whenever possible, roads should have sidewalks and crosswalks to connect people with neighbors and services and to encourage walking and biking.

As the Foundation created a new strategic plan in 2014, the board adopted a new vision statement to guide our work. That vision is **“Individuals making healthy choices in a community with health opportunities for all.”** It inspired new aspirations, goals, and strategies.

The Foundation is committed to supporting more than traditional medical prevention and treatment. We also commit to promoting well-being and to the creation of “health opportunities” that arise when a community is determined to make the healthy choice the easy choice for everyone.

However, we will remain steadfast in our support of programs and organizations that care for those who are ill and not able to afford or access health care. We will continue to target resources to meet the health care needs of vulnerable community members.

If you didn't know about the Williamsburg Health Foundation or about our vision and work before seeing this, please get to know us through our website, Facebook, and other social media. Together, let us continue to build a positive and productive partnership among all who want health and good things for everyone in our community.

We proudly present this *Report to the Community* for the year 2014.

Jeffery O. Smith, Chair, Board of Trustees
Jeanne Zeidler, President and CEO



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GRANTS AWARDED IN 2014

RESPONSIVE GRANTS

	\$ AMOUNT
Bacon Street	38,000
Child and Family Connection	12,000
Child and Family Connection	38,000
Child Development Resources	19,500
Colonial Community Corrections	28,500
FISH, Inc.	12,500
Foodbank of the Virginia Peninsula	20,000
FREE Foundation For Rehabilitation Equipment & Endowment	50,000
Grove Christian Outreach Center	11,000
Housing Partnerships, Inc.	25,990
James City County Parks and Recreation	1,789
Lackey Free Clinic	20,000
Literacy for Life	70,000
New Horizons Family Counseling Center	124,500
Olde Towne Medical & Dental Center	66,000
Sentara Williamsburg Regional Medical Center Auxiliary	5,000
Sentara Williamsburg Regional Medical Center Auxiliary	5,000
Virginia Regional Ballet, Inc.	5,000
WHRO, Hampton Roads Educational Telecommunications Association, Inc.	100,000
Williamsburg Area Faith in Action	38,000
York County Division of Juvenile Services	42,000

GRANTS BY INVITATION

BASIC OPERATING SUPPORT

Olde Towne Medical & Dental Center	450,000
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BASIC PROGRAM SUPPORT

The Arc of Greater Williamsburg	20,000
Child Development Resources	100,000
Child Development Resources	83,000
Colonial Behavioral Health	290,000
Peninsula Agency on Aging	113,916
Peninsula Agency on Aging	128,000
Virginia Health Care Foundation	380,000
Virginia Legacy Soccer Club	16,000
Williamsburg Area Faith in Action	22,000
Williamsburg Area Meals On Wheels, Inc.	44,000

FOUNDATION DIRECTED

Angels of Mercy Medical Clinic	113,000
Colonial Behavioral Health	127,000
Gloucester-Mathews Care Clinic	260,000
Lackey Free Clinic	420,000
Olde Towne Medical & Dental Center	250,000
Rx Partnership	30,000
Thomas Nelson Educational Foundation, Inc.	75,000
Williamsburg-James City County Public Schools	590,000

CAPACITY BUILDING, RESEARCH AND EVALUATION, AND ANNUAL AWARDS	179,450
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TOTAL 2014 GRANTS AWARDED \$4,424,145

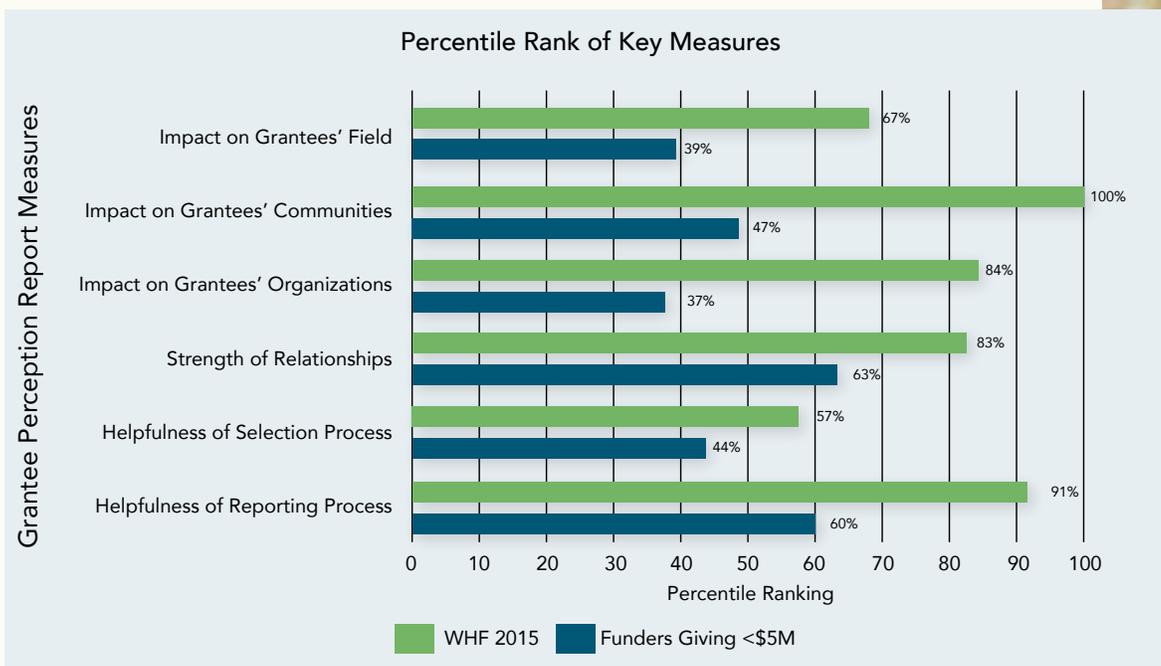


NEWS FROM THE WILLIAMSBURG HEALTH FOUNDATION

Just as we ask grantees how they know if their programs and services are successful, the Foundation works to gauge our success. Since collaboration is critical to our work, one indicator of the success of the Foundation's work is how grantees view the work we do and their partnership with us.

In order to get that feedback, the Foundation hired The Center for Effective Philanthropy (CEP) out of Cambridge, Massachusetts to survey our grantees. CEP surveys are the gold standard in the foundation world. Their surveys are completely anonymous and secure for grantees.

Both Foundation staff and board were delighted with the results of this survey. Grantees believe that the Foundation knows and understands our community. Grantees also believe that the Foundation positively impacts their work and strengthens their organizations.



CUSTOM-MADE CAPACITY BUILDING

Maybe one of the reasons our grantees believe in our partnership with them is because at the Williamsburg Health Foundation, we not only fund programs but also work to strengthen organizations.

“Nonprofits need certain capacities in order to deliver results. These include . . . things like communications, adaptability, and relationships.”

Grantmakers for Effective Organizations

In 2014, the Foundation created a position to work directly with grantees to provide one-to-one coaching and customized, practical resources. The results have been compelling. Grantees have increased their communications and outreach, grant writing and additional dollars raised, annual reporting, social media, and storytelling.

“You help in so many ways, and it may often go unnoticed, so I want to say, I appreciate all you do to empower the agencies serving our community.”

Grantee Executive Director

THE WILLIAMSBURG HEALTH FOUNDATION ANNUAL AWARDS: A NEW TRADITION

Health depends on much more than access to health care. Health is the world we experience. It is everything from the air we breathe to the food we eat to the opportunities we have to become and remain physically active and avoid preventable illnesses. The Foundation believes that every child born in Greater Williamsburg deserves the opportunity to live a healthy life in a flourishing community.

Knowing this, the Foundation expanded and renamed its annual Healthcare Heroes awards the Williamsburg Health Foundation Annual Awards. Inaugurated in 2014, the Annual Awards celebrate those individuals and organizations that make ours a healthier place in which to live and work. We honor those who create “health opportunity for all.”

The Foundation continues to celebrate the work of each of the Healthcare Heroes honored between 1999 and 2013.



From left to right: Annual Award winners Jim Elder, Reed Nester, and Al Albert and Stuart Spirn of the Williamsburg Soccer Foundation and Virginia Legacy Soccer.

The Williamsburg Health Foundation Annual Awards for 2014 celebrated those who help Williamsburg be an active community. Awardees included:

REED NESTER

Reed Nester, Director of Planning for the City of Williamsburg, has been a leader in the effort to make Greater Williamsburg an ever-more bike friendly community. Since 1992, over 48 miles of bicycle facilities have been built in the Williamsburg area, including the Virginia Capital Trail.

Reed contributed his \$5,000 award to the Williamsburg Economic Development Authority which established a grant program to encourage local businesses to install bike racks for their customers' use. As a result, new bike racks have been installed around the City of Williamsburg.

THE WILLIAMSBURG SOCCER FOUNDATION AND VIRGINIA LEGACY SOCCER CLUB

Over 1,600 children per year play soccer in Virginia Legacy Soccer Club's Community Partnership, recreational soccer, Advanced Development Program, or travel soccer. The Community Partnership program allows children from all economic levels to learn soccer and participate in league play. VLSC is a founding member of the Urban Soccer Collaborative, an initiative to combat childhood obesity and promote healthy lifestyles through soccer.

JIM ELDER

Jim Elder is founder and owner of Colonial Sports, a local business that has become a go-to destination and valued resource for local teams and athletes. Jim sponsors local athletes and events and donates proceeds earned from his Run the D.O.G. (Duke of Gloucester) 5K event to local health-related causes.

He has partnered with the School Health Initiative Program (SHIP) to make both the Run the D.O.G. 5K and the Sentara Sleighbell 5K accessible and affordable to students, faculty, and staff of Williamsburg-James City County Public Schools. Over 400 students participated together with their families and other community members in each of these 5K events.

Through SHIP's walking and running clubs and these races, children and their families realize that they can be walkers and runners at any age and for a lifetime. Photos from Run the D.O.G. and participating SHIP students are featured throughout this report and on its cover.



To watch the video celebrating the 2014 Annual Award winners, visit YouTube and search Williamsburg Health Foundation or scan this QR code with a smartphone.



All photos of Run the D.O.G. in this report were taken by Magali deVulpillieres.



BRINGING IDEAS TO TOWN

How the Foundation understands and talks about health and being healthy influences our work to improve community health. The Foundation, therefore, learns from the experts in the field.

Together with partners from the College of William & Mary, the Foundation sponsored a visit to Williamsburg by Steven H. Woolf, MD, MPH, the primary author of *Shorter Lives, Poorer Health: American Health in International Perspective* (2013) from the National Research Council and the Institute of Medicine.

At a lecture held in the School of Education, Dr. Woolf spoke to a crowd of students, faculty, journalists, and others about how health is primarily determined by factors outside of health care. He spoke about the American lifestyle and the preventable illnesses that are causing our life expectancy to decrease rather than increase. Despite great medical advances, this generation of children is predicted to live five fewer years than their parents.

In a survey of the health of Greater Williamsburg, the Foundation can confirm the urgency of reversing preventable illnesses. Out of the total estimated local population of 155,000, approximately:

- 11,000 adults (9%) have diabetes,
- Over 35,000 adults (36%) have high blood pressure,
- Almost 73,000 adults (61%) are overweight or obese.

To attack over-arching community challenges like these, the Foundation directs community-wide initiatives, or Foundation-Directed grant programs, including the Chronic Care Collaborative and the School Health Initiative Program.



Creating a Culture of Health

To inspire a culture of health in Williamsburg, the Foundation created a Facebook page to foster discussion of health opportunity and to celebrate the achievements of our grantees. If you would like to be part of this ongoing conversation, please follow us on [Facebook.com/williamsburghealth](https://www.facebook.com/williamsburghealth).

FOUNDATION-DIRECTED GRANT PROGRAMS

Foundation-Directed grants provide funding for programs targeting community health issues identified by the Foundation and collaborating agencies. These grants are long-term investments and are process, data, and outcome driven. They are also characterized by active involvement of Foundation staff.

CHRONIC CARE COLLABORATIVE

During 2014, the four primary care clinics saw approximately 6,000 uninsured or under-insured, chronically-ill patients with over 14,000 patient visits. The most common diagnoses include type 2 diabetes, high blood pressure, cardiovascular disease, obesity, depression, and other mental illnesses.

During 2014, the CCC completed a study of a group of diabetic patients. Results reveal clinical outcomes that are better than national benchmarks. Also in 2014, as a direct result of conversations and collaboration between CCC members, Sentara and Riverside, now provide data on ER use and hospitalization for patients to each of the clinics. This new notification system improves care and long-term wellness.

Chronic Care Collaborative Members

- Angels of Mercy Medical Clinic
- Colonial Behavioral Health
- Gloucester-Mathews Care Clinic
- Lackey Free Clinic
- Olde Towne Medical & Dental Clinic
- Riverside Doctors' Hospital Williamsburg
- Rx Partnership
- Sentara Williamsburg Regional Medical Center

SCHOOL HEALTH INITIATIVE PROGRAM



SHIP is a Foundation-Directed program conducted in partnership with the Williamsburg-James City County Public Schools. SHIP promotes healthy eating and physical activity through physically active learning in the classroom, nutrition education, school wellness leaders, afterschool challenge clubs, parent outreach, and more. SHIP's target population is the 11,000-plus Williamsburg-James City County students and their families.

SHOW AND TELL — AND TASTE

As fun as show and tell can be, sometimes it is just not enough to change behavior. Showing and then telling children about healthy foods and their nutritional value is critically important. But, to change behavior, it takes more. That's why the School Health Initiative Program hired a Consulting Chef for the 2013-14 school year.

"Chef Marie" has changed the way cafeteria staff prepares foods and improved not only the nutritional content but also the taste of the foods. Students and families taste tested recipes. SHIP knows not only what's healthy but also what's healthy that children enjoy and will eat again and again.

Cooked with "scratch speed" techniques and packed with whole grains and vegetables, including kale, butternut squash, peppers, and more, the menu at Williamsburg-James City County Public Schools is constantly improving.



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FINANCIAL ASSETS

The Foundation's financial assets are invested with the primary objective of providing the financial support needed to fulfill the Foundation's mission in perpetuity. To meet this objective, the Foundation strives to achieve a long-term total return sufficient to support its ongoing operations and programs while keeping up with inflation. For a private Foundation, which must annually distribute a minimum of five percent of its investment assets in grants and related expenses, this equates to an annual return objective of inflation plus at least five percent over the long term. While the Foundation has not met this objective every year, the average annualized return since the Foundation's inception in 1996 is comparable with the "inflation plus five percent" objective, thus maintaining the inflation-adjusted value of the corpus.

SUMMARY STATEMENTS OF FINANCIAL POSITION

	AS OF DECEMBER 31	
	2014	2013
Assets	<u>\$125,102,000</u>	<u>\$127,877,000</u>
Liabilities and net assets		
Grants and other accounts payable	650,000	754,000
Unrestricted net assets	<u>124,452,000</u>	<u>127,122,000</u>
	<u>\$125,102,000</u>	<u>\$127,877,000</u>

SUMMARY STATEMENTS OF ACTIVITIES

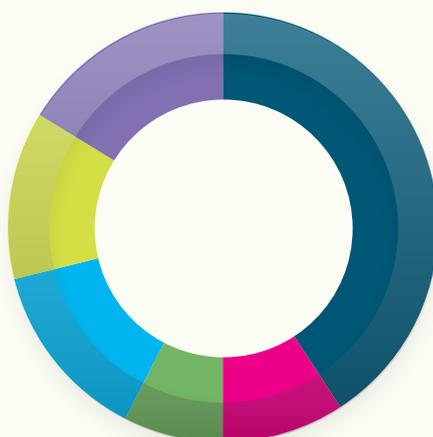
	YEARS ENDED DECEMBER 31	
	2014	2013
Revenues and gains (losses)		
Investment income and gains (losses), net of fees	<u>\$3,174,000</u>	<u>\$13,549,000</u>
Expenses		
Community grants	4,423,000	3,910,000
Program, general, and administrative expenses	1,298,000	1,199,000
Federal excise and state tax (benefit) expense	<u>132,000</u>	<u>204,000</u>
	<u>5,844,000</u>	<u>5,313,000</u>
Change in net assets	(2,670,000)	8,236,000
Net assets at beginning of year	<u>127,122,000</u>	<u>118,886,000</u>
Net assets at end of year	<u>\$124,452,000</u>	<u>\$127,122,000</u>

Numbers are rounded to the nearest thousand.
A copy of the audited financial statements is available upon request.

ASSET ALLOCATION as of 12/31/14

56% Total Return Assets
Global Equity
· Developed Markets
· Emerging Markets
High Yield Bonds
Other Total Return Assets

44% Hedging Assets
Inflation Hedges
All-Purpose Hedges
Other Hedging Assets



- Developed Markets
- Emerging Markets
- High Yield Bonds
- Other Total Return Assets
- Inflation Hedges
- All-Purpose Hedges
- Other Hedging Assets

Annualized Returns for periods ending 12/31/14

Fund	one year	three year	five year	since 09/30/96
Fund	1.46%	8.63%	5.75%	5.34%
Policy Benchmark	1.68%	10.11%	7.85%	6.45%
CPI +5%	5.79%	6.39%	6.77%	7.30%
TIFF Constructed	1.68%	7.45%	6.41%	6.87%

The Foundation's policy benchmark is a composite of indices whose allocation is based on the Foundation's policy allocation. As of 12/31/14, it was: 65% MSCI ACW and 35% Barclays Agg.

TIFF's Constructed Index (CI) embodies TIFF's staff and board members' long-term perspective on asset allocation. As of 12/31/14, it was 57% Total Return Assets, 10% Inflation Hedges, and 33% All-Purpose Hedges.

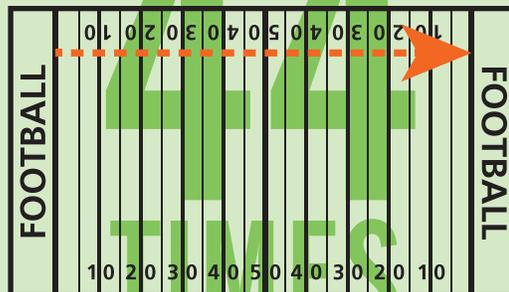


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36
TIMES

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Grabbed a defensive rebound and taken the ball end-to-end?

150
TIMES



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Corey Miller Photography

Specializing in Disability Claims

By Greg Lilly, Editor

When life events or health keep a person from being able to be gainfully employed, disability insurance saves them from a freefall. Attorney Brian Gillette specializes in helping people over the chasm of paperwork and processes to file a disability claim.

Brian created a specialty firm to help file or appeal claims for Social Security disability.

It's a mission of his practice that his team embraces.

"For the folks who work with me, it's not just a paycheck," Brian explains. "They have a close connection to the mission." One of the women working with Brian had helped her brother through the process and saw the impact it made in his life. "People work here be-

cause they get a great deal of satisfaction from helping other people make a positive difference in their lives."

He says that this particular niche of the law can be stressful for everyone involved. "We work with people that aren't really happy. They feel bad. They're sick all the time and can't do what they used to do. Some folks have mental

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illnesses. It's not all roses; some are difficult to deal with. But when we have someone who is difficult, we realize it's an illustration of why that person has trouble functioning in the world. We support each other. The people who do this love helping people.”

Brian hadn't originally planned to be an attorney. Born in Washington, D.C., he saw his mother work hard as an elementary school teacher and eventually become a school principal. His father worked in insurance and health care companies. “He now works at Hanger Prosthetics and Orthotics, where they make artificial limbs for folks,” Brian says.

At the University of Maryland, Brian planned to get a degree in aerospace engineering and become a Navy fighter pilot. “I have my pilot's license. Our Boy Scouts had an Explorer's Post where volunteer flight instructors taught flying. My goal was to go into the Navy, become a fighter pilot and then fly for the airlines. I took a detour.”

In college, he found aerospace engineering comes with challenges. “I discovered that while I like to watch the PBS science show ‘Nova,’ I don't like to do the mathematical calculations behind it,” he says with a laugh. He switched to a double major of finance and marketing. “I always wanted the opportunity to help people and work for myself. I think a lot of people going into law school have that idea.”

He graduated from the College of William and Mary's Law School, and then went to work for an attorney who was doing aviation law. “We also did some personal injury law. After that, I went to work for an attorney going out on his own and doing personal injury cases.” With that experience, he eventually ended up with a large firm litigating automobile accident claims all around the D.C. metro area.

“We came down to Williamsburg in 1999. At that point my wife, Jennifer, and I had one child, Reagan, who is now starting college. We have three more at home.”

Williamsburg was the choice for Brian, Jennifer and Reagan for many reasons. Brian's parents had honeymooned in Williamsburg and then would bring the family here for visits twice a year while Brian was growing up. Brian had graduated from the law school and he liked the area. “I loved William and Mary, and I loved the little bit slower pace of life here.”

Helping people with personal injury claims was a reason Brian moved to a disability practice. “People who are disabled are often times in difficult situations. They are afraid, anxious and confused. They don't know what to do or understand the process. They don't realize what they have to prove or why their claim has been denied. They've never been through this before.”

He sees people who have worked all their lives and never wanted to end up in a situation where they needed benefits. “Every paycheck, Social Security took money out,” he describes. “Now, when they can't work, they apply and get turned down. They've worked all their lives to build up what they have and now it's slipping away. For most folks, missing a couple of paychecks is a big problem.”

While at his previous firm and primarily doing auto accident claims, he started handling a few Social Security claims. “I found that those folks were really appreciative. They would thank me in person and give me hugs and tell me how I had made a difference in their lives. How I helped keep their family together and helped them keep their home.” He was able to assist people in desperate situations, and that makes his work consequential.

“One of the great things about being a business owner is that you have the ability to create a business or practice that serves your life, instead of your life serving your practice. I wanted to create a practice in line with my values. I wanted to make a living. I have four kids, one in college, but I wanted to do some good in the world while making a living. I know I’m doing that.”

Disability is the last lifeline for those applying for it, and a denial can be devastating. “There are a lot of people who get hopeless. They’re confused, have been told ‘no’ and they want to give up.” He’s had clients who are suicidal because they felt they had reached an impasse. “I’ve had clients who have died waiting for benefits.”

Disability isn’t just physical. Some are mental or emotional issues that keep a person from being functionally employed. “Just from my own difficulty of dealing with some people,” Brian says, “I can see why they can’t function in the world effectively. If I, or someone else, hadn’t helped them, they may have never made their way through this maze.”

He recounts a client who was homeless and lived in the woods behind a business on J. Clyde Morris Boulevard in Newport News. “I volunteer for the PORT Emergency Winter Homeless Shelter, a program of Link of Hampton Roads. I’m a member of the Knights of Columbus and we staff the shelter from time to time. He told me his story and we worked to get his benefits.” The next winter the homeless man wasn’t at the shelter because Brian had won his case.

“I get a lot of satisfaction from helping people who others may not feel are ‘worthy’ of assistance. Some may think that a person with a substance abuse problem brought on the misfortune themselves. These are the people who need help. Winning a case and helping a person take the next step forward... That does it for me.”

Any disability claim is a function of physical or mental or a combination of those that cause an inability to hold a job. Because someone is on disability at the moment, doesn’t mean they can’t eventually go back to work. “There are programs to help people get employed again, trial work periods and learning other skills. We want to encourage people to go back to work instead of keeping them out because they have been on disability.”

Brian sees people who are desperate, frantic and scared. Some are so thankful for his firm’s help that they have sent hand-made thank you cards to his team.

“No one is getting rich living off disability. It barely keeps people above the poverty level.” It helps the person survive, stabilize their lives, and hopefully improve their lives so they can go to better things.

Brian knows that disability could happen to anyone. “People need to travel the world to see what the world is like,” he says. “There are parts of the world in poverty with people in the streets begging, lying in the gutters sick and ill. Fortunately, for the most part, we don’t have that going on in the United States.” He explains we have certain safety nets in place to help keep people from getting to that point.

“When we see someone in a position that we don’t want to be in, we say ‘That could never be me. I’m different from them. I made smarter choices than them. I work harder than them. That won’t happen to me.’ Well, it can happen to anybody,” Brian Gillette says. “I’ve had friends whose spouses have suddenly died. You never know what tomorrow will bring. It could happen to you.” He works hard to help those in difficult times and to keep them from slipping through the safety net. NDN

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Your Facebook Afterlife:

Estate Planning for Digital Assets

Many people are diligent about adding beneficiary designations or joint owners to assets to ensure they pass as desired after death; many people also plan for asset transfers after death using a Will or a Revocable Living Trust. Some people go so far as to have loved ones mark personal items they wish to inherit with sticky notes. It is easy to understand the nature and the leaving behind of tangible assets, and even intangible assets such as bank accounts. But what about assets that you literally can’t lay a finger on – even though they are called “digital” assets? These digital assets could include accounts such as social networking accounts, online photo storage accounts, email accounts, and even online gaming accounts.

The Importance of Planning for Digital Assets

Unlike many tangible assets, digital assets can “outlive” their owners and remain in effect almost indefinitely. As more and more of us turn to online options to manage our property and personal life, it has become vital to plan for management of digital assets in the event of disability or death.

Your Plan for Your Peace of Mind

First, to ensure that your family has the authority to manage “digital assets,” determine whether your current Power of Attorney and Revocable Living Trust give explicit authority for your Agents and Trustees to handle these assets. In addition, determine whether your Agents and Trustees are well suited to handle all types of assets, including their ability to manage intangible assets.

Next, provide an inventory of your digital assets for your family members, just as you would provide an inventory of tangible assets. Due to their intangible nature, it will be difficult for family members to know about digital accounts and assets without a list. This inventory should include where important information is stored on your computer and how to access it, as well as a list of online accounts you use together with passwords to provide access. And, like any useful inventory, it is important to keep it up to date with current usernames and passwords and complete lists of all accounts.

In addition, provide guidance about your wishes for online accounts. For example, if you have blogs or social networking pages, would you want those accounts to remain active even in the event of your death or disability? Many companies have recently developed default policies to handle these situations, and many of them err on the side of keeping the account active or converting it to a memorial page. Find out what the policies are for online accounts you use frequently, and if you are not satisfied with the default policy, ensure that your family is aware of your wishes for managing the account.

If you have questions about the role of estate planning in managing these increasingly important assets and other more traditional assets, we welcome the opportunity to meet with you.

For more information or to schedule a complimentary attorney consultation regarding your planning goals, please call our office at (757) 220-8114 or visit our website,

TEACHING THE FUNDAMENTALS

By Greg Lilly, Editor



Lisa W. Cumming Photography

The fundamental movements in basketball can be frustrating for children, mainly because dribbling a ball isn't an innate skill. Christopher McKnight, Recreation Program Coordinator for Sports/Athletics and Outdoor programs at James City County's Parks and Recreation, helps introduce children to those basic skills that help get them ready for team sports or competitive play.

"Tot Shots is an introductory program for basketball," Christopher says. "Our youth

sports focus in James City County is on introductory sports skill education, not so much on the foundations of team play or competition, but on learning the fundamental skills necessary for each of the games we promote."

Tot Shots introduces pre-school age boys and girls to the fundamentals of basketball. Pre-school age is from three to five years old. "Some programs based on popularity have been expanded to cover more ages. For example, two and three year olds are accepted in our

Little Kickers program for soccer. Half-Pint Soccer is for four to five year olds, and Full-Pint is for six to nine year olds. Maybe a child is getting a later introduction into the sporting world and still needs those fundamental skills prior to going into the competitive scene. Soccer is a great opportunity to get them moving. That's why we have extended the program to cover more ages."

Christopher's own introduction to sports was through a recreation program as a child.

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"I was a military brat growing up, travelling around with my Navy family," he says. "I was overseas for a good chunk of my childhood [in] Bermuda and Italy. Those were my middle school years, so I missed out on the pop culture of my peers. Based on those experiences as a kid, travelling around and being in those unique, closed environments, I had one opportunity for recreation, and that was military rec."

Once back in the States and heading to college, Christopher went to Appalachian State University in Boone, North Carolina and earned his Degree in Recreation Management with a focus on commercial recreation and tourism and in outdoor experiential education.

"I immediately knew who I wanted to give back to with my work in recreation. I started looking for opportunities and internships to gain practical experience with the military's MWR (Morale, Welfare & Recreation) and was sent overseas to Japan and down to Guantanamo Bay for internships. Based on those two experiences, I was hired full-time as a youth sports coordinator and teen recreation

coordinator for the United States Naval Base – Guantanamo Bay. I was there a year and a half, doing youth sports and teen recreation."

After leaving that position, Christopher began working with the Boy Scouts of America. "As a professional Boy Scout, I was the district executive maintaining a youth development program, with a focus on non-profit work."

He and his girlfriend decided they needed a change and agreed they would move where the first job opportunity led them. She was hired to teach with the Virginia Beach City Public Schools. The couple moved to Virginia Beach. Christopher worked in Virginia Beach until he took the job at James City County in March of this year.

"James City County Parks and Recreation has found a very unique niche in pre-school age sports instruction," Christopher explains. There are "tots" programs for a variety of sports: Tot Shots = basketball; Sandlot Tots = baseball and softball; Little Kickers and Half-Pint = soccer. "A new program this fall is Hut-Hut Tots that is a heads-up, no helmet, no pads introduction to football. That's for three to five

year olds – boys and girls," he adds. The Tot Shots programs have eight to ten children in them and run four to six weeks on Saturdays for 45 minutes.

For this fall's Tot Shots class, the first day the children and their parents meet the instructor. "We don't refer to our youth sports as programs or leagues or clinics, but classes. The kids are there for instruction. They meet their instructor. Then we review the outline of what the class will cover over the four to six weeks for the parents' benefit," Christopher describes. "Then we break it down into very fundamental skills. We introduce the child to the ball in Tot Shots. Some may have not had an introduction to what a basketball looks like or feels like. We talk about the gear: the ball, the shoes typically worn, the uniforms, what a basketball hoop looks like. Everything is age appropriate, so the hoop is sized to their height."

Next in the class, the children are introduced to the basketball court. "We explain where the lines are and what is inbounds and out, what the different shapes on the court mean, like

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the free throw line or why the circle is in the middle of the court. We do that through fun games. We identify the center circle for the tip off. We have a race to the center circle to see if the kids can identify that from the free throw line circles. We get them oriented to the court and then start building in the gross motor skills.”

The gross motor skills include running with a basketball, bouncing the ball to eventually dribble the ball. “They learn to push the basketball down so that it bounces back to their hand. It’s all through the ‘lens of fun.’ It’s all about the instructor and how they can translate the information. It’s a very base introduction. We want to get them to the point that they are running with the ball, attempting to dribble, have the fundamental motions for passing and shooting the ball.”

Other programs are lining up under Christopher’s direction. “I’m very excited about the introduction of the Hut-Hut Tots program on youth football. We are a very strong football community. There’s been a lot of local football talent who made it to the national level. I’d like

to provide an entry point for that knowledge base.”

Carving out the niche in pre-school sports instruction, Christopher wants to expand to more sports. “We’re always looking for qualified instructors for different sports, for example lacrosse is an area I’d like to look into, also field hockey – sporting opportunities outside of the traditional big three sports we see on television. If we can build up our youth sports foundations programs into those other areas, we will help each of the levels that go beyond us. From recreation leagues to competitive play, these pre-school programs are the foundation.” James City County’s Parks and Recreation works with Williamsburg’s and York County’s Parks and Rec departments to provide a comprehensive array of programming for the Williamsburg area. “We’ve found our place in the younger education side of recreation.”

In addition to expanding the pre-school classes to sports like lacrosse and field hockey, Christopher wants to see growth in the outdoor recreation side of the department. “I’m

dual-tasked with youth and adult sports and outdoor recreation. We are bringing base activities and skill education to climbing, canoeing and camping.”

This fall, he’s coordinating canoeing in the James City County Rec Center for participants to learn skills in the pool and then move to the real world at a local creek. For camping, Christopher’s instructors teach how to identify a primitive campsite and how to prepare a campsite, and then take the campers out into the field for outdoor practice.

“We’ll work with William and Mary to use their indoor climbing wall to show skills for rock climbing,” Christopher says. “I want to give people the experience they need in a safe environment and then culminate that with a transition into an outdoor experience.”

Christopher McKnight teaches the fundamental skills for pre-school children to prepare for the next level of sports. Additionally, he wants James City County’s Parks and Recreation to take advantage of the area’s outdoor resources for introducing his neighbors to the beauty all around us. NDN

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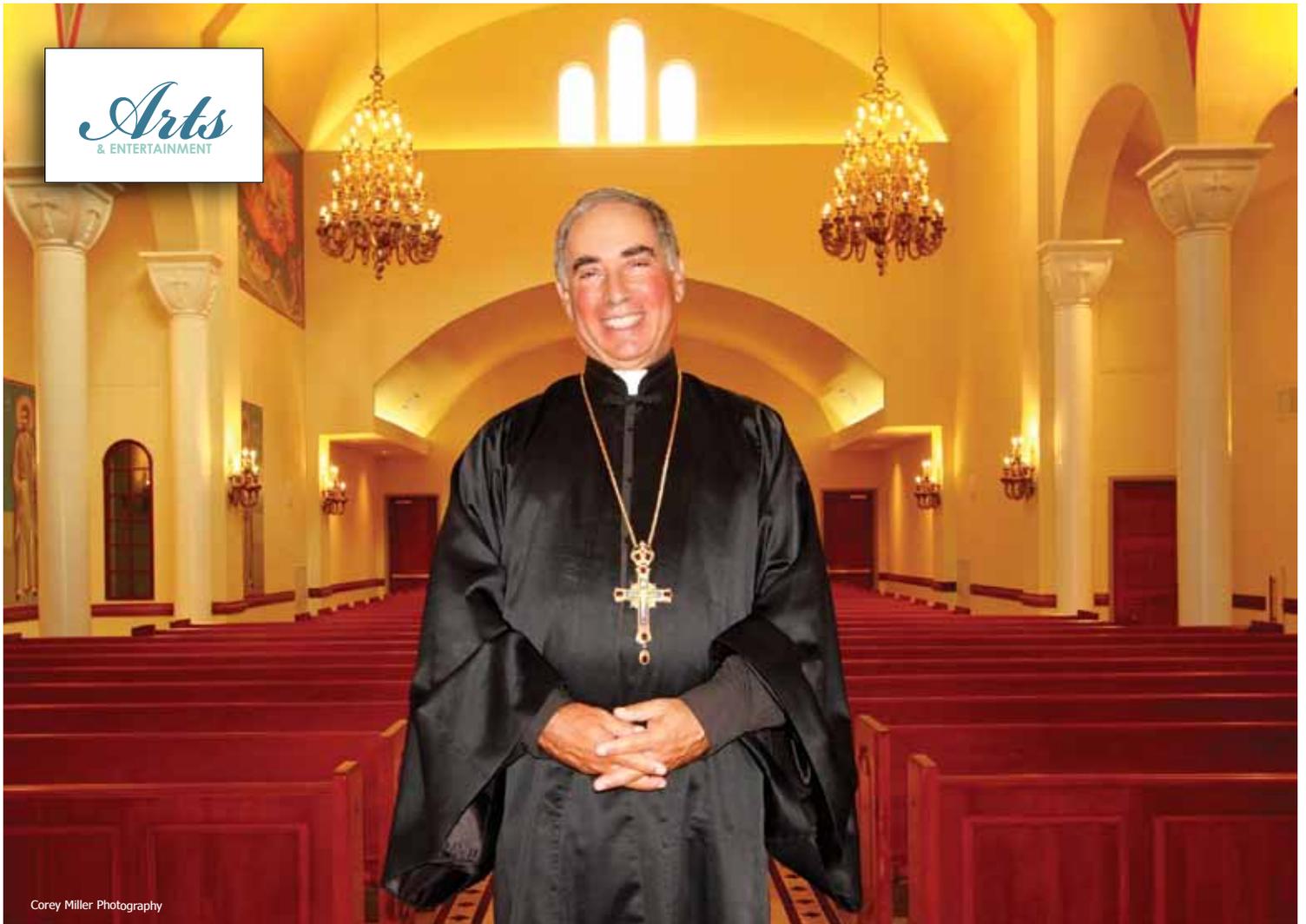
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Greek Festival!

By Greg Lilly, Editor

The annual Greek Festival begins Friday, October 16 and runs through Sunday, October 18. This is Father Milton Gianulis's first year as priest of St. Demetrios Greek Orthodox Church, and he's excited to welcome his Williamsburg neighbors and thank them for all of

the support of the Orthodox Church.

Father Gianulis has been the parish priest at St. Demetrios since January 1 of this year and full-time at the church since April 1. "Until April, I was still on active duty, so I only came down on the weekends for Sunday services," he

says. Father Gianulis and his wife, Constance, and family have lived in Williamsburg for the past 12 years.

He grew up in Denver, Colorado, and Fr. Gianulis says, "As a teenager, like most teenagers, I got into issues and challenges and ques-

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tions of faith. I found Christ in my life. That was the best thing that happened to me. In seeking guidance and council from our parish priest, I was guided to look in my own backyard, and eventually, this advice led me to seminary. It's not a startling story, unless you're the one experiencing it."

He attended undergraduate seminary in Boston at Hellenic College. "I took a year off and then went to the University of Denver for graduate school. I thought about other things I might be doing with my life. Something felt empty." He earned his Masters of Divinity degree from Holy Cross Greek Orthodox Theological School in 1980.

"I started in the priesthood in parish ministry and found myself responding to an advertisement for a luncheon hosted by a Navy recruiter," he says. "I went more out of curiosity. I didn't have military experience." At the luncheon, he learned that he could be a Reservist, and that some Reservists didn't work weekends. As a parish priest, he was quite busy on weekends. "I became a Reservist. Five years later, I was active duty because I loved that ministry. I did that for 26 years."

While in the United States Naval Reserves, Fr. Gianulis served at Quantico, on the Harry

S. Truman (CVN 75) in support of Operation Iraqi Freedom, as Command Chaplain of the USS IWO JIMA (LHD-7) the command center of operations for Joint Task Force Katrina/Rita, with Operation Enduring Freedom, and was the command ship in Joint Task Force Lebanon evacuation of U.S. citizens. He wrapped up his Navy career as the Command Chaplain for the Marine Corps Training and Education Command. "I came out of retirement recently and began ministry here at St. Demetrios."

He explains that the Williamsburg Orthodox Christian community is a new community. "We're a community built on a vision. We are blessed to have a group here of Greek Orthodox who had a vision to have a church in Williamsburg. Up until that point, they worshiped primarily at Saint Constantine and Helen in Newport News and some at Saint Elpis in Hopewell, Virginia. Those are the two closest Orthodox Churches, and given those distances and traffic, church attendance wasn't really what it should be. Based on the vision of an Orthodox Church here, the community gathered together a group of prominent business people and others to lay the foundation to what became this beautiful edifice." The church and Hellenic Center are on Mooretown Road.

As with any large building project, of both the community and of the physical church, there are always challenges. Some found the project overwhelming and pulled out. With an estimated potential of 200 Orthodox families in the area, the church has a membership of just under 100 families. "We have great potential," Fr. Gianulis says.

He explains that the church community is not limited to the Greek community here in Williamsburg. "The Orthodox Church is not an ethnic club. It serves anyone of Eastern Orthodox faith and background or converts. We have many people converted from other religions for a variety of reasons. We have Romanian, Russian and Serbian Orthodox who worship here on a regular basis. We try to meet their spiritual needs, as well. This is not an exclusively Greek community."

The majority of St. Demetrios' members are Greek. "And most everyone likes Greek food, so we have an excellent way of fund raising – the Greek Festival," Fr. Gianulis states. "As the festival continues, I'd like to incorporate other ethnic backgrounds into, not just helping with the festival, but into bringing in more of the Eastern European traditional food and culture to the event."

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Some of his Williamsburg neighbors aren't familiar with the differences of the Orthodox Church and the Protestant Church. "In the Protestant churches, the major holiday of the year is Christmas. We, the Orthodox Christian Church, are very much an incarnational church. We believe that God became man in the person of Jesus Christ, which is what we celebrate at Christmas. But the focus in the Orthodox Church is on Easter, what we call Pascha. Pascha is the celebration of the Resurrection and upon that holiday all other holidays rest. Without the Resurrection, all other miracles and events in the life of Jesus fall by the wayside."

Not only is Easter the major holy day of the Orthodox calendar, but the Easter traditions are different from their Protestant neighbors. "In our celebration of Easter, we precede it with a fast of all meat and dairy. Then the Easter celebration is a great feast, both as a holiday and a feast of culinary delight. A lot of people roast a whole lamb on a spit."

As a traditional church, St. Demetrios has many holidays (or feasts) throughout the year.

"Recently, on August 15, we celebrated what is called the 'Pascha of the Summer' that is the 'Falling Asleep (or death) of the Virgin Mary.'

She is seen as the first fruits of Christ and the Resurrection, the first to accept Christ, and therefore, we celebrate her death and assumption into Heaven. It's another big holiday in Greece. We celebrate it, too. Christmas is a big holiday and the Epiphany."

The annual Greek Festival helps introduce the Orthodox Church to the Williamsburg community as well as raise funds for the church. "As parish of fewer than 100 families, the festival is a fun fundraiser," Fr. Gianulis says. "Secondly, Greek people are, by nature, very hospitable. We love to share our foods, our culture and our drink. We're very proud of those things. It becomes an opportunity to invite the community and share our foods and culture. We also have tours of the church. We like to share the two thousand year tradition with others."

Fr. Gianulis enjoys visiting with people during the Greek Festival. "Talking about our faith, the church, the iconography that's what I do," he says. "As a chaplain, I had friends from many backgrounds. There seems to be a sincere interest and curiosity in the Orthodox Church. We all have the same roots."

Robert Marakos chairs the Greek Festival and works closely with Fr. Gianulis to provide a

festival filled with dancing, food, music and the Greek experience.

"My advice is to have a meal, sit down and enjoy yourself gradually," Fr. Gianulis says. "If you go to Greece, or anywhere in Europe, you don't rush. Enjoy your table. Go get some loukoumades, these puff pastries dipped in a honey, and a bottle of wine and enjoy the evening. Watch the dancing, get up and dance yourself."

The Greek Festival has been instrumental in getting the church started, not just in fundraising, but with having the community pull together. "The food is the first and foremost thing that most people come here for. The aroma draws people, and the cooking will be done outside on the grill. The dancing and the music – it's about community. We're a huge family." Father Milton Gianulis explains that the Greek Festival is an expression of thanks to the community. "We are very grateful to be a part of this community and share our culture. Thank you for welcoming us and making us a part of the Williamsburg community." NDN

The Greek Festival is October 16 – 18 at St. Demetrios Greek Orthodox Church and the Williamsburg Hellenic Center (4900 Mooretown Road).



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SPEECH AND LANGUAGE

By Greg Lilly, Editor

“Thirteen percent of children have some sort of special need,” Amanda Beavers explains. “Speech tends to be the go-to service because you notice if the child is not talking at around a year old. Even if there is Autism or a syndrome or something else going on, speech will

be what you notice first.” Amanda is a speech language pathologist and the owner/director of Williamsburg Speech Specialties.

“Speech therapy is the doorway to start investigating what’s going on with a child. Sometimes, it’s just early intervention, and the child

is finished.”

She says that parents may have a wide spectrum of concerns. “First and foremost, in their toddler years, we hear: ‘My child is not talking.’ From toddler to school age, we get a lot of parents saying: ‘I can’t understand my child.’

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So, they're unintelligible. Also, toddler to school years could be receptive and expressive language delays. Does the child understand what we say to them? Can they understand 'wh' questions: what, why, when? Can they follow multi-step directions like, 'We're going to the park; get your shoes, juice box and come over here.' Those are the things that stick out with receptive or expressive language delays."

Another aspect of speech that may display a need for therapy is when the child has problems with pronouns. "A child may use 'he' for everything," Amanda says. "They can't do 'he' versus 'she.' Verbs are hard for some. Really, it's the semantics and the syntax of the structure of language. We see that just before school age." School age kids may still have articulation delays where people may not understand their speech.

"Then there is Dyslexia," Amanda adds. "Language delays can continue through elementary school, but many times children with Dyslexia are average to above average in intelligence, so they might not always qualify for a program in the schools. Parents may bring them in for help. I love working with Dyslexia."

Amanda grew up in Roanoke, Virginia and

attended college at nearby Radford University. She started her freshman year as a criminal justice major. During that first semester, she met her future husband, Aaron.

"I decided criminal justice wasn't for me," she says of her move to speech language pathology. "I wanted to teach, and I wanted to work with kids. I didn't want to be a teacher with a large classroom. I wanted one-on-one teaching with special needs kids."

She earned both her undergraduate and graduate degree from Radford University.

"I stayed at Radford for my graduate degree because Aaron and I married, and he had been deployed to Iraq. I had applied to some other places, but I felt I needed that school familiarity with other parts of my life changing with our marriage and his deployment. It was good to stay close to my family. Radford has an excellent speech program."

Amanda's first job was at Rawls Byrd Elementary School. They moved to Williamsburg because Aaron was stationed at Fort Eustis. "After Rawls Byrd, I worked at Children's Hospital of the Kings Daughters for six years. There was a small office here in Williamsburg, but they closed it. I didn't want to work in the Newport News office. I felt so invested in

Williamsburg. I started my own practice three years ago."

Today, she and the therapists in her practice work with many types of speech and language delays. She explains that Dyslexia, her specialty, is a physical condition – the brain reacts differently.

"If you do an MRI, different parts of the brain light up than for those non-Dyslexia brains. I get a lot of right brained people. Those are the artistic, musical types. They even come from that type of family where the mom and dad are artistically oriented. The language center is on the other side, the left side, of the brain." Most people with Dyslexia are very visual people. "They're cool. I think they're so cool. The language aspect of things can make it difficult for them. Their brains are wired differently."

When most people see a word written, they don't immediately know that word, but will sound it out. "Eventually, the sound and meaning are known by the sight of the word – I don't have to sound it out anymore. It becomes a 'sight' word."

Someone with Dyslexia sees a word and it looks new to them. "That phonological memory is not there," Amanda says. "The word they

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had just read, now looks new to them again. A lot of these kids are super smart, and they get by for a long time because they find ways around this. They memorize things, making everything a sight word. They are really good at coming up with compensatory strategies to get by.”

She stresses that Dyslexia has nothing to do with level of intelligence or attention span or laziness. “It’s a brain difference.”

There are other misconceptions, as well. “Traditionally, everyone thinks Dyslexia is reading things backwards. That is not it. It’s the decoding of the words. It’s putting a symbol with a sound – our phonological awareness. People with Dyslexia have a hard time with putting symbol to sound. The phonological memory isn’t strong. You see a lot of deleting little words like a, an, the. They have a hard time with word problems even though they may be good in math. They may have difficulty learning a second language. They may even have trouble with spatial concepts like left and right, top and bottom. They may have trouble spelling.”

Children with Dyslexia know they aren’t learning as their friends are. “I have had kids tell me: ‘I’m just stupid. I can’t read chapter

books.’ Or they’ll say that when the class is reading aloud, they will count ahead to see what their paragraphs will be so they can practice before being called on to read. They also read really fast because they think that makes them appear as a good reader and not a slow reader. When they read fast, they miss words because they’re only getting the first few letters of a word and then guessing at which word it is.”

Dyslexia is usually diagnosed when the child begins school. “First grade is a key year. That’s when the children start reading and gaining reading fluency. Parents can pick up on it early on. I’ve had kids come in at eighth grade. It’s never too late to provide intervention.”

Once Dyslexia is diagnosed, Amanda likes instruction based on Orton-Gillingham principles. “There are plenty of programs based on their principles. I administer Wilson Reading Program. There’s not just one ‘go to’ approach. Wilson is my favorite. Any system based on their principles is phonological-based and multi-sensory. We have kids tapping the sounds out. The visual learners will write the words in their mind or spell it in the air, as a visual.”

Amanda’s work changes the lives of children.

“I love it. I lay my head down every night fulfilled. It’s gratifying. I establish a relationship with the families because they come in at least once a week. I have two little guys I used to see, and their older siblings have decided to go to college to become speech language pathologists. They came in to chat with me. Families that I’ve kept in touch with for ten years still benefit from the work we did together. I get invested in the kids and families.”

A new program that has Amanda excited is Autism Movement Therapy. “We’re going to New York City to be trained. We want to offer special-needs dance and movement classes. There is only one provider in Virginia currently, and she’s in Winchester. Every child wants to dance. Dance and gymnastics are so good for the kids.” The children in her speech therapy clinic frequently have other needs as well. “Usually, it’s not just a speech delay. It may coexist with a fine motor delay or a gross motor delay. The kids need this type of input. I’m really excited about the Autism Movement Therapy.”

As Amanda Beavers’ speech therapy practice grows, she’s able to help more children deal with their difficulties in language. “I’m doing what I love,” she says. NDN

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Farm to Fork

By Greg Lilly, Editor



Lisa Cumming Photography

Nelson Miller, executive chef at Silt restaurant, remembers the woman who instilled in him his love of fresh, southern cooking. “Rosalie Smith,” he says. “Both my parents worked, so we had a housekeeper/nanny, Rosalie Smith. I loved that woman; she was my other mom. She had a very heavy southern cooking influ-

ence. When she would cook, I was looking over her shoulder. I started to see all this great southern food, all the flavors and love put into it.”

Born and raised in Richmond, Nelson attended Saint Christopher’s School until sixth grade. “After sixth grade, I was asked to leave

Saint Christopher’s. I’m very ADD, so I’ve always been against the grain. Back then, they saw ADD [Attention Deficit Disorder] as a learning disability that could not be helped.”

He went to boarding school at Cardigan Mountain School in Canaan, New Hampshire from 7th grade through 9th. “Then I went to

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Christchurch School in Christchurch, Virginia outside of Urbanna,” he says. “Every time I had a chance in both of those schools, I made my way into the kitchens to watch the cooks, to learn about what they did. Food has always been a big aspect in my life.”

His first job in the food industry was bag-boy at an upscale grocery off of Libbie Avenue in Richmond. At 14, he’d hang around the butcher to see how she prepared the finest cuts of meats. “She taught me how to break down chicken, fish, beef, how to make sausages. I learned the fat to meat ratios and what makes a better cut of beef. That fascinated me.”

During his teenage summers, Nelson took jobs as fry cooks and grill cooks. “One of the greatest places I worked that taught me about volume cooking was the Duck-In in Virginia Beach. I loved that place.”

At 18, Nelson was accepted to Johnson & Wales in Charleston. After a month at Johnson & Wales, Nelson was hired at one of Charleston’s premier restaurants, Magnolias. “That is where I came alive,” he says. “Southern food has always been a big thing for me. At Magnolias, the food was fine dining Southern. That was what I wanted to cook.”

On his second day at Magnolias, Nelson had grits and collards on his prep list. “I threw it all in a pot. There was a lady named Ms. Dee. She stops me. ‘Oh, child. Oh, child. What are you doing? You’re doing it all wrong. You have to do it with love.’ She said I had to let the food talk to me, to let the cream tell me when it’s ready for the grits. The collards would let me know when they were ready for the apple cider. She told me to cook by smell, touch, taste. She showed me how to cook with love.”

Nelson grins roguishly, as if he were Rhett Butler from Margaret Mitchell’s *Gone with the Wind*. “After a year at Johnson & Wales, they asked me not to return. I had rearranged my schedule to focus on work, partying, and just a little bit of school. It was Charleston,” he stresses, “three beaches within 15 minutes of each other, so many things to do besides school. I learned more at work than I did in cooking college.” He lived in Charleston for three years and worked at some of the best restaurants in the city.

He moved to Phoenix, Arizona to attend Scottsdale Culinary Institute. “I tried not to work while I was in the program, but I love working. I helped one of the chefs open a res-

taurant out there. That was a lot of fun because it was truly hands-on in all aspects of the restaurant. I knew I had to get back to school and finish up. I’m a firm believer that I needed to finish what I start. My dad instilled that in me. He was a finisher.”

Nelson moved back to Richmond and worked at Lemaire. “Then a French Master Chef opened a restaurant in Richmond called *Chez Max*,” Nelson explains. “I worked with Alain Lecomte for about a decade. The first few years were rough because I was arrogant and felt like I knew it all. He yelled a lot. I yelled a lot. But, that was good for me. He helped me understand why flavors work well together. He taught me how food changes as it cooks – the rhyme and reason of food. Lecomte passed away in 2009. Even on chemo, he was at work and pushing. I hope I picked up some of that drive.”

After *Chez Max*, Nelson helped open two more restaurants. He married his wife, Olivia, and they had their first child. “I wanted a place where I could have a good family life, great schools, and Williamsburg has that small town charm, yet we’re still close to Richmond and Virginia Beach.”

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He worked with David Everett at the Blue Talon Bistro as the P.M. Sous Chef. After a year, he transferred to the D.O.G. Street Pub.

“Olivia and I decided it was time to open our own restaurant. We were ready. We found the place at the Village Shops at Kingsmill. I had been to this space years ago with my mom and grandmother when it was La Yaca. I remember the food was great and I loved the layout. For our restaurant, Silt, I wanted to make the space farm rustic chic.” He and Olivia did the remodeling of the space and purchased new kitchen equipment.

The concept of his restaurant is what Nelson calls Farm to Fork. “Where we are, Williamsburg, we’re in the heartland. You can’t go 15 miles without running into farms growing produce or raising livestock. Farming is very hard. I did two days on a farm about six years ago. It is non-stop and a long, hard day with a lot of love and care going into it. These farms don’t make a lot of money, and it is hard work. I decided to utilize everything within about 175 miles for what we want. We’re helping those farmers as much as we can. Yes, it costs more, which makes no sense that healthier food is more expensive than a GMO product.

You would think added steroids would make the products more expensive, but it feeds the masses.”

Quality trumps volume in Williamsburg’s culinary community. Local ingredients may be limited at times, but Nelson has the experience to work with what’s fresh. “If we have a storm come through that causes tomatoes or butterbeans to not be available, I can work around that.”

Ninety-five percent of his menu comes from local farms. “What ingredients come from farms out of the area are very reputable farms.” Nelson has probably visited the farms to ensure the quality processes for harvesting the food.

“You can smell and see the difference in the produce and meats. I’m a firm believer that you should know where your food comes from. For example, my seafood comes from the waterways of Delaware to North Carolina.”

Nelson will join other local chefs for the Williamsburg Harvest Celebration held November 11 through 15. “It’s a culinary event that focuses on Virginia grown and Virginia made products. North Carolina, South Carolina, and even Richmond have specialty food fests, but we really don’t have one that focuses

on Virginia and this is harvest time for our area. Cindy McGann (the Executive Director for the Williamsburg Harvest Celebration) wanted to start something like a Charleston food and wine type festival to showcase what Virginia has to offer. It’s good to focus on beer, wine, spirits and food. Who doesn’t like those?”

Each chef will feature a specialty during Harvest Celebration. “I’m doing ‘Field & Stream’ where all my products come from the Chesapeake Bay watershed,” Nelson describes. “We want to show what we have to offer in this area. We have wineries, distilleries, breweries, great restaurants and a great farmers market. Williamsburg, James City County and York County are becoming a culinary destination for the region.”

As Nelson supplies his kitchen with locally-farmed product, his restaurant’s guests reap the benefits of his Farm to Fork concept. “People are excited to eat local produce, seafood, beef, pork and chicken. This is the heartland for quality ingredients. With that, I cook like Rosalie did when I was a child, add the love that Ms. Dee taught, and it’s a recipe to be savored. Cooking is fun, and I love what I do.” NDN



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Hey Neighbor!

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www.WilliamsburgNeighbors.com,

go to the magazine site and click on

Hey Neighbor! for a complete list of current community announcements.

To submit your non-profit event to Hey Neighbor! send a paragraph with your information to:

heyneighbor@cox.net

Hey Neighbor!

ANNUAL FALL PLANT SALE AND FUNDRAISER "ART IN THE GARDEN"

September 26, 2015

From 9 am-2 pm (rain date Sunday, September 27), the Williamsburg Botanical Garden will feature native plants, butterfly plants, perennials, shrubs, bulbs, fall mums and more. Local businesses, artists and crafters will display and sell their nature/garden products. The Botanical Garden is located in Freedom Park at 5537 Centerville Road. All proceeds go to the upkeep and maintenance of the gardens. For more information and directions visit www.williamsburgbotanicalgarden.org.

Hey Neighbor!

HISTORIC GREEN SPRING DAY 2015: LOOKING AHEAD

September 26, 2015

Once-a-year opportunity to visit Historic Green Spring from 10 am – 3 pm. Park at Jamestown High School for 10-min. shuttle ride. Join Governor Sir William Berkeley and Lady Frances Berkeley for a stroll through

the grounds of their 17th Century plantation. Family activities, refreshments. Sponsored by The Friends of Green Spring, www.historic-greenspring.org.

Hey Neighbor!

TREE OF LIFE INTERNATIONAL, INC., OPEN HOUSE

September 26, 2015

Founded by Williamsburg native Willnette "Cookie" James, TROLI will host an Open House from 2 – 3:30 pm at the Williamsburg Regional Library. The mission of Tree of Life International (TROLI) is to empower underserved women and girls. Join us to learn about our upcoming trip to Kenya to support women enrolled in a microfinance program founded by TROLI and to obtain information regarding partnership opportunities. For further information, visit our website at www.hopeoftroli.org or call (757) 903-1277.

Hey Neighbor!

ARTSPEAKS LOUD AND CLEAR!

September 27, 2015

From 5:30-9:30 pm, the Williams-

burg Contemporary Art Center will hold another fabulous art and music fundraising gala! This year, we'll be at Ford's Colony Swim and Tennis Club with ample room to enjoy all of the art and music related activities. Silent and live auctions of new and pre-owned art from regional artists and collectors, plus wonderful non-art items from local businesses and friends. Feast on fabulous food and enjoy open wine and beverage bars. Cap off the evening with a splendid musical revue with Song stylist Temy Barbru and pianist/composer Bobby Jasinski - with special guest Jazz Saxophonist Carolyn Keurajian. Cost: \$75 in advance/\$80 at the door. For info & reservations, contact Janis Wood at (757) 220-2217 or jleewoodart21@msn.com. For information, visit www.thiscenturyartgallery.org/ArtSpeaks.

Hey Neighbor!

BOARD TRAINING FOR COMMUNITY MEMBERS

October 2, 2015

A Nonprofit Board Training Class from 9 am – 3 pm. Upon completion

of this 1-day, 6 hour class, you will know about the roles, responsibilities, and rewards of serving on a nonprofit Board. This class is for individuals interested in serving on a nonprofit Board or those currently serving who want to better understand their role as a Board member. It will be held at EVB Bank in Newport News. Cost is \$150 with discounts available for Board members of current Network-Peninsula nonprofit members. For registration information, visit www.NetworkPeninsula.org or contact Karen Dutro at karen@networkpeninsula.org or call 757-886-6944.

Hey Neighbor!

MEN'S CHARITY TENNIS TOURNAMENT

October 2, 2015

The Middle Peninsula Insurance Men's Charity Tennis tournament will be held at the Ford's Colony tennis courts to raise funds for Hospice House and Support Care of Williamsburg. A reception with refreshments and silent auction will be held beginning at 3 pm with awards and check presentation beginning after the last

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To register contact Michelle Manfred
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www.bmgSAFE.com

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4. Retired Chief Emmitt Harmon, James City County Police Department
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6. Retired Chief Richard McGrew, William & Mary Police Department
7. Retired Superintendent William F. Corvello, VA State Police
8. Retired Chief Tal Luton, James City County Fire Department
9. Retired Chief T.K. "Buz" Weiler, City of Williamsburg Fire Department

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match at 4 pm. New sponsorships for this popular tournament are available. Visit www.menscharitytennis.com for more information.

Hey Neighbor!

24TH CHILDREN'S CONSIGNMENT SALE

October 2-3, 2015

October 2, 11 am* - 7 pm (*Get in at 10am with a Jar of Peanut Butter for FISH) and October 3, 8 am - noon at King of Glory Lutheran Church, 4897 Longhill Road. Great selection of new and gently used seasonal children's clothing for expectant parents and growing children (newborn to teen), homecoming dresses, maternity clothing, and more. The money that is raised goes into gift certificates for families in need in our area to shop our sale, the King of Glory National Youth Gathering and the King of Glory Preschool Tuition Assistance Program. Items are donated to FISH, Grove Christian Outreach. Books are donated to the Storybook Connection program. Contact Kimberly Kay, kogccs@cox.net, (757) 784-3524, www.childrensconsignmentsale.weebly.com

Hey Neighbor!

CITY OF ANGELS

Through October 3, 2015

Tony Award Winning Musical Comedy presented by the Williamsburg Players Sept 17--Oct 3, 2015. Directed by Chris Hull, City of Angels is the rarest of musical comedies, not only loaded with music and written in the contemporary jazz idiom, but also filled with sidesplitting comedy. It is set in the glamorous, seductive Hollywood of the 40's, the world of film studios and flimsy negligees. Great music, great comedy, great script and a great cast makes for a great night at the theatre. Don't miss this one! Adults \$20, Students (with id) & Children \$12. For more information and tickets, visit www.williamsburg-players.org or call the box office at (757) 229-0431.

Hey Neighbor!

WILLIAMSBURG BOOK FESTIVAL

October 3, 2015

The Williamsburg Book Festival will be at Bruton Parish's Lewis Hall from 9:30 am - 4 pm. Discover your next favorite author! Meet local and regional authors, both new and

nationally-renown, as they talk about and sign their books. From children's books to sports to romance to self-help to poetry to historical to contemporary novels, the Williamsburg Book Festival has it from cover to cover. For information, visit www.WilliamsburgBookFestival.org.

Hey Neighbor!

SCORE POINTS FOR SPRINGERS

October 3, 2015

Mid-Atlantic English Springer Spaniel Rescue (MAESSR) will host a Captain's Choice golf tournament at the Kiskiack Golf Club in Croaker. Registration will open at 8 am with a Shotgun Start at 9 am. The entry fee, which is \$65 per individual and \$260 for teams, includes green fees, cart, practice balls, and cookout-style lunch. Hole sponsorship plus team is \$375. There will be raffles, free range balls, and other prizes. Single golfers are welcome. For more information please contact John Keegan at (757) or jjkeegan@cox.net. Online registration is available at www.maessr.org/specialevents.aspx. MAESSR is a volunteer-based 501 (c) (3) animal welfare organization dedicated to rescuing and re-homing English Springer Spaniels through rescue, rehabilitation, training, humane education, and community outreach.

Hey Neighbor!

AN OCCASION FOR THE ARTS

October 3-4, 2015

The splendid anchor event for Fall Arts is a grand two-day celebration in Merchants Square, downtown Williamsburg, Virginia. A five-person jury admitted 140 accomplished artists to display and sell their paintings, mixed-media, ceramics, glass, woodwork, jewelry and photography. Throughout both days, performers entertain you on two stages, and local restaurants turn out to serve you fine fare in the food court. Children's art displays and performances, as well as art project tables make the Peninsula's Premier Art and Music Festival a must-do for the entire family. To preview the work of each artist and learn about our new shuttle service, go to www.aofta.org

Hey Neighbor!

TRINITY ORGAN CONCERT

October 7, 2015

The free concert will include a vari-

ety of musical selections performed by Saint Bede's organist Aaron Renninger and mezzo-soprano Kristi Engelbrecht. Time 12 noon at Saint Bede Catholic Church, 3686 Ironbound Road. Bring a friend and your lunch. Beverages provided. For more information, call (757) 229-3631 or visit www.bedeva.org/concerts.

Hey Neighbor!
RESPIRE CARE BENEFIT LUNCHEON

October 7, 2015

At 11:30 am at Williamsburg United Methodist Church, catered by Carabba's Italian Grill. Tickets must be purchased in advance for \$18 each. All proceeds support Respite Care of Williamsburg United Methodist Church which offers an enriching, social afternoon program for adults with special needs, in a safe and supportive environment, while providing a break for their caregivers. Contact: Carolyn Yowell, Executive Director, Respite Care of WUMC, (757) 229-1771.

Hey Neighbor!
HERB-INFUSED OILS AND VINEGARS

October 7, 2015

Freedom Park Interpretive Center, 10 am, open to the public, a \$5 donation is appreciated. Speaker Carol Schmidt is a member of the Herb Society of America, Colonial Triangle of Virginia Unit. Carol will share many recipes for interesting combinations of herbs and oils, instructions for their use and how to make vinegars. For more information contact Carol at 253-1457 or clschmidt@widomaker.com.

Hey Neighbor!
FINE WINE GALA

October 8, 2015

Men's charity Tennis, Inc. and The Fresh Market invite you to a Fine Wine Gala to benefit Hospice House and Support Care of Williamsburg. The event is scheduled from 7:30 - 9:30 pm at the Fresh Market store on Monticello Avenue. Enjoy tasting over 50 wines, shrimp cocktail, crab cakes, and other delightful hors d'oeuvres as well as distinctive cheeses and up to a 15% discount on wine purchases at this exclusive wine tasting event. There will also be a silent auction at the event. Only 300 tickets are available from Men's Charity Tennis board members. For information,

visit www.menscharitytennis.com.

Hey Neighbor!
ECW AUTOFEST

October 10, 2015

Annual fundraiser car show from 9:30 am - 2:30 pm. Lafayette High School. Features the best European Cars in town! Event benefits EEE Resource Center and Beyond Boobs. To register your car, obtain a vendor spot or buy tickets, go to www.ecwautofest.eventbee.com

Hey Neighbor!
FAMILY FUN GLOW NIGHT

October 10, 2015

At Calvary Chapel of Williamsburg, 5535 Olde Town Road, join us from 6-8 pm for a family fun night of awesome worship, family games and interactive Bible teaching! Come Glow with us! For more information Contact Heidi Barrera at (757) 220-8400.

Hey Neighbor!
6TH ANNUAL WILLIAMSBURG LANDING 5K

October 10, 2015

All proceeds benefit The Arc of Greater Williamsburg's mission to improve the quality of life for people with intellectual and developmental disabilities. The 5K event is being hosted by Williamsburg Landings and will take place on their beautiful 137 acre campus. Registration is now open online. For more information visit thearcgw.org and click on "Register for The Arc 5K" at the top of the page. You can also get more information by calling The Arc office at (757) 229-3535.

Hey Neighbor!
WILLIAMSBURG MUSIC CLUB

October 12, 2015

The Williamsburg Music Club proudly presents internationally acclaimed pianist and international citizen Rami Bar-Niv performing from the classical repertoire and his own Jazz compositions. Beginning at 11 a.m. in Bruton Parish Church Hall, 222 Duke of Gloucester Street. For more information, contact (757) 229-4429 or www.williamsburgmusicclub.org.

Hey Neighbor!
ANNUAL CASINO NIGHT AND CLUB ANNIVERSARY

October 17, 2015

The Junior Woman's Club of Williamsburg will be hosting its 10th

An OCCASION for the ARTS 

Merchants Square ♦ October 3-4, 2015




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Performance opportunities for all including a Spring Beach Cruise performance in April 2015

Annual Casino Night and celebrating its 60th Club Year Anniversary from 7-11 pm at Miller Hall at William & Mary. The event will feature gaming tables, silent auction, raffles, music, food, and beverage. Proceeds will benefit Bacon Street and other local charities. More information is available and tickets are on sale at www.williamsburgjuniors.org.

Hey Neighbor!
WILLIAMSBURG SYMPHONIA MASTERWORKS CONCERT #2
 October 19- 20, 2015

The Williamsburg Symphonia welcomes to its stage violin virtuoso Anne Akiko Meyers who will perform the Barber Violin Concerto, Op. 14, in the second of the Symphonia's Masterworks concert series, at 8 pm each night at the Kimball Theatre in Merchants Square. Also on the program are works by Mendelssohn and Beethoven. The Symphonia, Williamsburg's own professional orchestra, is conducted by Music Director Janna Hymes, returning for her 12th year on the podium. Save the dates for the Symphonia's orchestral concert on November 16 and 17 and for the delightful Holiday Pops on December 5 and 6, all at the Kimball Theatre. For information or to purchase tickets, call (757) 229-9857 or visit www.williamsburgsymphonia.org.

Hey Neighbor!
HALLOWEEN TALES (ALL AGES), FREE!
 October 23, 2015

From 6-8:30 pm, at Mid County Park (use Monticello Avenue Entrance), enjoy a night in the outdoors for some Halloween fun! Trunk or Treating, arts and crafts, and a family-friendly Halloween show-Toy Story of Terror -will be the highlight of the night! Costumes are welcome. Trunk or Treating is for children ages 12 and younger. Bring lawn chairs, blankets and snacks. Dress appropriately for outdoor weather. Children must be accompanied by an adult. Weather permitting. Or information, jamescitycountyva.gov/recreation or call (757) 259-4200.

Hey Neighbor!
CORNHOLE TOURNAMENT (AGES 21+)
 October 24, 2015

At 1 pm at Chickahominy Riverfront

Park. Think you're pretty mean with a cornhole bag? Can you hit a chip shot within inches of the pin? Join us for the first James City County backyard games tournament, presented with the support of Alpha Pitt Smokers! There'll be music, games and attractions to test out! Food and beverages will be available. Register as a Team for Tournament/Singles for Closest to the Pin. Info: jamescitycountyva.gov/recreation or call (757) 259-5355. \$50/team or \$25/ person.

Hey Neighbor!
WILBERT M. WALLACE SCHOLARSHIP FOUNDATION ANNIVERSARY
 October 24, 2015

The Wilbert M. Wallace Scholarship Foundation will celebrate its 25th Anniversary at 1 pm at the Ramada Inn, 500 Merrimac Trail in Williamsburg. As they celebrate their Silver Anniversary, they would like to invite all of their former scholarship recipients to attend and help in the celebration. Local family members are asked to please make contact with the recipients that are out of town and inform them of this event and invitation. Cost of tickets is \$30 for adults and \$15 for children ages 12 and under. For additional information, call Mr. Lloyd Wallace at (757) 220-0807.

Hey Neighbor!
WILLIAMSBURG WALK TO END ALZHEIMER'S
 October 24, 2015

From 8:30 - 11:30 am at Matthew Whaley Elementary School. Contact Barbara Monteith, (757) 793-5077 or visit the website <http://act.alz.org/WB>. The Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. Join with others in your community in a display of strength and dedication in the fight against this devastating disease. To register, visit <http://alz.org/walk>.

Hey Neighbor!
2ND ANNUAL LITTER AND RECYCLING EXPO
 October 24, 2015

From noon - 4 pm at the James City County Recreation Center, 5301 Longhill Road, Williamsburg. Calling all James City County residents and guests to learn more about our local recycling and litter prevention efforts and how choices effect the health of

Neighbors Helping Neighbors

LOCAL SERVICES FOR HEALTH & WELL-BEING

Lackey Free Clinic Gives Hope

Just before Christmas in 2014, Mr. and Mrs. Intalan arrived at Lackey Clinic feeling hopeless. They were homeless, living in their car, and Mr. Intalan was extremely ill.

Today, the couple has a place to live and a church community. Mr. Intalan has recovered from many of his illnesses. They are grateful and hopeful.

As with many Lackey patients, prior to becoming ill and subsequent job loss, Mr. and Mrs. Intalan both worked, had an apartment, and lived a "normal" life. Mr. Intalan had been a phlebotomist.

When he arrived at Lackey, Mr. Intalan had spent several

weeks in intensive care at a local hospital. He had been discharged with no clear plan of where to go for continued care, no resources to acquire prescribed medications, and no scheduled follow up.

A co-worker of Mrs. Intalan referred them to Lackey Clinic, and their lives began to change. Mr. Intalan's initial diagnoses included congestive heart failure, chronic renal failure, a cancerous blood disorder (which could require a bone marrow transplant), and uncontrolled diabetes. He carried 28 pounds of extra fluid in his body.

With the expertise of the medical team at Lackey Clinic and a collaborative effort including of several hospital



systems, two churches, and a nonprofit specializing in homelessness, there has been a total turnaround in his conditions.

His heart rate is normal and regular. Bloodwork and kidney functions are stable, and his diabetes is controlled. He no longer has excess fluid, and his weight is back to normal. He is being treated to reverse some of the eye dam-

age that occurred at the peak of his uncontrolled diabetes. Hope, health, and healing are once again part of Mr. and Mrs. Intalan's lives, as they return to normalcy within the community.

Lackey Clinic serves the uninsured in York County, Williamsburg, James City County, York County, Poquoson, and upper Newport News. Medical care and ser-

vices in fiscal year 2015 encompassed over 1600 patients and over 12,500 patient visits. The clinic is supported in part by over 400 medical and non-medical volunteers who enable Lackey to provide the quality and compassionate care needed by individuals like Mr. Intalan.

To volunteer, receive care, or donate, visit www.lackeyclinic.org or call (757) 886-0608.



CDR is a resource for all parents who have questions or concerns about their infant or toddler. One call to 566-TOTS (8687) opens the door to a host of services provided by CDR and referrals to services provided by other community organizations. CDR leads Virginia's Infant & Toddler Specialist Network. To donate, volunteer, or ask questions about your child, call today.

(757) 566-3300
150 Point O Woods Road
Williamsburg, VA 23188
cdr.org



Serving everyone, including pregnant women, children, and seniors, Olde Towne Medical & Dental Center is a community-based, nonprofit clinic. Olde Towne provides medical, behavioral, and dental health services to both the uninsured and underinsured who live or work in the City of Williamsburg, James City County, and York County. Call today for an appointment.

(757) 259-3258
5249 Olde Towne Rd., Suite D
Williamsburg, VA 23188
oldetownemedicalcenter.org



Faith in Action serves seniors and adults with a chronic illness or physical disability. Services include well-check calls, home visiting, and respite care for caregivers. Transportation for medical appointments as well as visits to pharmacies and grocery stores and more are provided. Call to find out how you can help or if you need help.

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354 McLaws Circle, Suite 2
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301 Monticello Ave.
Williamsburg, VA 23185
literacyforlife.org



Colonial Behavioral Health provides mental health, intellectual disability, and substance-use disorder services to adults, children, and families living in Williamsburg, James City and York Counties, and Poquoson. Emergency staff is always available during times of crisis. Emergency staff is available 24 hours a day, seven days a week. Call today. We can help.

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our community and environment. Fun for all ages through Interactive displays ...exhibits...demonstrations, workshops....games and activities. Keynote Speaker: Craig Coker, Consultant in Organics Recycling "Save Our Soil" @ 2p.m. For more information, call (757) 259-5375 or email cleancounty@jamescitycountyva.gov

Hey Neighbor!

DON GIOVANNI

October 30 - November 1, 2015

Opera in Williamsburg presents Don Giovanni by Wolfgang Amadeus Mozart. Live fully-staged opera with world class singers and chamber accompaniment, performed in the original Italian with English supertitles. Mozart's Don Giovanni is one of the most celebrated masterpieces of world opera repertoire. The legendary hero is a promiscuous, immoral and irresistible nobleman, who conquers his way among the fair sex until he meets with heavenly vengeance. Opera in Williamsburg's cast and creative team do justice to the work. Tickets at the Kimball and at operainwilliamsburg.org: general seating \$45, discount \$40 (military, teachers, college faculty and staff, police, firefighters); students \$15. Performed at the Kimball Theatre.

Hey Neighbor!

AMERICA'S FIRST ENGLISH THANKSGIVING

November 1, 2015

Come back in history as the Virginia Thanksgiving Festival recreates America's First English Thanksgiving. Nowhere can you find a more exciting, educational and enjoyable way to add to your holiday traditions than a beautiful fall day on the James River at Berkeley Plantation on Historic

Route 5. The festival is a wonderful family event from noon - 4 pm. It begins with a parade, including horse drawn carriages and fife and drum performers. First person re-enactors, musicians and magicians stroll the plantation grounds. The Chickahominy Tribal Dancers perform, as well as choral groups including the Chester Community Chorus, led by Joshua Wortham. Parents and children participate in Colonial period games, storytelling and activities. There will be a silent auction. Vendors showcase their food, arts, crafts and jewelry. Traditional Thanksgiving fare will be available for purchase, including our famous Thanksgiving in a Glass, from Garnish, a local Richmond catering company. The program ends with a re-enactment of the First Thanksgiving and a Friendship Dance led by the Chickahominy Tribal Dancers, where all are invited to participate. There is no admittance fee to the grounds, other than a parking donation of \$10. Bus parking is \$20. House tours are available at retail and group rates from 9 am - 4:30 pm. For further information, call Berkeley Plantation at (888) 466-6018 or (804) 829-6018 or visit our website at www.virginiathanksgivingfestival.com.

Hey Neighbor!

BIENNIAL BAZAAR

November 7, 2015

The United Methodist Women of Williamsburg United Methodist Church, 500 Jamestown Rd., will hold its biennial Bazaar from 8 am - 2 pm. Funds raised will benefit both local and global mission efforts. A silent auction along with a bake sale, Christmas decor and gift baskets, dishes, china, crystal, pictures, artwork, jewelry, purses, scarves, books, DVDs,

puzzles, small furniture, candles, homemade jams and salsa, Rada cutlery, tools, toys, bicycles, sports and outdoor equipment, and not-so-new items will be available for your shopping pleasure. A package holding room will keep your paid purchases while you continue shopping, enjoy our famous lunch by a Williamsburg chef, or snack on hot beverages and sweets in the Library Café. A lace-making demonstration will take place throughout the day. For more information, call Bonnie Knizatko (757) 253-0992.

Hey Neighbor!

4TH ANNUAL COWBOYS UNCORKED

November 8, 2015

From 5 - 8 pm, this annual fundraiser is held at the Williamsburg Winery (5800 Wessex Hundred, Williamsburg), hosted by and benefiting Dream Catchers at the Cori Sikich Therapeutic Riding Center. Wessex Hall at the Winery is transformed into a western town - complete with a DJ, country line dancing lessons, western whiskey bar, jail house, gunslinger quick draw contest, western games and more! The "celebrity arrestees" participating in the event are "bailed" out of the western jailhouse with donations to Dream Catchers. It is rodeo themed with cowboy fare (bar-b-que, chili, beer, wine, whiskey and sarsaparilla). Wear your boots & jeans and leave the heels & wingtips at home! For information, call (757) 566-1775 or visit www.dreamcatchers.org.

Hey Neighbor!

WILLIAMSBURG CHORAL GUILD FALL CONCERT

November 15, 2015

The Guild's 40th season opener is a performance of Mendelssohn's magnificent oratorio Elijah, which won the highest number of votes in your "Raves for Faves" survey last year. Elijah's powerful story, found in the Old Testament, lends itself to stirring choruses and vocal fireworks. Artistic Director/Conductor Jay BeVillie directs the 90-voice chorus and a 31-piece chamber orchestra. Costumed vocal soloists include baritone Christopher Mooney, soprano Anna Feucht, mezzo-soprano Abigail Stinnett and tenor Garry Sloan. At Warhill High School Auditorium, 4615 Opportunity Way, Williamsburg. Pre-concert lecture at 3pm; music at 4 pm. Tickets: \$25/\$10 for students. Buy a subscription and save! Information: (757) 220-1808 or www.williamsburgchoralguild.org.

Hey Neighbor!

CHRISTMAS DREAMS

December 12 - 13, 2015

It's Christmas in Williamsburg and Janie Sparkle wants just one thing this Christmas and that's for all her wishes to come true! But an unexpected event stands between her and Christmas morning. Janie finds herself in an enchanted world where nothing is as it seems. Come join Janie on her tremendous journey home presented exclusively by Institute for Dance, Inc., a non-profit organization. Tickets are \$15 for adults and \$12 for seniors and students and are available at the Kimball Theatre box office or 1-800-HISTORY. Shows are December 12, 2:30 pm and 7:30 pm and Sunday, December 13 at 2:30 pm.

Visit

WilliamsburgNeighbors.com

to see all of

the current listings.

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photo challenge

**RUN THE
D.O.G.5k**

Find the 12 differences
between the original
photograph (top) and
the altered photograph
(bottom).

Enjoy!



INTERMEDIATE LEVEL

**Look for the answers
in the next issue of
Next Door Neighbors**

September 2015
In the Neighborhood
Photo Challenge





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MAKE YOUR FAMILY HAPPY WITH A NEW HOME!



**POWHATAN SECONDARY | Waterford
140 Waters Edge | \$299,000**

3 BR, 2.5 BA, 2,994 sqft home w/formal LR & DR. Open floor plan in the family room, spacious kitchen & breakfast area. Master retreat includes tray ceiling, sitting area w/FP & en-suite BA offering dual sinks, jetted tub & separate shower. Fenced backyard. Visit the 3D Virtual Tour at <http://140watersedge.info>.



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Enjoy sunning, swimming and cooking out on your own private BEACH! This classic colonial with FULL basement is perched on 4.3 acres of lush lawn and mature landscaping. 200' of private beach with parking for many. Home has newer HVAC, windows, granite. Second garage can store boats, lawn equipment, etc. A MUST see. Only minutes from the ferry!



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MULBERRY PLACE

3755 Mulberry Lane | \$300,000

Impeccably maintained 3 BR, 2BA, 2,040 sqft ranch-style home built by Wayne Harbin. Open concept, one level living with additional bonus room. Outdoor living area w/ fenced backyard & private patio. Explore the 3D virtual tour at <http://3755mulberry.info>.



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