

March 2019

WILLIAMSBURG'S

# Next Door Neighbors®

VOL. 13, ISSUE 3

PRICELESS

Discovering the people who call Williamsburg home



## On Aging

Henry K. Ranger  
Pharmacist / Owner

## Henry Ranger

**CDR's 41st Annual  
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See Page 31

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Lisa W. Cumming Photography

# Ripped, Torn, Sprained, Shattered

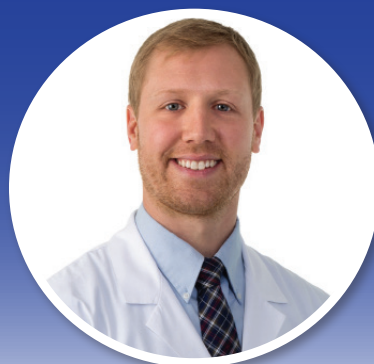
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Meredith Collins, Publisher

Most of you never met my father because he lived in Lynchburg. He died on January 31st from a fall that he never recovered from. He was a person who aged well. He was 94 when he passed away. However, that is not why I write about him here. I write about him because he became my copy editor not long after I started this magazine in 2007. He didn't do it because I asked him to. After all, before he retired he was an electrical engineer for all of his working life. He did it because he wanted to. And he would never take pay for his time and expertise no matter how often I tried to pay him.

The remarkable thing is that I never knew he had such a command of the English language. I guess his attention to detail from his many years as an engineer made him even better at finding the errors in my pages. I called him "Eagle Eye" because he always seemed to find small errors that made their way past me. In early January, my dad called me to apologize to me that he could not finish editing my pages. Only 5 months before that my mother had passed, he had moved from their home of over 60 years to an assisted living community, and he was still trying to adjust. His macular degeneration in one eye made it difficult to proof with the other one. Of course, I understood.

I never knew why my Dad wanted to copy edit each month in the first place; it would take several hours and was tedious work. Perhaps he just wanted to keep his mind sharp as he entered his 90's. But I like to think he was proud of me for getting *Next Door Neighbors* started and he wanted to demonstrate his support for me and show me love in a way that he could. The saying is: "Getting old is not for sissies." This I know. My Dad was never a sissy. As you read this issue, I hope you will take note of the many ways our neighbors are here to help those who are aging. I also hope that you will be strong and positive the way my Dad was. NDN

## Inside

- |                              |                                      |
|------------------------------|--------------------------------------|
| 4. Henry Ranger              | 38. Kim Weitzenhofer                 |
| 7. Ellen D'Orsogna           | 41. Terry Banez                      |
| 9. John Womeldorf            | 44. Joseph Ash                       |
| 12. Virginia Lennon          | 47. Tim Holland                      |
| 16. Lloyd Stephens           | 50. Ann Ruff                         |
| 19. Jennifer Henning         | 53. Betty Stephans & Joanne Stephans |
| 22. John Vaughter            | 55. Hey Neighbor!                    |
| 25. Jason Sweet & Ellie Rest | 62. In the Neighborhood              |
| 29. Walt Zaremba             |                                      |

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# Empathy for an Aging Population

By Narielle Living



Lisa W. Cumming Photography

Henry Ranger loved his grandmother and, in fact, attributes his approach to his chosen profession, pharmacist, to his relationship with her. “The senior population is the dearest to me,” he says. “I had a phenomenal relationship with my maternal grandmother, and at times she was like a second mother. She fell ill in 2007 and had a stroke right before I started pharmacy school.”

Although Henry was devastated at his grandmother’s illness, he pushed through with his studies. “I think my care and concern for this population stems from that relationship. She was a very healthy individual but in the blink of an eye had a stroke out of nowhere, and she was never the same after that.” And that may have been exactly what fueled Henry’s passion for caring for an aging population.

After his brother attended Hampton University, Henry decided to come to this area for school as well. “I actually went to school my freshman year in Charleston, South Carolina and played football,” he says. “I eventually found myself here. I’ve been here ever since. I met my wife in school. She graduated a year after me from pharmacy school. We’re both pharmacists.”

With an outgoing personality, Henry knew he was best suited to working with people. He also enjoyed helping others, so when it came time to decide what he wanted to do with his life he sat down and tried to put it all together.

“I’ve always been good at math, and pharmacy has a lot of math, counting doses and all that stuff, and of course you’re helping people at the same time. With pharmacists being the most accessible health care provider, I knew that I was going to have direct patient interaction.” In fact, it is that direct interaction that Henry thrives on.

“In my current role, I don’t get to do that as much because I’m not based out of one particular spot any more. I help manage all 20 of our super center stores throughout Hampton Roads. There’s times I’m in one spot for a week, and I can get that interaction that I love but it’s still not the same as when I was actually manager here in town.”

But after his many years of working for a chain, Henry has decided to make a change.

“After I graduated and started to work for the

big chains, I saw where they were preventing us from practicing the profession the way it should be practiced. It got numbers and [was] policy driven, which is in no way a bad thing, but it seemed like it didn’t allow me to really be that pharmacist.”

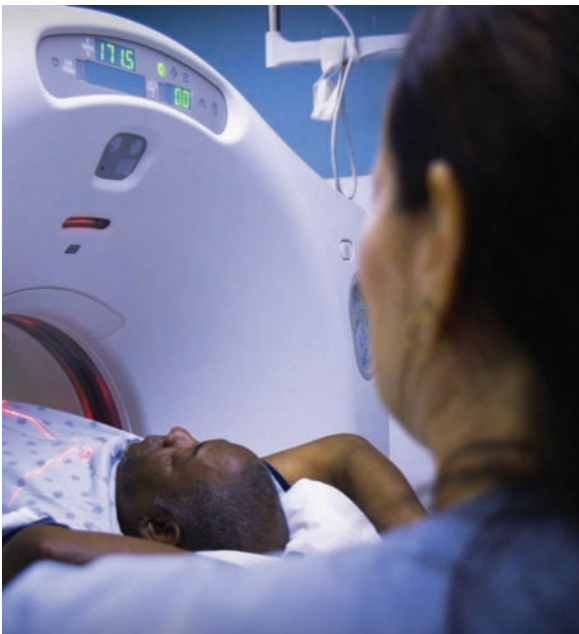
For a while, Henry has thought about what it would be like to be out on his own and helping people. “I wanted to do this for some time but I haven’t had the courage. It’s such a big risk.”

After one more policy was handed to him from the corporate office, Henry’s mind was made up. It was time to step into his

own business in order to help the population he cared about. “When that extra red tape thing happened, I decided this is enough. I felt my passion being sapped out of me. I said if I open my own place I’ll do things how I want and the only person who can tell me what to do is the board. As long as I’m in compliance with the board that’s all that matters.”

In his role as a pharmacist for the past decade, Henry has worked with a number of older customers. One of the problems he has consistently helped others deal with is keeping track of medications. Sometimes an individual can have a large number of pills they have to take, and it gets confusing. “It can be difficult to manage when you have four morning meds, one afternoon and five night meds. Something I’ve done for years is visit assisted living facilities, nursing homes, even independent living facili-





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ties, and had what's called 'brown bag events.' Everyone has their prescriptions in a brown bag, and they dump it out on the table. Then I go through it with them one by one, and I make sure everything they're taking makes sense, that they're not taking anything unnecessarily and the medications won't interact negatively with one another."

Unfortunately, Henry often sees patients who have medications that should not have been prescribed together. He says that when an older person has multiple health issues, they might see a cardiac specialist, a lung specialist and a regular family doctor. Sometimes, he says, if things aren't done properly, such as patient charting and doctor communication, a primary care doctor might prescribe one thing and a cardiac doctor can give them something else, and neither is aware of what the other is doing. "The little old lady doesn't know, she's just taking everything."

The policies that frustrate him have a large effect on an aging population. "There might be times I'd want to do something, help my patient out, but because of some type of policy in place it made it hard for the patient," he says. "With the opioid crisis right now, many times

somebody who is perfectly fine is deemed in a negative light because they are picking up an opioid. You have to try to train yourself that the drug isn't the issue, that's not the red flag. A lot of times, a little old lady comes in because she's been dealing with pain for years. She's being viewed negatively because she's coming in to get this drug filled when that's not the case, and because of the opioid epidemic they've taken a blanket approach to it when it shouldn't be. It should be patient specific."

While Henry acknowledges that there is an opioid epidemic, he says that often people are turned away and unable to have their prescription filled. Instead, he says that the pharmacist needs to look at the patient as an individual to determine why the prescription needs to be filled. For example, if a patient comes to the pharmacy and Henry can see that they just had a medical procedure, then he should be able to take that into consideration. "I'm not saying I'm just going to fill any prescription, but I'll evaluate."

Another issue he often sees is when someone on a fixed income finds they have to begin rationing their medication. "That's where the

pharmacist who goes above and beyond can have a big impact. There have been a number of times where a patient is on X medication, and it's expensive, but I'll reach out to the doctor and say, 'Hey doc, is it necessary to be on this drug or can we be on this one that works the same way and is the same class but is \$100 cheaper?' A lot of times doctors don't know what patients are paying or what insurance will charge them, so I'm that last line of defense for a person getting their medication."

In addition, Henry often searches to find a manufacturer coupon card that might be able to bring the cost down. "I do this all the time," he says. "I'm not going to allow someone to put themselves in harm's way because they can't afford their drug. That's ridiculous. It's unbelievable and saddening, and whatever I can do to alleviate that issue is what I'm here for."

Henry Ranger is excited to open his new pharmacy soon, which will be located in the Fresh Market shopping center. The thing he is most looking forward to, interacting on a personal level with his customers, is what will bring him the most joy. "That's what I'll provide — empathy and compassion." NDN

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# Caring for Others

By Anne Conkling

Words have a power all their own. Very often the effects are life long, and as with sprouting seeds, the harvest can take a while and produce fragrant flowers, nourishment, images of beauty and inspiration for future generations. They can heal or hurt, enlighten or frighten, amuse or educate, and become political slogans, battle cries, love songs and famous or infamous quotes... reused, reinvented and recycled, tailored to each new generation.

Students memorize some from history: "One if by land, two if by sea." Or more recently, "Ask not what your country can do for you, but what you can do for your country." When words shape a life, many other lives can be touched, changed and healed. For Ellen D'Orsogna, the formative words were powerfully simple and simply powerful: Pray and Work (Ora et Labora) which is the motto of the Order of St. Benedict, and then For God and Humanity, which was the motto of the nursing school she attended. Both directives formed and framed her life of service to the elderly, the sick and those with challenges.

Growing up in South Dakota, she was close to her grandparents and had always loved being near the elderly. The nuns at her Roman Catholic High School instilled discipline, a strong



Lisa W. Cumming Photography

work ethic and the joys of simplicity into her character. Nursing school set the stage for her career, which included work in a small 25 bed hospital before she settled on psychiatric nursing. As a military wife with small children, she traveled extensively. Those memories provide images for the oil paintings she now creates. But the Midwest weather can prove harsh, and when she reached a saturation point with snow, ice and cold, she was ready to come south. Her first marriage had ended, and by 1987 she had relocated to Williamsburg, and was working at Eastern State Hospital. She says, "I met my

husband, Gene, there, and we married in 1988. He had worked in psychiatric nursing for many years, so we had lots in common."

Ellen has always been drawn to the older population. She worked in a nursing home for a while before being in charge of activities at Chambrel, an assisted living facility, for six years. It was a smooth transition back to nursing, and she was the manager for assisted living until 2010.

She started volunteering at a respite program, which is hosted by the Williamsburg United Methodist Church on Jamestown Road. This

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program hosts twelve seniors each weekday, and they spend about five hours together socializing, doing art projects, singing, exercising and accomplishing cognitive tasks. This is also accompanied by laughter, conversation and much sharing of memories, old and not so old. The group feels like a club, and the twelve are members, not clients. One of the members says, “I don’t know where any of you came from, but we are a family.”

This program is also supported by the Peninsula Agency for Aging, and rates are very reasonable.

When family members or caregivers drop the members off for their visit, the joy is palpable, and the conversation sounds like a family reunion. Bonding is strengthened by food, so shared lunch and snacks are part of the community activity at a large dining room table. Each has a memory book which helps to foster conversation and reminiscing. These adults may have dementia, or early stages of Alzheimer’s, or physical limitations, yet friendships blossom and grow with each day.

Ellen, a registered nurse, is manager of the program. In this capacity she plans programs, meets with family members and interacts constantly with the members. The ratio of staff to members is one to three, so a great deal of personal attention is lovingly shared with each person. At any given moment a members reality may shift, but no matter what it is each person’s needs are addressed and nurtured.

Outside one large window is a walled courtyard which has become a bird sanctuary, filled with feeders and feathered visitors who compete with squirrels for treats. Members spend time outdoors when appropriate, as well as inside with scheduled, supervised activities and mild exercise. The obvious result of this program is that the caregivers, who often have an exhausting role to fill, get a vital break from stressful duties, and so their mental health is improved. The next benefit is for the members who enjoy being welcomed, entertained and challenged, and they experience the priceless intangible sense of belonging. Ellen clearly loves her role here. “Respite is a happy place,” she says. “I love getting to know our members and their histories. They have done so much in their lives, and we want to celebrate that. They love looking at their memory books and sharing them. It is such a joy to watch these precious interactions. We can make wonderful connections here.”

There is no idleness in this kind of day care. Each step is planned, but flexibility has its place as well. Dementia progresses differently with each person, and there is no guaranteed schedule. Many of the members stay in the club for three or four years. Their ages vary, with some people only in their late fifties, on up to the most senior member who is over 100 years of age.

All the years of study, nursing, management and program work have laid a firm foundation for her respite work. Respite literally means a break from stress and anxiety, and with that break often comes the hope and strength to keep going. Ellen’s job requires discipline and focus, as well as gentleness, prayerful preparation and attention to every detail. The environment is controlled, but there are no locked doors and no medications. Each new member is assessed and interviewed to assure a good fit with the group.

When she is not occupied at respite, Ellen D’Orsogna enjoys walking with her husband, bird watching, traveling around our country and painting landscapes. Her paintings, she says, decorate her home. There is a quiet joy about her contribution to the lives of the elderly who need so much care. The whole aspect brings to mind a living tableau of the Golden Rule, “Do unto others what you would have them do to you.” What a special bit of heaven that can be, to have people who recognize and love us for who we are, just as we are, accepting our limitations as well as our accomplishments, and love us in this moment. NDN

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# JOHN WOMELDORF



## RETIREMENT DESTINATION: Williamsburg

By Erin Fryer

Lisa W. Cumming Photography

When John Womeldorf first moved to Williamsburg, he was in the process of kickstarting a real estate career in a town where almost everyone he met already knew at least 15 agents. Almost immediately, he had to devise a plan for how he would stand out amongst his peers.

John's solution: start a website. "I was getting a lot of inquiries from people out of town," he says. "Many of them were looking to retire here, and they wanted to know about the neighborhoods, shopping, trails, music scene, you name

it. I was constantly writing these long emails and quickly realized that I should take this valuable information and put it all on a website. Almost all the content on my site was born out of questions people have asked me."

John started his website in 2004 but decided that he wanted to create an identity to go along with it. "My name is kind of hard to pronounce and hard to spell, so I wanted something more recognizable," he says. "That's how Mr. Williamsburg was born."

John had a designer come up with a logo for him and he began pumping content into his website, [www.mrwilliamsburg.com](http://www.mrwilliamsburg.com). "At first my peers laughed when they heard what I was doing, but after about four years they stopped laughing and now everyone calls me Mr. Williamsburg. Even my clients call me that. Sometimes they don't even remember my real name," he says with a smile.

John says the number one question he gets asked is, "What is it like to live in Williams-

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burg?” Answering this question is John’s specialty.

Originally from Virginia Beach, John moved to the Washington, D.C. area after graduating from college. He started a family and had a successful career, but there were many challenges that came with living in Northern Virginia, including traffic congestion and the cost of living.

While John and his family were living on the water in Annapolis, their family, including his dad, sisters and in-laws, were still living in the Hampton Roads and Richmond areas. Ultimately, John’s desire to move closer to his family made him decide to put his home on the market and make the move to Williamsburg.

“I felt it was time for a life change, so we came down and began driving through the different neighborhoods to see what would be the best fit for us,” he says. “We looked at houses and then we checked out the neighborhood pools. It was summer, and some neighborhoods had no people at the pool, but when we drove into Windsor Forest, the pool was packed. I knew that was the neighborhood for us.”

The weekend John and his family moved in, their neighbors organized a cookout and a big group of them gathered in a cul-de-sac. A cou-

ple of weeks later John participated in a work session at the neighborhood clubhouse where he met a ton of new people. “It’s an incredible place to live,” he says.

Though he misses life on the water, John still has a boat and two jet skis, but the tradeoff is still worth it for him to live in town. “We ride our bikes all over the place,” he says. “It’s a 15-minute bike ride to Colonial Williamsburg, nothing replaces that for me. I love the Capital Trail, too.”

John says every single person he has worked with has told him that his website helped them get better acquainted with Williamsburg. Even people who aren’t clients of John’s say they have turned to the website as a resource when learning about living in here.

Several years ago, John published an article on his website about the town’s different grocery store options, and a woman in France happened to stumble upon it when researching grocery stores in Williamsburg. She was planning to move here from France and that article alone sealed the deal that John was the Realtor for her.

John can almost predict what people will say when they have their first meeting. “They are either close to retirement or already retired and

are considering moving to Williamsburg, so I tell them to come on down and see the town for themselves.”

John finds that his senior clients are typically looking to settle in similar areas, like Charleston, Asheville and Charlottesville due to the reduced cost of living and milder weather in comparison to the northeast. “They are looking to get away from high taxes and severe cold weather and start their newly retired lives,” he says. “Most of my clients want to be in a place with social activities, educational opportunities, culture, shopping and scenic beauty, but no two clients are alike. Luckily, Williamsburg has it all.”

John admits that he feels like an ambassador for the area and is disappointed when people decide to move to other areas, but it does happen. “It is usually because they are looking for something inexpensive, and Williamsburg is not an inexpensive place to live,” he says. “At the same time, other places don’t have the culture and opportunities that Williamsburg has.”

John says he sees a lot of people whose kids attended William & Mary, so they have visited and grown to love the town, and they decide when they retire that they will buy a place here.

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“So many of the clients I meet visited here as tourists over a 20-30 year period and dream of retiring here,” he says. “While they’ve been coming here for decades, that doesn’t mean that they know anything about the neighborhoods. They know everything about Colonial Williamsburg and other tourist attractions, but it’s my job to show them what it’s actually like to live here.”

Aside from real estate, John is an avid cyclist. “I try to cycle as much as possible. I love to get out on the Capital Trail or travel somewhere and cycle. I am also really into music. I follow musicians and venues from Richmond to Virginia Beach and love to go to shows to hear new musicians.”

John’s two sons, ages 19 and 20, are both living in Martinsville, Virginia, pursuing their passion for racecars. As an empty nester, John loves to travel to explore new areas and check out the music scene with his partner, Lisa, especially since the birth of Airbnb. “I don’t stay in hotels anymore,” he says. “In fact, lots of people want to buy houses in Williamsburg and rent them out on Airbnb, but it’s almost impossible. There are so many rules preventing it. Almost every HOA prohibits it. There are a few non-

neighborhood homes that have been approved, but there are not that many non-neighborhood homes in Williamsburg.”

While he loves to travel, John says nothing beats a perfect day in the ‘burg. While there is something for everyone during each season, John says he loves spring in particular. “It’s just so gorgeous when everything is in bloom,” he says. “The county does a great job of keeping up the green spaces, especially outside of neighborhoods.”

Everyone has their own opinion of what a “perfect” day in Williamsburg consists of, but for John it would be starting the day with a bike ride to Colonial Williamsburg, followed by breakfast at Blue Talon and another long bike ride to Charles City on the Capital Trail. When it’s time to turn around and head back to town, he would finish the day by catching some live music at Cogan’s Deli followed by dinner and beer at Amber Ox.

Whether the newly retired couple is looking to put down roots in the Colonial Capital or seeking resources in the area, John Womeldorf, better known as Mr. Williamsburg, is always happy to show his clients the amazing things his town has to offer. NDN

## Next Door Neighbors

Publisher.....Meredith Collins  
 Editor.....Narielle Living, [narielleliving@gmail.com](mailto:narielleliving@gmail.com)  
 Copy Editor.....Ginger White  
 Photographers.....Lisa Cumming, Corey Miller  
 Graphic Designer.....Sue Etherton  
 Account Manager.....Anne Conkling

### Writers

Linda Landreth Phelps, Caroline Johnson, Brandy Centolanza, Alison Johnson, Susan Williamson, Lillian Stevens, Melanie Occhiuzzo, Morgan Barker, Susannah Livingston, Erin Zagursky, Cathy Welch, Erin Fryer, Christopher LaPointe, Michael Heslink, Naomi Tene’ Austin, Gail Dillon, Lauren Plunkett, Ben Mackin, Laura Lane, Dawn Brotherton, Anne Conkling, Harmony Hunter, Wheston Chancellor Grove and Kathleen Toomey Jobs

### Advertising Information

**Meredith Collins**

(757) 560-3235

[meredith@williamsburgneighbors.com](mailto:meredith@williamsburgneighbors.com)

[www.WilliamsburgNeighbors.com](http://www.WilliamsburgNeighbors.com)

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# VIRGINIA LENNON



Lisa W. Cumming Photography

## Transportation for Seniors

By Brandy Centolanza

For some senior citizens in Williamsburg, transportation to physician appointments can pose a challenge. Seniors may no longer have their driver's license, may not have a vehicle or may not have someone reliable they can depend on for a ride. That's where Virginia Lennon comes in.

Virginia is the mobility manager for the Peninsula Agency on Aging's transportation program. The program offers rides for seniors



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ages 60 and older to non-emergency medical appointments during the week. Peninsula Agency on Aging (PAA) uses a wheelchair accessible van as well as community volunteers to drive seniors who do not have access to public transportation, can not afford their own transportation or are not eligible for Medicaid transportation.

Last year, PAA served 343 senior citizens and made 6,000 one-way trips throughout Williamsburg, James City County and Upper York County. Some seniors utilize the service multiple times a week while others only use it once every few months. Virginia coordinates the rides for pick up and drop off at senior homes. PAA has six vans as well as seven part-time drivers who help get senior citizens to and from their doctor appointments.

“Our number one goal is to get them to their appointments on time,” Virginia says. “I have great drivers who always step up to the plate and are really here for our seniors. I believe in great customer service.”

Virginia addresses the needs or concerns any senior citizen may have when they call in to schedule a ride.

“Some of them really enjoy our drivers and like to request certain drivers,” she says. “Some of them just want to talk or vent. We are here for them. I love the seniors in our community. They are friendly and open and quite proud to be a senior.”

PAA has been providing rides to senior citizens on the peninsula for more than 40 years. In 2015, the agency assumed the RIDES transportation program in Williamsburg from the Historic Triangle Senior Center. The transportation program is just one of PAA’s many services to assist with keeping seniors in their own homes and as independent as possible for as long as possible.

“That is the goal,” Virginia says, who is thrilled when she hears senior driving success stories. “We always get excited when seniors get their drivers’ licenses back or no longer need us. It’s such a great feeling. That’s what we want.”

Virginia, who grew up in Roanoke, Virginia, has devoted much of her lifetime to community service. She joined the United States Air Force fresh out of high school. She spent 20 years in the military where she worked in

the Special Investigations Office as an administrative specialist. Virginia had the opportunity to ride in helicopters to take photographs for U.S. embassies and help with cases involving drugs and other crimes.

“I enjoyed it because every day was different,” she says. “I did a little of everything. It was a lot of fun.”

Virginia met her husband, Michael, in the military, and the pair settled in Hampton Roads following Virginia’s retirement in 1993 after her last assignment at the Langley Air Force Base in Hampton. She spent the next 15 years helping out college students as the text book manager at the College of William & Mary bookstore.

“That was special,” she says. “I really enjoyed working with the students.”

Virginia then sought a change and took a break from work for a few months. However, a friend lured her back to the workforce after asking for her help with the RIDES Program at the Historic Triangle Senior Center. That’s when Virginia first started scheduling rides for senior citizens.

“It was an amazing experience,” she says. “I

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just felt the seniors needed me. I became dedicated to the program.”

She worked at the Historic Triangle Senior Center for roughly ten years before moving to PAA in 2014 and was promoted to the role of mobility manager last year.

“Working for the Peninsula Agency on Aging has just been great,” she says. “I’m so happy that my supervisor has such trust in me.”

Scheduling rides for seniors is easier now thanks to advancements in technology. Virginia can track van locations and send messages to drivers using her tablet. PAA is also currently working in collaboration with Williamsburg Faith In Action and Williamsburg Area Transit Authority’s Paratransit services to provide one call center for senior citizens. While PAA offers rides to seniors only for medical appointments, Faith In Action gives rides to seniors who need to run errands and Paratransit offers door-to-door pick up for those with disabilities. The idea behind the one call center is for senior citizens to be able to phone just one number for transportation for wherever they may need to go.

“There is still a lot to be done, but this is in

the works for the near future,” Virginia says. “Seniors will be able to call one number, and we will find the best fit for them. We are trying to figure out what is best for the community.” Ensuring senior citizens have the appropriate rides they need to a hospital or to a doctor’s office in a timely manner is Virginia’s top priority as PAA’s mobility manager. “When I leave here at the end of each day, all of my clients are picked up, the drivers are back and everything is quiet and peaceful,” she says. “That is why I am here. I belong here.”

Working with senior citizens has a lot of rewards. “I enjoy seniors,” Virginia says. “I just love working with them. My clients are definitely my favorite part of this job. Some of them are so funny and will say anything. They become like a part of your family, and you grow so close to them.”

Losing clients who pass away or who no longer need PAA’s transportation program can be difficult. “It’s heartbreaking when a client tells me their husband passed away or when I hear that a client has passed away,” Virginia shares. “It can be hard, but the ones that I can help, I will help. I love knowing when my clients are

doing better. It is such a positive feeling when they tell us that they don’t need us anymore.”

Not only does Virginia love her job, but she loves the Williamsburg area as a whole. “My favorite place is Colonial Williamsburg,” she says. “I love it there. I also love going over to Surry and picking strawberries or corn. It reminds me a lot of doing that when I was a little girl.”

Virginia also dotes on her family, including her two children, Sonya and Micah, her four grandchildren, and her dog, Jazz. “They keep me busy,” she says. “They are my heart.”

Virginia Lennon does not plan to cease working at the Peninsula Agency on Aging any time soon. In addition to getting the one call center up and running, she would also like to expand PAA’s transportation program to include services to senior citizens in Lanexa, New Kent County and Newport News.

“I want us to go wherever there is a need,” she says. “I would like to continue providing better transportation services for seniors. I love doing this job because it makes me feel like such a part of this community. It makes me feel needed.” NDN



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# LLOYD STEPHENS



Lisa W. Cumming Photography

## THERE'S NO PLACE LIKE HOME

By Lillian Stevens

There's a lot of buzz about aging in place these days.

On a national scale, as the baby boomer generation grows older, the number of households headed by an individual over the age of 50 is on the rise. Here in Williamsburg, there are abundant housing options to accommodate that population. But what about those who want to remain in their own home?

According to Lloyd Stephens, President of Stephens Remodeling, more people are choosing to do just that.

"Custom remodels for the aging in place represents one of the fastest growing segments of the residential remodeling industry," Lloyd says. "I think people are generally more comfortable in their own home where their environment is familiar, and they know their neighbors."

Among his professional certifications, Lloyd is a Certified Aging-In-Place Specialist, a designation earned through a program developed by the National Association of Home Builders. Due to the training they receive, CAPS professionals are uniquely qualified to help individuals make the right choices as they plan renovations that will allow them to remain at home for as long as possible.

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Employing a concept known as universal design, Lloyd can make accommodations for a variety of needs, not just those of an aging population. Though his typical customer interested in universal design modifications tends to be in their late 50s, some are younger.

“We are introducing them to the universal design concept at a younger age,” he says. “Some are in their 30s and 40s. If you do universal design correctly, you can do it without looking like it’s done for handicapped or ADA purposes.”

For many thinking ahead to what their future needs may be, the first consideration is often one of access to the residence. As the years march on, steps are not our friend.

“So many homes here are built over crawl spaces,” Lloyd says. “So it can be a challenge in this area. But we can do wheelchair ramps or even design a sidewalk with a gradual slope right up to the front door, if the site allows it.”

Inside the home, Lloyd says that bathroom remodels are among the top requested, and it’s no wonder. The bathroom could be dubbed the most dangerous room in the house. Think of all those hard surfaces, tile, porcelain and marble, surfaces that get wet and slick. No one wants to sustain a fall. At any age.

“Tile doesn’t have to be slippery,” he says. “There is non-slip flooring on the market with various levels of what we call coefficient of friction.” Coefficient of friction is the ratio of the frictional resistance force to the normal force which presses the surfaces together. Ice on steel, for instance, has a low coefficient of friction, while rubber on pavement has a high coefficient of friction. Flooring can be safe and beautiful, too!

Customers also want easy access to the shower. “Zero-threshold showers are popular because there is no step to navigate in and out of the shower,” Lloyd says. “The floor continues into the shower, and is tapered so that water sheds away from the doorway.”

For one client, a veteran who was wheelchair-bound, he created a double shower so the gentleman’s wife could help her husband shower. Due to that client’s sensitivities to temperatures, heat lamps and body sprays were also installed.

“Ultimately, that job involved a large open shower with a glass partition that separated the shower from a sink area. It provided him with a bathing and grooming area in one dedicated space, all from his wheelchair.”

Kitchen remodels are also popular.

“If someone is in a wheelchair, they will need cabinetry at a height they can manage,” Lloyd says. “We can adjust countertops, knee and toe spaces. The same is true for reaching power outlets and light switches. Doorways can be opened up and widened, outlets and switches can be moved fairly easily. It’s not that big of a deal.”

Some customers have larger scale work in mind, hoping to create a first-floor master suite or install an elevator that will provide easy access to the second floor.

“There is definitely a growing demand for first floor master suites. We can often modify an existing space, or we can build an addition to meet a customer’s needs. I had one gentleman who owned a two-story with master on second floor in Kingsmill. He had a really long living room, so we were able to create a bedroom, bathroom and closet by putting in a partition wall.”

Lloyd says that many homes have all of the bedrooms on the second floor. While elevators offer a fascinating option they aren’t always feasible.

“The typical house isn’t designed for an elevator. Installing an elevator is a more expensive job than adding a bedroom and bathroom suite. Also, in terms of resale value, a master suite, or even two master suites, on the



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first floor is ideal.”

These sorts of projects represent just a few of the ideas homeowners might pursue. It's certainly wise to think ahead and work with a professional in the industry to plan changes that can make a home safer and more functional.

Looking back on his own journey into the building and remodeling business, Lloyd's trajectory is a very interesting one, indeed.

As a young boy, his family moved around quite a bit before landing in Newport News, Virginia.

“My father was in the Air Force, so we've lived in Georgia, Delaware and even England,” he says.

Lloyd was in the eighth grade when the family moved to Newport News. After graduating from high school, he chose The Apprentice School at Newport News Shipbuilding for his next chapter. There, he trained for a career as a journeyman shipfitter.

“A shipfitter is basically a steel carpenter,” Lloyd says. “So, I was always a builder. I just built submarines first.”

Upon completion of the Apprentice Program, he became a supervisor there. Then, while working full-time in the planning division, he earned a degree in business finance from William & Mary. By the time Lloyd graduated in 1989, he and his wife, Debbie, a stay-at-home mother at the time, had two children. Then came a third.

“One day, I saw an ad in the paper,” he says. “Some guy was looking to build a shed. I thought ‘I can build a shed.’ So I built him a shed and made \$100 which I thought was awesome.”

Lloyd saw side jobs as an easy way to supplement his income, so he spent the weekends building fences, sheds and other basic structures. Eight years later, he says his wife decided enough was enough.

“After years of working virtually every day, Debbie told me I had to either quit the shipyard or quit the business,” he says.

It wasn't an easy decision. He felt secure at the shipyard, with a good future ahead.

“Even though I majored in business, I didn't feel I knew enough about owning a small one myself.”

He took the leap anyway and launched his company in 1997. He's been at it ever since.

The couple's children are grown now, and it's too soon to say whether any of them will follow in their father's footsteps.

“They probably won't,” Lloyd says with a chuckle. “But two out of three are working in construction. Our oldest is a civil engineer, our middle son is working in insurance and the youngest is in Nashville working as a project manager for a big concrete company.”

About four years ago, Lloyd started taking his wife, whom he calls “the best part of me,” along on appointments.

“That works out great because women love to talk to women! She helps with bookkeeping and brings a different design perspective that I don't have.”

Lloyd has many stories of homes he's built or remodeled over the years, some of them quite massive. There have been big projects where houses have been completely gutted and redone. There were other projects that weren't so big.

“I would say that helping veterans or friends in the service is among the favorite parts of what I do,” he says. “When you make a house more comfortable, especially for those who served our country, well, there's a lot of gratification from that.”

At the end of the day, Lloyd Stephens derives great satisfaction from just helping people feel safe and happy in their homes. NDN

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# Spreading Joy in Assisted Living

By Dawn Brotherton

Lisa W. Cumming Photography

Jennifer Henning has found a home at Edgeworth Assisted Living, but not as you would think. She is the Executive Director for this locally owned community located in New Town.

She started out working part time in a hotel in college, and Jennifer feels her past experiences have benefitted her present career. She graduated from Northern Kentucky University with a Degree in Political Science and

Criminal Justice, which she has never used. "I was supposed to go to law school, but I took a year off, never went back," Jennifer says. She worked in medical billing during college and stuck with it after she graduated. That skill taught her medical lingo that she applies to her present job.

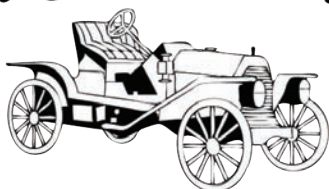
Her desire to take a cruise after college motivated her to take a second job, this time as a hotel front desk agent in San Diego. Before she

knew it, she was the front desk manager. "Then I took over as the accountant for a while, then the night management, then day management." She quickly worked her way up to general manager. Moving to follow her military spouse widened her knowledge to apartment management and eventually assisted living.

Her love story begins during her freshman year in college. While visiting a friend in Jacksonville, Florida, Jennifer met Chris, who was

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a Marine at nearby Kings Bay Naval Station. They kept up a long-distance friendship for about six months until they lost touch over the course of their busy lives. Nine years later, she received a call out of the blue. Chris was now in the Air Force and was seeking out his “China girl,” a special nickname he gave her because she graduated from high school in Shanghai. Six months later, she visited him in San Antonio, and they rekindled their romance. It took another two years of frequent flyer miles before they decided to make their relationship more solid. They’ve now been married 11 years.

When she moved to Shreveport, Louisiana to be with Chris, Jennifer ran an apartment complex. It wasn’t that much different than running a hotel, just with longer term residents. “It was the same industry in operations. You’re always looking at budgets and numbers and making sure that stuff goes right. But I really enjoy the people.”

Being married to the military isn’t always easy. “Then we moved to Clovis, New Mexico, in the middle of nowhere. It was a ghost town.” Jennifer wasn’t sure what type of job

she would get there. “I ended up in an interview at a nonprofit, Christian, assisted living and independent living facility. And I was trying to figure out how this would relate to me. I’ve always been in customer service,” Jennifer says. She quickly learned that the duties were very compatible. “It was exactly what that building needed.”

Their daughter, Bryn, was born while they were in New Mexico. Jennifer thought she was going to have to stop working for a while, but the board would have none of that. They convinced her to turn the boardroom into a nursery and bring Bryn to work with her. “The residents, even those with dementia, remembered her. They remembered her name. They remembered I’m the one with the baby. She would change hands every couple of hours. They would rock her. She learned how to walk on those walkers that have the seat. She thinks she has a hundred grandmas and grandpas. And that’s what she calls all of my residents, grandmas and grandpas. She’s nine now, and she still comes in and calls bingo and volunteers.”

When her husband got stationed at Langley Air Force, Jennifer worked at a facility in Newport News before coming to Edgeworth Park two years ago. Edgeworth Park is an assisted living and memory care community. They are licensed for 95 residents, but they have 83 apartments, allowing for some couples to live together. They have 22 spaces for memory care, which are secured for folks who may need a little more care because of a diagnosis of a cognitive impairment.

For some, the thought of going into assisted living is not a pleasant one. Jennifer has memories from when she was young of visiting her grandmother in a nursing home. “Assisted living is so different from the concept that our grandparents and parents have.” A lot has changed since then. “They have their own apartments. They have their own belongings. They’re not in hospital beds, in a room with just a dresser and a chair. It’s their own belongings. It’s their home.”

Jennifer’s goals are straightforward. “Keep people as independent as possible, as long as they can be. Allow them to do whatever they



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would like to do, as long as it's safe. Have people here in case residents need them. Make sure they get what they need when they need it."

Jennifer is inspired every day by the residents at Edgeworth Park. When she walks through the doors, someone is always there to greet her. "Everybody's up. Everybody's getting going. We all don't have to have the same day, but we're starting it together. I love that."

Her favorite part of the day is the meals. It's her chance to stop and visit with the residents and catch up on what's important in their lives. Plus, they have an excellent chef. "Chef Dan is a fabulous chef. He welcomes recipes from the residents so they feel more at home."

For Jennifer, Edgeworth Park is like a family, whether they live on property or not. When families had to evacuate from North Carolina for a hurricane, the staff set up extra beds and cots, and kids joined their parents in their apartments. Even Bryn brought in games and toys to help entertain the smaller children. "The most rewarding part is being able to have relationships with family members. To know

that if something happens, they will come to you. They trust my opinion; they trust my experience. Being able to be that resource is a great feeling," Jennifer says.

Jennifer is also active in the greater community. She is on the board for Blooms that Brighten. The organization touts a flower therapy that allows volunteers to work one-on-one with residents, engaging minds and spirits. Working with the elderly and seeing how beneficial the program is made this organization a great fit for Jennifer. "They're spreading joy. They're spreading kindness."

Spreading that joy comes naturally to Jennifer. She radiates happiness. When asked, she'll tell you she has been very fortunate. Growing up, Jennifer's family lived in Mexico for five years until she was ten. She was fluent in Spanish, but that ability has faded from lack of use. After her sophomore year in high school, they moved to Shanghai, China. "There were 50 kids in our high school. It was the first time they'd had high school since the Cultural Revolution. I was in a graduating class of eleven, one of which was my brother, so I was in the

top ten," she jokes. "We had nine different nationalities in my class, so there wasn't the ability to have any cultural lines. Everybody hung out with everybody. It was a really cool time."

Then it was back to Northern Kentucky University for her undergraduate degree. But her travels weren't over. "My parents went from Shanghai to Belgium, Belgium to the Netherlands. So I got to go backpacking through Europe my sophomore year in college. How great is that?"

Coming to Hampton Roads has enflamed her exploring spirit. Jennifer rode horses growing up, and she enjoyed reading Misty Pony books. When she realized that she was so close to Chincoteague, she had to visit. Her mom dug out the old books, and they took Bryn and her cousin to see the ponies. They still love going to the beach and explore new ones on a regular basis, but Chincoteague remains their favorite.

Jennifer Henning and her family continue to take in all that Williamsburg and the surrounding area has to offer. They are just getting started. NDN

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# JOHN VAUGHTER, CDRS



Corey Miller Photography

## A Driving Force for Seniors

By Susan Williamson

Most seniors worry about losing their independence, and for many that translates into being able to drive. Family members worry that physical or mental impairments may make their loved ones unsafe on the road.

The Jane D. McKinney Driver Rehabilitation Program at the Riverside Center for

Excellence in Aging and Lifelong Health provides both evaluation and training, thanks to John Vaughter, the Director of Driver Rehabilitation.

John says that clients may be referred to him by physicians, family members, neighbors or the medical community at large. These

drivers may see him as the enemy, someone who is going to take away their driving privileges, but John says the opposite is true. "My evaluation is often the best avenue for clients to find a window of driving opportunity," he says. The process begins with a clinical assessment which evaluates the physical, cognitive,



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visual, and perceptual skills involved in vehicle operation. A medical doctor's report is included. If the client meets DMV standards, John will then conduct an actual driving test in the client's own vehicle or the agency's test vehicle.

John's soft spoken manner and ready smile are well-suited for putting clients at ease. Is he nervous getting in the car with drivers who have been referred to him? "Once we have completed the clinical assessment, I pretty much know the capability of the driver. If the clinical assessment isn't suitable, we don't get in the car." He says they start out slowly, driving around the McLaws Circle neighborhood where his office is located. "Then if everything is good, we might go out on Highway 60 and so forth." He adds, "I feel safer with my clients than I do driving back and forth to Richmond and not knowing the impairments of the other drivers on Interstate 64."

Often he can suggest restrictions which will allow the client to continue to drive. Restrictions might include no night driving, no interstate driving or other conditions. One of his clients became very upset when he told her she shouldn't drive on the interstate. She asked him how she was going to get to her 65th high school reunion in Richmond. He says, "I told her 'I didn't say you couldn't go to Richmond. Don't you know about Highway 60?'" She admitted that she had driven that road most of her life.

John's suggested restrictions often allow seniors to keep driving longer. He explains to them that their safety, as well as the safety of others on the road, is involved. If the client has a significant physical impairment, a specially adapted vehicle may be necessary such as one with hand controls for those with limited foot and leg mobility. Although most of John's clients are age sixty and above with some degree of mental impairment, he also works to train disabled teenagers or drivers who are learning adaptive driving due to an injury or illness.

John was working as a kinesiotherapist in occupational therapy for the Richmond Veterans Hospital when his boss announced the need for someone to travel to California and take a two week class in driver rehabilitation. Thinking that a two week trip to California, all expenses paid, was a good deal, John raised his hand. He was the only volunteer. "I thought, how hard can it be?" John says with a laugh, but he found out the training was intense. He returned to Richmond and their driver rehab program began. At first, the majority of his clients were World War II, Korean or Vietnam Veterans who were gunshot victims. Over time that changed as he began to serve Iraq and Afghanistan vets who were often amputees and/or suffering from PTSD.

DMV realized the value of his work and asked if the VA would be willing to do evaluations for the state of Virginia. John's boss told him to come up with a proposal. The proposal was turned down because it "...was not a medically indicated service." John and his superiors rewrote the proposal, and it was approved to serve private clients for the Department of Aging and Rehabilitation. The income from the private clients funded John's trips to obtain training throughout the country. The private client program continued until John retired from the Veterans' Administration in 2009.

John started his own company, Capital Driver Rehabilitation Consultants, LLC., which serves clients in Virginia, Maryland and east-



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ern North Carolina. His son, an ODU graduate, is now a part of the company. A friend of John's had worked in the Riverside program, and when they had a vacancy, they called John. "The pool of driver rehabilitation specialists is small," John says. "We pretty much know each other."

The Jane D. McKinney Driver Rehabilitation is the only freestanding Driver Training School in the Hampton Roads area dedicated to individuals with disabilities and special needs. It is also a DMV-licensed commercial driving school. Dr. Jane D. McKinney's commitment and generous support allow the center to offer a sliding fee scale based on income since the driving evaluations are not covered by insurance. Dr. McKinney was at one time told she would never drive, and the school was able to find her a window of driving opportunity, earning her gratitude.

The school also receives funding from a grant from the Department of Aging and Rehabilitation Services which helps to subsidize programs for clients 65 and older and those 60 and older with cognitive impairment. The US Department of Transportation National Traffic Safety Administration is also involved. Other health care networks in the area offer the clinical assessment but not the actual driver assessment.

John grew up in the community of Crewe, Virginia. He graduated from Norfolk State with a BS in Physical Education and enlisted in the U.S. Navy. He retired from the reserves as a Chief Petty Officer. John worked in Roanoke, Virginia and Coatesville, Pennsylvania as a pharmaceutical rep. His wife, whom he met at Norfolk State, decided to return to NSU to pursue a Master of Social Work degree. John also decided to attend graduate school, earning a Master of Physical Education from what is now the University of Pennsylvania at West Chester.

When John learned of a job opening with the VA in Richmond, he and his wife were ready to escape the Philadelphia area traffic and cold weather. They moved to Richmond in 1979.

Little did John know that when he raised his hand for a trip to California, he would be embarking on a lifelong fulfilling career. "Not only do I get to help people, but I have been blessed to travel many places to conduct training," he says.

One of his private clients was a mother of young children and suffered from multiple sclerosis. Her husband, a physician, was thrilled when his wife was able to drive a modified van to take her children to their various activities. He told John, "I believe this is your ministry."

John says he had never thought about it like that but he feels fortunate to be able to help people. "I later found out he was a pastor as well as a physician," he says.

Not only does John evaluate and train individual clients, he also works to educate the medical community. He helps doctors keep abreast of DMV policies concerning physical and mental impairment, substance abuse and other related issues that affect drivers. He says that many people, including medical professionals, are not aware of these policies.

Thanks to the Driver Rehabilitation Program and John's dedication, many seniors can maintain some driving privileges. John Vaughter's skill in working with drivers is a gift to clients, families and the community. NDN



# JASON SWEET & ELLIE REST



Lisa W. Cumming Photography

## Connecting Services for Seniors

By Caroline Johnson

While Jason Sweet and Ellie Rest come from different backgrounds and find themselves in different careers, their central mission couldn't be more aligned. The two have teamed up to bring the new CONECT program to fruition, working to serve seniors in James City County to keep them connected and safe.

When Jason Sweet, the current Battalion Chief for the James City County Fire Department, set out to move to Williamsburg, more

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than 3,000 miles from his hometown in southern California, he had one thing in mind: to fulfill his dream. He moved through the ranks, starting as a firefighter, then EMS Supervisor, eventually earning his current position of Battalion Chief. Having lived in Williamsburg since 1997, his love for the area and the people who call it home has continued to grow. While his original involvement with the CONECT program started as an assignment, it has quickly grown to become the most fulfilling aspect of his career.

Ellie Rest, a Family Services Specialist with James City County Department of Social Services, had always known she wanted to protect others. However, her focus shifted from her original goal of helping children when she witnessed the need to prevent abuse and neglect from occurring to older adults. After graduating from Virginia Tech, she became an assistant with social services in 2015.

Ellie and Jason have now become the main faces associated with the CONECT program, and they're working tirelessly to re-invent the quality of life for seniors in our area.

Originally started by Denise Kirschbaum and Chief Ryan Ashe, with assistance from Re-

becca Vinroot and Cathy Bingman, CONECT was created when social services, the police department and the fire department saw a need for increased services for senior residents. At an MDT (multi-discipline team) meeting involving more than fifteen organizations within the county, they began to discern commonalities between who was using the emergency services and how they could benefit from social services. "When we were all at the table, we decided we needed to try to figure out a way to connect people to the resources they need," Jason says. "This idea has morphed into what it is now because of this original conversation." This joint effort is vastly improving the lives of seniors and meeting needs they may not have even known they had.

The police and fire departments noticed that they were receiving emergency calls that were not necessarily an emergency. For example, people were falling in their home and calling 911, when in reality it might have been a social services issue. "A lot of people aren't going to contact social services off the top of their head," Ellie says. "People are open to the help, it's just getting them connected. It's that first step."

The CONECT program was created as that

first step. With the legislation of mandated reporting, the two are working to bridge the gap between emergency and social services by first requiring firefighters and officers to report any type of abuse they may see on a call. While they would normally report it to the hospitals, who would then contact social services, this new method is changing the way needs can be met and creating a streamlined process. "We're cutting out the middleman," Jason says.

The process for helping individuals when abuse, neglect or concern for care is reported has been streamlined to give social services the details they need for each case. Jason has worked diligently to train firefighters and paramedics on the procedure following these calls. Each night, a PDF is generated from the reports and goes straight to social services where Ellie can pass them along to the appropriate team member. "It's pretty perfect," Ellie says. "The crew members share their firsthand observations of the call they are responding to, which helps us gauge the services this person might need. All these small details can really make a difference as far as what resources are appropriate for an individual."

The push toward the connection of services



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has been nationwide. To learn more about how other counties have created these programs, Ellie and Jason have been in communication with and visited sites in Chesterfield County, Fairfax County and beyond. “We’re seeing more of a need for the services being connected to an individual,” Ellie says. “But we’re the first location that we’ve found where workers in the existing structures are working in partnership with each other.” As Ellie and Jason put it, their goal is to work hand-in-hand rather than teach a firefighter how to be a social worker.

The CONECT program stands for Community, Outreach, Network, Educate, Care and Thrive. Their mission is simple: “Your goal is to remain in your home for as long as possible. Our goal is to connect you to resources if you are in need of assistance.” While the component of how emergency calls are handled is important, the CONECT program goes far beyond just responding to issues. “In most cases, people just need education,” Jason says. “We’re all fortunate in this area that there are so many resources available. People just need to know what’s out there.”

In under a year, from the programs official launch in March 2018 to January 2019, they

received 169 referrals. This number illustrates the need is there and that the people in the community who need assistance aren’t reaching out for help. Jason and Ellie have made it their mission to change this by connecting seniors to these available resources and help. “This program is really making a difference in people’s lives, which is what keeps us going,” Jason says.

One of the most common threats seniors face is falling in their own home. “One fall can cause a whole tidal wave of issues,” Ellie says. “One fall can decrease the quality of life and cause fear, isolation and more.” It is because of this issue that Jason and Ellie feel so passionate about the power of home safety assessments. The two are able to go out and visit the home, assessing any obstacles such as area rugs or furniture, as well as barriers on the floor or stairs. Some things can easily become fall hazards, especially for those living alone. At the home safety assessments, the two combine their backgrounds to assist the individual, with Jason bringing his medical perspective and Ellie bringing her knowledge of the services.

“If someone falls and gets hurt, their whole quality of life changes overnight. If we can prevent the fall from happening in the first place,

then we’re ahead of the curve,” Jason says.

“We’re here to better the population. We aim for aging in place but want to make sure people do it safely. We just want to improve someone’s quality of life,” Ellie says. While individuals will always have the right to say “no” to assistance, CONECT is here to make sure they know that the services are available.

Ellie Rest, Jason Sweet and CONECT want residents to know that their services aren’t just for the individuals who need them. They’re also here to help caregivers. Providing caregiving support is taxing, and CONECT wants to be sure that the caregiver has all the resources they need to do their job while taking care of themselves as well. “Our ultimate goal is to get the community connected to the resources they need to keep them at home and let them live the way they want,” Jason concludes. Ellie adds, “It’s amazing to see how far we’ve come.”

If you or someone you know could benefit from the services CONECT is able to offer seniors in our area, they can learn more by contacting [conect@jamescitycountyva.gov](mailto:conect@jamescitycountyva.gov). If you or someone you know would like to schedule a safety assessment for seniors, email [jccrememwhen@jamescitycountyva.gov](mailto:jccrememwhen@jamescitycountyva.gov). NDN

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# Being Prepared As We Age

By Narielle Living



Corey Miller Photography

Walt Zaremba has had many roles in his life, including husband, father, military officer, lawyer and a position with the York County Board of Supervisors. Today he focuses on meeting the needs of an aging population by doing what he does best: working with the legal system.

Originally from New Jersey, Walt is the oldest of three children and grew up in what he describes as a blue collar family. "My dad

was a UPS truck driver, before that he was driving trucks for department stores. Nobody in the family had gone to college," he says. He admits that in high school he had a lot of fun. It was, after all, the Jersey shoreline, but when it came time to think about college his GPA was not going to help him win any scholarships. "I looked at my potential halfway through my senior year and said there's nobody to send Walt to college, so I went and

talked to the recruiters. We had a draft at that time, so I went to the Army, Navy, Air Force and Coast Guard and the Army recruiter gave me what I thought was the best deal. I joined the Army a month out of high school."

To his surprise, Walt enjoyed basic training. "I liked the discipline. All of a sudden I was faced with responsibility, and I liked it." Not surprisingly, Walt ended up being sent to officer candidate school and was success-



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ful. “My competition as a young officer was guys graduating from West Point, so I knew if I was going to make a career out of this thing I had to get an education.” He attended Texas Lutheran for his undergraduate degree and Kansas University for his master’s degree. He later attended Wayne State University for a law degree.

During this time, Walt was introduced to a woman from California. “We fell in love. My orders were to go to Germany, so I went to Germany for a year and came back to California. She’d done all the preparations, and we got married.” This marriage resulted in two children and numerous grandchildren.

When he looks back on his time with the military, Walt is matter-of-fact. “I was very fortunate to receive all my promotions on time and I got the schooling the Army sent me to, but I realized that, notwithstanding all the great reports I’d gotten, the chances of me becoming general were pretty limited. So what do you want to do when they run you off?”

This was when Walt assessed his options as a lawyer. He had a law degree, but how could he use it? Initially, he tried general practice but found that he was more suited to a narrower type of practice. After talking with another lawyer, Walt decided to give elder law a try.

Walt has settled into estate planning and elder law always with an eye toward doing his best for the client. “We’re not just an estate planning firm, we’re elder law,” he says. “Elder law is how do you pay for a nursing home or assisted living. You pay one of 3 ways: you dig deep in your pocket, because on the peninsula an average one month stay in a nursing home is 9,000 and assisted living is about half that. The second way happens if you were visionary and got a long term care policy, but the longer you drag your feet the premiums go up and then you have to pass a physical and the like. So, if you don’t like the out of pocket and the train left the station for the second option go see the elder law firm. They are going to protect your assets, within

the law, and when you need long term care, whether it’s in the house or in a facility, Medicaid will pay for it.”

Walt’s practice often sets up revocable or irrevocable trusts for people’s assets. “Irrevocable means once we transfer the assets into the trust the client can’t just amend the trust, and the client cannot be a beneficiary of that trust. Makes you think twice before turning the assets and the trusteeship over to your ne’er do well son or daughter. Many of our clients do a revocable living trust. The difference is you don’t die owning assets in your name, you die as the trustee. Then you’ve avoided probate.”

As an attorney, Walt has seen some heartbreaking examples of people who did not realize what it would mean if their spouse became incapacitated. “For example, if your husband gets hit by a car or has a stroke, and you’ve been married a number of years, you own everything jointly, it is a loving mar-

- Continued on Page 37

— 2019 —  
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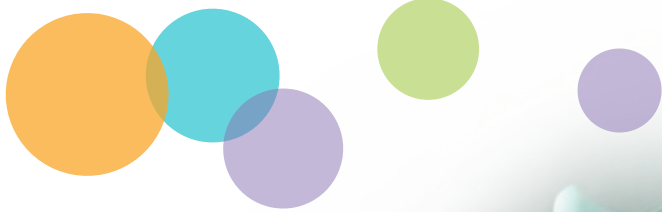
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# 41st Annual Bid'n Buy Auction

## Sunday, March 17, 2019

Jamestown High School  
3751 John Tyler Hwy. ★ Williamsburg, VA

.....  
*View items at: [cdr.org/auction](http://cdr.org/auction)*  
.....

Doors Open 11:30 am  
Silent Auction 11:30 am - 1:45 pm

Parent Speaker and  
Live Auction 2 pm

*\$500 cash card door prize  
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Our auction is our oldest and largest fundraiser and has become a tradition in the Williamsburg community. You can read here about all the family friendly events we have planned for that day, including a petting zoo, music, games, food, and a cash raffle of up to \$10,000. We will also have more than 500 silent and live auction items up for bid, and a \$500 cash card door prize for one of our lucky attendees!

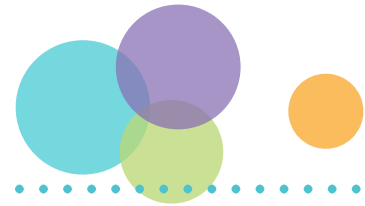
For more information or to help, please call 757-566-3300 or visit us at [cdr.org/auction](http://cdr.org/auction).

Thank you, and I hope to see you there!

Paul F. Scott  
Executive Director, CDR



## Schedule of Events



- 11:30 a.m. .... Doors Open  
Food Court & Silent Auction Opens  
Register at main entrance to participate.  
Children's Activities  
Fun events and activities for children of all ages.  
Petting zoo, face painting, and much more!
- 1:45 p.m. .... Silent Auction Closes  
Children's Activities and Food Court close.
- 2:00 p.m. ... Parent Speaker & Live Auction, followed by  
\$10,000 Cash Raffle & \$500 Door Prize!

### All Sales Are Final!

All items are sold "as-is." There will be no refunds or exchanges. CDR is not responsible for merchandise or services. All items and services purchased by certificate must be redeemed by March 18, 2019, unless otherwise specified. Winning bidders are responsible for removing their purchases on the day of the auction.

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Winner is subject to IRS rules and regulations regarding gaming winnings.*

## Auction Leadership

### **CDR Director of Development**

Mary Jean Hurst

### **Special Events Coordinator**

Nancy Wigley

### **Development Team**

Jenny O'Donnell, Lise Kline,  
Bertie Byrd

### **Arrangements**

Steve Wigley, Andy Dayton,  
Steve Turner

### **Auctioneers**

Gary Massie, Aaron Williams,  
Caitlin Massie King

### **Children's Corner**

Stacey Pietruszynski, Stephanie  
Thees, Ferguson Cares Team

### **Decorations**

Lise Kline,  
David Nice Builders Team

### **Food Court**

Julie Peet

### **Sweets Table**

Jennifer Youngs

### **Graphic Design**

Rita Francavilla

### **Live Auction Support**

Louise Canfield, Cindy Hamrick

### **DJ & Announcements**

WMBG - Robert Hodge

### **Silent Auction**

Stacey Pietruszynski, Sharron  
Gloskowski, Nancy Webb,  
Henry Hartman

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Club, Kiwanis Club of Toano



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When Franco was born with a rare heart condition, the news hit his parents hard. "We were devastated. We were told he would likely live only a few short months," said his mother, Kobthong.

After a life-saving surgery in Boston, Franco came home and began receiving specialized speech and physical therapies from CDR therapists.

"I never thought he would crawl," said his mother. "But our therapists never gave up on him. They showed that

they cared about him in a thousand different ways. Now, he has mastered walking and is catching up in his development. They gave us hope and a support system, for which we are so grateful."

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*Photo courtesy of Sigmon Taylor Photography*



riage, and you haven't done wills or power of attorney, you're now faced with an ailing husband. As the wife, you do not have the legal ability to make any health decisions for him."

In this situation, according to Walt, a person would have to hire an attorney to file a petition in circuit court, and there will be a hearing. "The judge appoints an independent law firm to represent the husband who is incapacitated, we represent you, and there will be a hearing. The attorney representing your husband has filed a report to the court. He visited your house, he met with you, he talked with your children to determine how you are as the caregiver. But the law says that you had to pay this attorney, the attorney representing your husband, you had to go to court, you're tense, stressed out, and the judge is going to make the decision." Walt stresses that in order to avoid that type of process it's important to put Powers of Attorney, Advanced Medical Directives and Living Wills in place while healthy.

With the abundance of forms available on

the Internet, it may be tempting to simply download something and have it notarized. Walt cautions against doing this. "We want you to turn to the firm with any questions related to estate planning or elder law. Are those forms applicable to Virginia? There may be nuances in the law those forms don't cover. Most importantly, we feel we're there to protect your best interests, and we want to make sure the will works when it has to."

One of the benefits the Zaremba Center for Estate Planning and Elder Law offers is that they do all the paperwork that transfers the assets of the client into the trust. "To avoid probate, the assets must be in the name of the trust," Walt says. "We walk them through the paperwork. Then we mail it back to each institution with the certification of the trust. If you just give the client a checklist it probably won't get done."

Speaking from personal experience, Walt cautions people to take care of these things sooner rather than later. "I have always considered myself healthy. I planned a trip to

Vietnam with my wife and another couple, and we were going after Thanksgiving last year." In order to avoid the massive cleanup from a large Thanksgiving dinner, he and his wife, Laurel, decided to have dinner at a restaurant. However, just before that Walt wasn't feeling well and decided to go to the hospital to have himself checked out. After all, they were scheduled to leave for vacation the next day. "I told my wife and stepson to go catch up with our friends, I would call when I was done. The next thing I know it's two days later." The doctors found a blockage that, left untreated, could have had major health repercussions for Walt. "If I had said to myself I don't care what I have, I'm going on this trip, it would have been all over."

Today, Walt Zaremba is healing and at work, eager to help clients with the business of aging and estates. His English setter, Rumpole Bailey, sits in the lobby, ready to greet clients and give them some dog love, and his staff is there to assist with any needs their clients might have. NDN

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# Senior Care Navigation

By Alison Johnson

Lisa W. Cumming Photography

Until her teenage years, Kim Weitzenhofer wanted to be a preschool or elementary school teacher when she grew up. Then she watched her beloved grandfather, who suffered from memory loss, die in “prison.”

Not a real prison, but a state-run nursing facility in New Jersey where her PopPop got little respect from staff members. “They called him by his first name, his teeth were gone and his nails were always dirty,” Kim recalls. “I thought, ‘I’m going to change this. We’ve got

to do better.’ Right afterward, I started volunteering in nursing homes.”

After 12 years as a nursing home administrator, Kim has spent the past decade as Director of Community Ventures with the Riverside Center for Excellence in Aging and Lifelong Health, or CEALH. The nonprofit was created 16 years ago as a model community for older adults and their care partners via research, free educational and support services, and community partnerships.

Kim oversees three major programs: ChooseHome Personal Service Coordinators, who help independent local seniors age in place; Senior Care Navigation, which provides a team of nurses, gerontologists and certified senior advisors to connect families to needed resources; and Virginia Operation Family Caregiver, which offers evidence-based coaching to family and friends of veterans.

“We’re all about quality of life,” Kim says. “We ask our clients and families, ‘What Mat-

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ters to You?’ versus ‘What’s the Matter with You?’ And then we help them continue those activities. It’s planning for financial and social needs, community involvement, physical and mental health, and purpose.”

CEALH’s wide range of offerings include a comprehensive geriatric health assessment clinic; a driving rehabilitation program; referrals for services such as transportation, meals, financial and legal advice, respite care, and support groups; tips on managing chronic diseases; and workshops on dementia care and positive caregiving.

All are a perfect match for Kim’s passion for community service, as well as her respect for older adults. “They have lived such full lives, and they’ve often given so much to the people around them,” she says. “They deserve to be treated with dignity in return, always. Aging certainly is not without its challenges, but finding ways to help people through those challenges is so rewarding.”

Kim credits her “brilliant colleagues” and CEALH’s community partners, from the Alzheimer’s Association and the Peninsula Agency on Aging to Meals on Wheels and local churches, for bringing a strong team approach to each individual case.

As a popular retirement destination, the Williamsburg area has a greater percentage of adults ages 65 and older than Miami, Florida, Kim reports. Between 50 and 100 callers a month now reach out to CEALH’s free Senior Care Navigation program via phone or email.

“We put a lot of focus on the care partners, not just the clients,” Kim explains. “We help build their ‘A-team’ or ‘village’ of support, make educated decisions and prepare proactively. They might call us about only one issue, but we listen for all the underlying issues. And sometimes, people just come in to talk.”

Working in honor of her grandfather provides constant fuel for Kim, now 46. A Richmond native, she and her two older siblings often visited their grandparents in New Jersey. Although PopPop was an introvert who could seem standoffish to others, Kim bonded with him immediately. “I would just run up and hug him,” she says. “I didn’t know that most people didn’t do that with him.”

The two liked to garden, watch “It’s a Wonderful Life,” listen to classical music and look at old black and white photographs of relatives together. “My grandparents both just adored us and loved us and appreciated us for who we are.”

Kim was about 7 when she noticed expired food in PopPop’s refrigerator, and 12 when her family discovered simple math mistakes in his checkbook. A year later, he began wandering away from home and had to move into a nursing facility for safety reasons. He passed away when Kim was 14.

Throughout high school and college, Kim never wavered in her newfound career vision. She earned a Bachelor of Science from James Madison University with a minor in Gerontology, or study of aging. The summer after her freshman year, she spent three months volunteering at a retirement community in Israel, one of several trips abroad to study how other countries treat older adults and memory loss.

After a post-college move to California, Kim earned a Master’s Degree of Public Health from the University of California, Los Angeles. By age 24, she was a full-time Nursing Home Administrator, helping care for residents as if they were her family members. No one had dirty fingernails.

Sixteen years ago, Kim moved back to Virginia to be closer to her family. She worked in Riverside nursing homes in Newport News and



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Hampton before switching her focus from facility- to community-based services.

In addition to her supervisory roles at CEALH, Kim is an educator, mentor and lifelong learning proponent with specialized training in positive caregiving and diabetes and chronic disease self-management. “Continuing education is very important to our whole team here,” she says.

Many families seek out CEALH for concerns about dementia, often reporting troubling personality changes, signs of depression or confusion, balance and gait problems, hygiene issues, social isolation or sudden weight loss or gain. A thorough health exam is crucial because some clients turn out to have a treatable ailment such as a urinary tract infection or vitamin deficiency, Kim stresses.

In dementia cases, CEALH’s multidisciplinary experts can pinpoint the exact form of the illness, or combination of forms, in order to develop targeted therapies, make homes safer and educate care partners on typical disease progression and how to handle common behaviors.

“We don’t want people to reach a crisis point before they call,” she says. “No one has to be alone in this journey. We’re here for you. You also don’t have to stop living a healthy, happy life.”

On a personal level, Kim draws inspiration from her parents, who have been married for more than 60 years. Her father bikes 25 miles a day with his friends, while her mother, also a lifelong learner and volunteer, enjoys Tai Chi, yoga and walking. “I see the vitality in them, and it is amazing,” she says.

In her spare time, Kim enjoys hiking, backpacking, fishing, water and snow skiing, yoga and biking on the Virginia Capital Trail. A Kingsmill resident, she hopes to add golf and sailing to her future list of hobbies. Despite her petite stature, she also is a black belt in Tae Kwon Do, which she began at age 10.

“I like that it gives you self-discipline, a feeling of self-reliance,” she says. “I love working with a team and team-building exercises, but I also like the self-sufficiency aspect of, say, doing a challenging backpacking trip and being really one with nature.”

Spending time with family, though, is Kim’s favorite pastime. She has two children, Ben, 11, and Jacob, 8, while her fiancé, Air Force veteran James Kutner, is father to Ethan, 17, and Claire, 14. To pass on her commitment to community service, Kim regularly volunteers for Meals on Wheels with her sons.

“They love helping with the deliveries,” she says. “Anything I can do to model these kinds of service connections, to keep them from living in a bubble, I will. I learned from my own parents that you get much more from giving than from receiving. I think the word to sum me up is ‘gratitude.’”

That’s why Kim Weitzenhofer not only encourages older adults and care partners to reach out to CEALH for support, but for people of all ages to look out for one another on a daily basis.

“We’re all aging,” she notes. “We all face hard times. So, search for ways to help, starting with your neighbors. Take out the trash, pick up an item they need at the grocery store, mow their lawn, find handyman jobs to do. There are little things we can all do, and we can begin them at any time.”

PopPop would be proud. 

To reach the Senior Care Navigation program, contact 757-856-7030, 888-597-0828 or senior.carenav@rivhs.com



# All About Business

By Narielle Living

Terry Banez not only loves living in the Williamsburg/James City County area, she is dedicated to helping grow opportunities for business and tourism within this region. As interim executive director of the Greater Williamsburg Chamber and Tourism Alliance, Terry is excited to be an integral part of helping others find professional success. "I am honored and humbled to be able to currently lead the Greater Williamsburg Chamber and Tourism Alliance Business Council in Williamsburg," she says.

Originally from this area, Terry has deep ties to the community, a factor which drives her desire to help strengthen local enterprises. Despite having lived and traveled throughout the world, she has always called this home. "I was very fortunate to have grown up in James City County and have always considered Williamsburg my home," she says. "I have very strong roots here, so that's important to me. My family is important to me and the community is important to me." Her first summer jobs were



Lisa W. Cumming Photography

in Williamsburg at Nottingham Hallmark, The Great American Waterslide and the Commonwealth Inn.

For Terry, this is more than home. "I have lived and worked around the globe," she says. "Williamsburg is not only my home but my favorite place in the world. This is also where I raised my three children, who are now grown."

Terry's family has roots within the business community stretching back a couple of centu-

ries. "My great-grandfather, Charles Franklin Thompson, had a store from the late 1800s until the 1940s on Centerville Road," she says. "It was a one stop country store, and it was down the driveway from their home. The original farmhouse is still standing but the store isn't." This may have been part of what fueled her desire to work with area businesses. "It's not just that I care about Williamsburg, it's that I care about the businesses here."

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After graduation from the Duke University Divinity School and Ordination, Jeanne pursued intensive studies in Grief Support and Chaplaincy. Recognized by the American Association of Pastoral Counselors as a Pastoral Care Specialist, Jeanne has served in various capacities in Church Ministry. A constant learner, Jeanne has studied with Jack Canfield, co-author of *Chicken Soup for the Soul* book series, Deepak Chopra, Jean Houston, Neale Donald Walsch and Alan Wolfelt, Ph.D. Jeanne is recognized as a 'Best-Selling Author' for her contribution to "The Soul of Success," (2015). She finds her passion in leading others through classes, seminars, public speaking and writing.

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Terry's experience with the Chamber stretches back to 2005. At that time, Terry was the Director of Sales and Operations for the Yankee Candle Company and was the opening General Manager for their flagship store on Richmond Road. When she joined the Chamber, she ended up serving on several committees: as a Board of Director Member, on the Executive Board and then as one of the Officers for two years.

Following the opening of the store, she continued to live in Williamsburg but worked in Europe and later at the Yankee Candle corporate office in Massachusetts for four years. In early September 2018, she joined the Business Council when the Greater Williamsburg Chamber and Tourism Alliance (GWCTA) restructured. The GWCTA restructure has enabled the organization to create a Business Council and a Tourism Council to better meet the needs of the community. "My role as interim Executive Director is to promote, advocate and improve the needs of the business community, stimulate a vibrant local economy and produce a cooperate environment to enhance the overall quality of life in the Greater Williamsburg area," Terry says.

As the GWCTA continues to restructure, funding decisions are being worked out. When Terry was offered the position of interim Executive Director, she agreed to sign a one year contract as the budget details were being ironed out. However, Terry is very clear on her intent to grow in this job. "I have signed a one year contract but my desire is to continue long term."

The Business Council of the GWCTA functions much like a chamber, but here in Williamsburg they are expanding their opportunities and activities. "We are doing a transformation of all of our networking events," Terry says. According to Terry, members now have new and engaging business after hours and morning breakfast blasts. In addition, they have redesigned the networking opportunities and workforce development to better meet the needs of the members. This includes partnering with organizations such as SCORE, a nonprofit volunteer organization of retired business leaders who provide business mentoring services. "They do counseling for businesses at no charge," she says. "They are absolutely amazing, and you just don't know the brain trust you have in that room when you're talking to them. They want people to use them."

In addition, the GWCTA offers LEAD, a community immersion program designed to educate business leaders about Williamsburg. This year, participants in LEAD developed the WMBGKind initiative, a program that encourages others to participate in random acts of kindness throughout the community. "They kicked off a program in February for acts of kindness in the Williamsburg area," Terry says. Inspired by the mayor of Anaheim, California, whose focus during his campaign was kindness, the mayor traveled from Anaheim to be a speaker at this February event in Liberty Hall. Locally, the LEAD group aimed to spread their message in schools, neighborhoods and businesses. "They are doing amazing work," Terry says.

In addition, GWCTA has a young professional group called ASPIRE-Young Professionals which offers leadership training, educational events, networking and volunteer opportunities. This group is a combination of two premiere local Young Professional Groups, YEP and the GWCTA group, ASCEND. The new ASPIRE-Young Professionals will be a best in class organization to provide a stronger platform for expansion.

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sion and education. The women's business council, whose mission is to bring together women of diverse occupations to provide opportunities for personal and professional growth, is also expanding. Terry is very excited to cultivate these programs. "One of my focuses this year is to grow the diversity of the mix in the chamber," she says. "We are focused on women and young professionals in 2019, to add to the existing strong core of the Business Council."

Terry encourages people to take full advantage of the multitude of opportunities within GWCTA including legislative advocacy, business development, connections/networking and marketing and promotions. "If you have job postings, if you need people, let us be a resource for you." She also encourages others to check out everything the Business Council offers. "You can find us on our website, williamsburgcc.com, or reach out to Tiffany Phillips, the director of membership, or stop by and see us." The one thing she stresses is that this organization really belongs to the community. "It's not our Business Council, it's yours. We've been in Williamsburg for 80 years." It's easy to see that Terry is sincere when she extends her invitation. "Come by and see us, the door is open. Or visit us at one of our great networking events."

It is obvious that Terry Banez is in the right job at the right location. She is excited to be moving forward with new endeavors in the Business Council of the Greater Williamsburg Chamber and Tourism Alliance. "Like I said, I've traveled the world, and I've been very lucky to have a successful career. Now I want to bring that back, bring my skill set back to help grow the businesses in Williamsburg." NDN



"When I retired in my new hometown, Williamsburg, I sought opportunities to help my local community but also provide me with an outlet to connect with peers and younger adults. The aspect about Literacy for Life that attracted me most was the opportunity to tutor one-on-one with an adult learner. Although I am not a teacher by profession Literacy for Life provided excellent training and resources, giving me the confidence to tutor. I possess significant work and life experience that I apply to my tutoring sessions. I have found that tutoring is a perfect way for me to refresh my knowledge and hone my skills to teach my learner; hence keeping the old mind sharp! I encourage everyone who has an interest in improving the lives of our neighbors to become a tutor at Literacy for Life."

*Wendy Ruffle*  
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# Sports



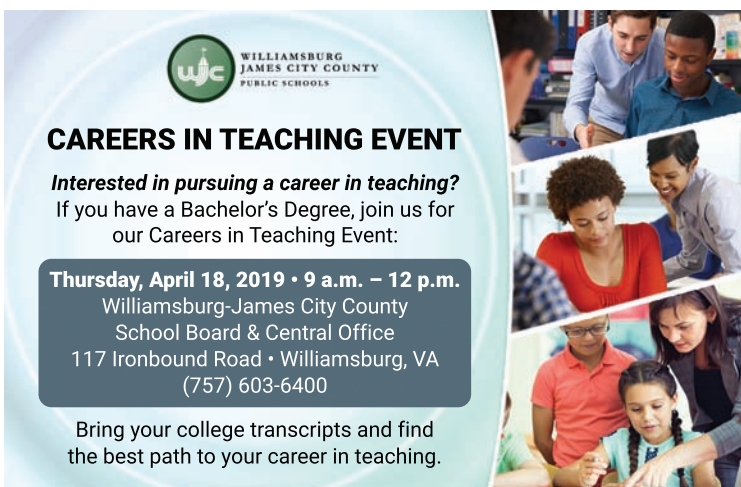
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## DEVELOPING MIND, BODY AND CHARACTER

By Narielle Living

At first glance, Joseph Ash is a gentle, unassuming man with a ready smile and compassionate demeanor. But anyone who spends time with him quickly learns that he is also driven to create a community of wellness for the families he works with and will work as hard as necessary to make this a reality.

Joseph is the owner and founder of Baeplex, a martial arts and fitness facility. But his



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vision for Baeplex extends beyond just classes. His vision involves a new way of becoming and staying healthy for all ages.

Originally from Newport News, Joseph now lives in Williamsburg. He comes from a family who believed in the value of hard work and persistence. "At an early age, my family moved to King & Queen county, but my father worked in the shipyard so we drove back and forth every day." Joseph went to classes five days a week. "My mom would drop my dad off, then she came back to make sure I was doing my thing. She had to wait tables. I went to a sitter until mom got off work and then we drove home every night. My parents were the typical blue-collar workers. They just worked and worked." Joseph credits much of his success to his parents' work ethic. "I do feel I'm talented in certain areas but I also know that I work harder than most people are willing to."

In college, Joseph taught classes in martial arts and was active in the competition world of Tae Kwon Do. "We represented the country a couple of times in international championships," he says. "I always knew I wanted to own this business, or a business like this, but for whatever reason, maybe it's my upbringing or education, I always took more of a global view of things." At the age of 21, he was handed the company to run it. But he wanted to create a more sustainable environment, a place where people could grow in a variety of platforms. "I got this vision early on to have a space that fosters individual development and growth through one of many platforms, martial arts being my wheelhouse of expertise. I know how much it's done for me over the years but I also know not everybody is comfortable with that platform, at least initially." His idea was to incorporate a gym setting with the martial arts setting, and later he could add other fitness modalities such as yoga. "The center of the campus, the heart, is the martial arts component, and everything else is built around it."

He began to consider his options in creating this type of facility. "I ran several locations throughout my career where I was renting from shopping center to shopping center and several of them did very well for a period of time. The challenge with shopping center, or leasing, is at a certain point each year there's an escalator and the cost goes up." He knew the business model of renting space was not going to work, so he began to investigate property to purchase. In addition, he knew he did not want to house martial arts, a gym and yoga in the same space. "For years I ran martial arts, yoga and a gym in the same building that was about seven to ten thousand square feet. It took me a long time to realize that each of those energies needed their own space."

Joseph has a very clear plan for the future of Baeplex. "Phase One was purchasing the property and building the majority of the martial arts buildings to house the existing families we serve. It also needed to be large enough for growth as we get ready for Phase Two." According to him, that would most likely be the physical arts building, which would be the fitness and rehabilitation aspect. "It's a physical therapy and occupational therapy component. The key is trying to find the

# Meet The Arc. We're here for you.



Stacy Moore embodies the very essence of The Arc and is an example in our community of someone we should all strive to become. Stacy loves working at her job in the cafeteria at William & Mary. She tends the fruit and potato bar. She speaks to and greets everyone that she encounters with her beautiful, infectious smile and warm, genuine personality.

Stacy is also an active member of The Arc and attends programs and activities a couple times each week. One such activity is her membership in Aktion Club, where she is the Vice President. The Aktion Club is a partnership between The Arc and the Kiwanis Club. The Aktion Club, like Key Clubs in high school, provides community service.

This past year, The Arc lost one of the founders of Aktion Club and their first president, Susan Ackerman. Susan was a tenacious self-advocate who never let the fact that she had Down syndrome stop her from accomplishing her goals. In her honor, the Aktion Club decided to establish the Susan B. Ackerman Award, to be given each year to a recipient who exemplifies kindness, friendship, and leadership. To no one's surprise, the first recipient of this award, voted on by her peers, was Stacy Moore.

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right team.” When talking about the next phase, he states that he sees a strong need for this type of thing in our community. “What I feel the world needs now is to slow down a bit and take the time to really be present when we’re working on ourselves, whether it’s martial arts education, yoga or fitness. Everybody moves fast. So many parents drop their kids off at soccer, run 10 minutes across town to take a 45 minute yoga class or get a spin class in, and then they run back and pick up their kids. The whole time their anxiety and energy is so wound up that they can’t get the full benefits of what they are doing.”

The Baeplex campus is surrounded by trees, a purposeful plan. “We have a walking trail,” he says. “There’s a giant tree line buffer around the campus — I was adamant about keeping that. It blocks the view but I don’t care, especially now with the development being built. This is to have a space where the family can come and get their wellness prescription through one of the platforms we offer.”

Every day, Joseph repeats a mantra to himself: dream, achieve, inspire. “When I do public speaking I talk about those three components,” he says. “The world is very busy and very negative, and I think a lot of people have lost the opportunity to believe they can achieve their dreams.” There is a time lapse video posted on YouTube of Baeplex being built. “I want my members to see me achieve this dream and go through it with me first hand — the bumps, the challenges, the losses, the gains, so they can see it’s possible for them to do it. I think that’s more important than any kick or punch. I want them to gain from my example that their dreams are possible, whatever that may be, just work toward achieving it. By doing it, you inspire others.”

Joseph has written two books that relate to his martial arts business. “The first one was written because I’d get calls and emails from people looking to learn about martial arts education, and I’d answer the same questions: what is the schedule, what do you teach, what is the cost... broad questions. So I wrote what I call the master’s top ten, a little pdf I’d email to people, because they’d always ask those three questions but there are seven other questions that are far more important.” This book, *Martial Arts Unlocked: A Parents Guide to Choosing a Martial Arts Program*, breaks down the different types of martial arts schools and gives readers insight into choosing a program.

His second book also grew from personal experience: *The Art of Bully Management*. “That’s a huge topic and a huge pain point for me because I was bullied when I was younger. I would say that’s one of the top reasons parents come to me every year, because their kids are being bullied. This book is just a cute way for kids to remember strategy — every strategy is a letter of the alphabet.”

Joseph Ash is determined to teach people that martial arts is so much more than just kicking or punching or getting a belt — it’s about growing in all the ways it is important: mind, body and character. He has spent a lifetime helping both children and adults become confident and self-aware and is ready to move into the next phase of growth for both his business and the community. NDN

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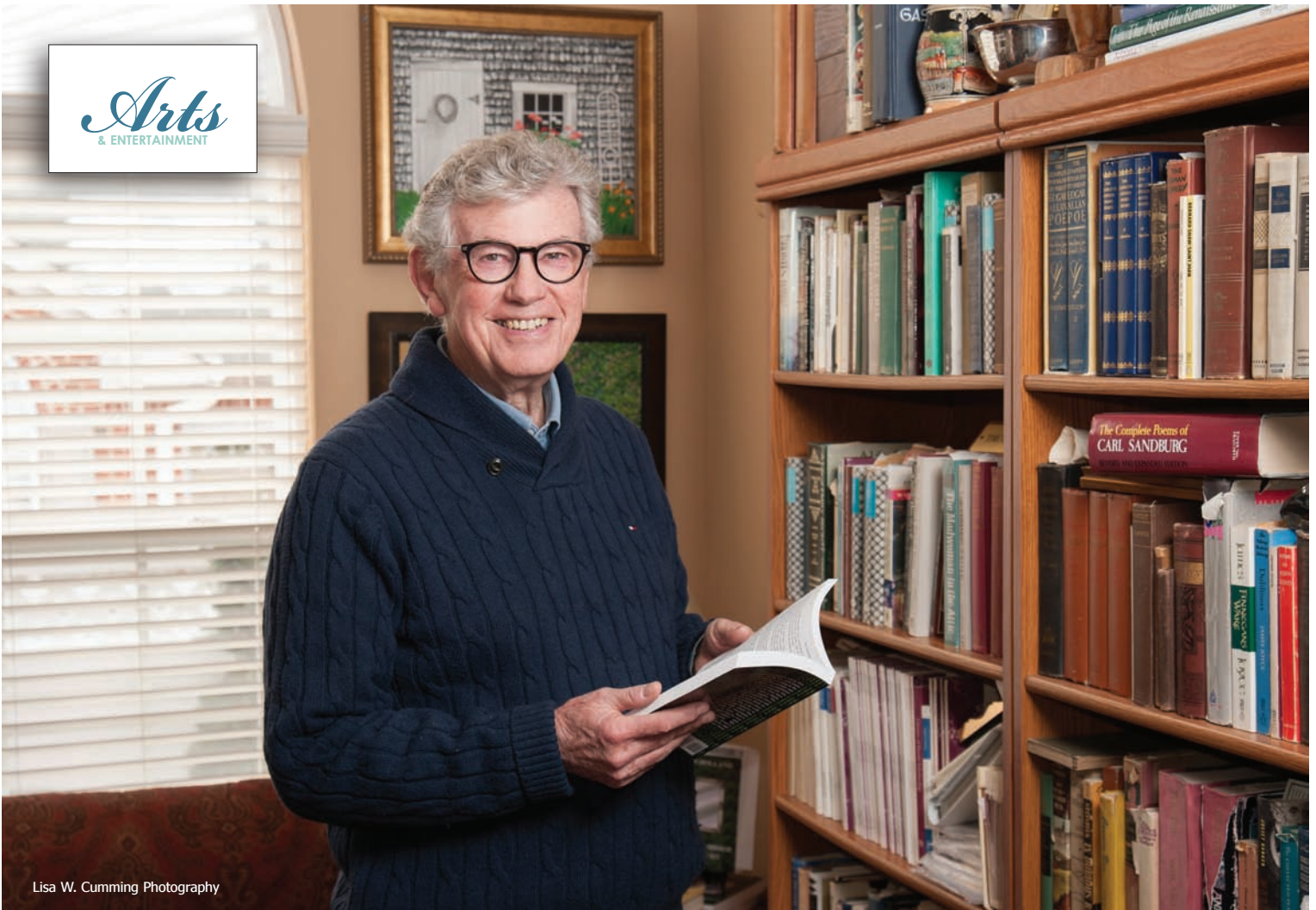
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# A Passion for Words

By Ben Mackin

Some people might assume it would be easy to classify someone who spent 35-years in the banking industry simply as a banker. For Williamsburg resident Tim Holland, that would be a gross understatement. Even before he left the banking industry in the late 90s he had a slew of titles. Some not uncommon, though no less unimportant, like husband and father. Others more interesting, like world traveler and adventurer, but before he was any of those things, Tim was, and still is, a writer. With two pub-



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lished novels and two more on the way, it is easy to see just by speaking to him, that he has many facets.

As passionate as he is now about writing, that has not always been the case. Growing up in Brooklyn, New York, Tim was anything but a literature fan. "I was more into basketball," Tim says of his younger self. "The only reading I did was the label on the ball that I was playing with at that time." During his junior year of high school he found himself reading *Far, Far The Mountain Peak* by British author John Masters. "I was absolutely fascinated by it," he says. "After I read all of his stuff, I got into other people, and I just took off from there."

Tim graduated from high school in the late 50s and matriculated to St. Bonaventure University in Allegany, New York where he would major in English and edit the school's literary magazine. To pay his way through school, he worked in the university's print shop. It was there he learned the intricacies of writing for newspapers and magazines. "I learned more than you ever want to know about how to put a newspaper together," he says of the experience.

"This was back in 1960. We still had linotype machines, and I learned everything from how to melt down the lead, run the machine, run the headline machines, set type manually, run a flat bed press. It just gets in your blood after you do that for a while."

Armed with his extensive knowledge in literature and journalism, Tim graduated from college and naturally took a job with a bank in New York. "Surprisingly enough, when they found out I was an English major they said 'oh good!'" Tim says with a chuckle. The bank that hired him was looking for people who were capable of writing country reports and economic analysis on countries around the world. "That worked out really well for me, and I ended up staying with them for 35 years."

Tim's position with the bank took him all around the world. Throughout his time in the industry he kept honing his writing skills by submitting articles to trade magazines.

While he mainly kept his writing within the scope of world finance, he could well have written his own series of autobiographical adventure novels. "I got the reputation that no one

wanted to travel with me," Tim says. "I was in an earthquake in Mexico and an earthquake in Guatemala. Also in Guatemala, I was almost captured by rebels, and I had to be whisked out of the country by an armed escort. I had the same problem in Haiti." He also managed to find himself on a bus at an airport in Japan surrounded by rioters. In 1982 while working in Buenos Aires, a short but furious war between Argentina and the United Kingdom broke out over ownership of the Falkland Islands. "I was stuck in the country," Tim says. "I spent a couple of days stuck in the hotel, but they had a rooftop with a couple of tables on it, so I would sit out there and write articles."

Despite his international misadventures Tim enjoyed his profession. The bank he worked for recognized his capabilities and sent him to graduate school for international banking. "They paid for all of that," he says. Even with the rigors of his professional development, Tim could not resist returning to his literary passions. "On my own I decided to go to graduate school for English literature at Drew University in Madison, New Jersey, because why not?"

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During his time in New Jersey, he began writing literary reviews for local newspapers. He also became enthralled with English literature and joined the Brontë Society, which works to promote the legacy of the famed poets and novelists Emily and Charlotte Brontë. When Tim retired from the banking industry in 1997, he and his wife, Carol, moved to Beaufort, South Carolina. There, Tim immersed himself in the local newspaper and literature scene. He began teaching English literature courses on the Brontë Sisters at a program for a lifelong learning as well as writing monthly columns for the Beaufort Gazette. Tim would eventually run the program which had around 1,000 students.

After several years in South Carolina, the Hollands decided to move west to Arizona to be closer to their grandchildren. It was there Tim decided to focus on writing fiction. "Writing fiction was something I always wanted to get back to," Tim says. "So I just went full tilt into it." Since making the switch into fiction, Tim has published two novels. His first book, "The Rising Tide," is a murder mystery thriller set in a fictional town in the lowlands of South

Carolina. It follows Sydney Lake, an English literature professor, and his friends as they investigate a murder in their small town.

In his second novel, Tim tackles the daunting subject of the banking and finance world in the early 1990s. Using the medium of a mystery thriller, he wanted to help explain to people what has been going on in the banking industry over the last few decades. "I wanted to bring it down to a certain level, and I picked that time period because that was when things went screwy," Tim says. "Most of the stuff I've seen goes big picture and talks about the Federal Reserve and White House. I did not want to do that. I wanted to get it down to the level where people were getting hurt." Tim wanted to write a technical piece that showed people just how complicated the industry is. "I wanted it to give the feeling that even if you don't understand what I just wrote, good. I want you to understand that this is really complex, and most people are not going to understand what is going on. Once you get past that, we can see how it all comes together."

After growing weary of the desert heat, Tim

and Carol chose to move back to the east coast. After a brief stint back in South Carolina, they decided to give Williamsburg a try.

"We had come on vacation here once about 25 years ago and liked it," Tim says of the move. "So we decided to downsize and move up here." In Williamsburg, Tim has been able to devote himself to writing more than ever. He found several writing associations and groups that have helped him hone his craft. "I got involved, and some of us have started our own critique group. We meet every other week." Williamsburg has proven so conducive to novel writing that Tim has two novels in the pipeline that will be released in the next year, and they will be the next installments in the Sydney Lake series.

For would be writers or published authors, Tim Holland's advice is simple. "Just do it. Don't agonize over it. People who say they have writer's block have it because they are not writing. Just write." Tim says that if he is not working on a novel, then he is writing something for a newspaper or magazine. "Just keep at it. Find the time." NDN



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## Digging for a Living

By Wheston Chancellor Grove

Corey Miller Photography

For some, working in the soil sounds like dirty work. Soil scientist Ann Ruff has been getting her hands in the earth for most of her life. And, she loves it! Growing up in Bedford County, Virginia, Ann knows what it is to work outside. Her family owned a cattle farm, which is now being run by her brother,

Richard. Such bucolic roots influenced Ann's college major. In 1984 she graduated from Virginia Tech having studied agronomy, the science of soil management and crop production.

Fresh out of college, the agricultural sector for prospective applicants was competitive.

When interviewing with large companies, Ann found herself up against seasoned individuals with 15-20 years of experience in the field. At Tech she says she learned, "If it is on your boots then it is dirt. Otherwise, it's soil." Following a circuitous route of employment as a farm laborer at NC State University, Ra-

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leigh, North Carolina, Ann was offered a job back in Virginia. After two years working for a hydrogeologist in Newport News, she started her own business in 1988 evaluating soils for septic tank suitability. She also assesses soils for foundations.

According to Ann, wet soil is undesirable at a certain level because bacteria and nitrates, which are water soluble, can leech into the water table, hitching a ride into creeks and rivers, contaminating shellfish. A soil scientist digs into the ground to determine the level of the water table and composition of the soil, including percentage of clay, sand and silt. There are different types of soil scientists and many different soils, hence the 's' pluralizing soils.

In the late 80s, her new position as a consulting soil scientist offered good pay and flexibility. She liked being able to work outdoors and when it rained or snowed she could be inside finishing reports and paperwork. It was also convenient because her then husband worked nights; he could be with their son until she returned home, nullifying the need for daycare. Her son, John, was born in 1995. As he grew older, Ann would sometimes take him out to the sites and let him dig around a bit. Being connected to the land is a value Ann wanted to instill in her son.

Where waste management is concerned, in the 70s and prior decades, focus had been on disposal. As research advanced, companies began testing the nearby bodies of water and discovered residual bacteria. Thus, treatment and disposal became paramount in the process of establishing proper septic tank systems and drain lines. The Virginia Department of Health oversees this. However, as neighborhood developments grew, the need for private consultants to complete reports, assess land soils and perform water analysis significantly increased. Before building any dwelling, permits must be in place.

For most of her career, Ann has worked in the tidewater area. She goes out and surveys parcels of land, helping buyers understand where they need to place the septic system in relation to the house. There is a science behind location which many people take for granted. Having a septic tank installed underground in the safest place is essential for the homeowner and the environment. "I go out and conduct a feasibility study. With topo in mind and the collaborative input of housing developers, I identify best placement." She also works with large tracts of land where there are several "lots" not just single dwellings.

"People don't think about what's under their feet." Ann is most passionate about soils because they're a natural resource that most overlook. We neglect to realize how important soil is to animal and human life. It's crucial for everything, from where we grow our food to what we construct our buildings on; it even purifies our waste.

Ann likes the Williamsburg area because it's still rural while offering many opportunities. "I grew up in the middle of nowhere. A very small town. So, Williamsburg is a big city to me," Ann says with a laugh.

Work, until the recession, proved abundant. Ann had successfully supported herself with the soils business. When the recession hit around 2008, she was forced to look for supplementary employment. There was only one hitch: she had nothing on her resume because she'd



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worked for herself and in a niche profession for 20 years! Thankfully, she was hired by the nursery at Home Depot. It was the first time in her life she had ever worked on concrete. As she explains how her body could feel the difference of standing on a hard cement slab as opposed to treading atop familiar cushioning soil, Ann's agrarian richness shines through. After Home Depot, Ann worked six years for Tractor Supply Co. located in Toano, Virginia. "It was a great experience because I made a connection with the community. There were so many people who would come in that I knew." Once the recession subsided, Ann returned to doing soils testing full time.

In reflecting on her career and aging, Ann says, "I'm not old yet. Starting out, I was the youngest one in the profession. Now when I meet other soil scientists, I look at them and can say, 'I've been doing this longer than you've been alive.'" For hobbies Ann enjoys gardening and reading. She candidly admits to not being a master gardener. "Weeds show me no extra respect just because I'm a soils scientist." She also enjoys spending time with her

rescued dog, Shadow, and cat, Cas. Ann stresses the importance of balancing work and play. "I still don't feel like I'm a grown-up. Here I am playing in the dirt," she says with a smile.

Her affinity for soils faithfully traces back to her childhood growing up with two sisters and a brother in the country. Ann was the youngest, and there was no sexism. They were expected and encouraged to pull their weight no matter the job. "All the women in my family worked." Ann does not cater to women who pretend to be weak and who adopt a learned helplessness approach to life. From an early age, she was schooled in the knowledge of providing for herself. She vividly recalls her mother holding out her own hands and saying, "This is the only security you have — what you can earn with your two hands." Going to college was also important. Ann remembers moving into her dorm. Her father was helping her lift a sofa when a fellow student — a young man — asked if he could assist. Ann's father proudly said his daughter was strong and capable and could manage it.

Ironically, Ann's son, John, is all about

computers. Unlike his mother, he prefers to be indoors. What Ann enjoys most about her profession is the creativity and stimulation of problem solving. "It's like a puzzle, evaluating where everything needs to go and where it fits on the property while taking into account the suitability of the soil." The work is also highly collaborative. She engages with surveyors, engineers and builders. In the past she worked with hydrogeologists who tested well water. "It's about the people and seeing something come to fruition. You take a raw piece of land and watch it become a home."

Ann Ruff says clients tell her all sorts of interesting details about themselves, which led to her being a volunteer Stephen Minister at her church. A Stephen Minister offers one-to-one care to a person who is struggling with difficult life issues. Her affable personality makes it easy to see why she is a good fit for this program. She enjoys listening and connecting, getting to know people from all walks of life. "I think the most important thing about my career as a soil scientist is the people, not the science." And, of course, being outdoors! NDN



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## An Adventure in Home Décor

By Linda Landreth Phelps

Lisa W. Cumming Photography

The Velvet Shoestring's showrooms are attractive and well-arranged, to the point that visitors are sometimes confused and ask, "Do you have this couch in beige?" The answer is no. "We have to explain that we're a consignment store, and it doesn't work that way," Joanne Stephans says, sharing a smile with her mother-in-law Betty Stephens. What you see is what you get at their clutter-free store located at 311 Second Street. Everything is pre-owned

and upscale, furniture and home décor that's in style and gently used. Above all, founder Betty says, "It has to be clean." The Velvet Shoestring, as the name choice implies, deliberately aims to raise the bar in furniture consignment and has succeeded admirably.

This business is a family affair, one that began twelve years ago with a tiny shop up the road from their present location. Betty and her daughters, Jackie Hazeltime and Andrée Griggs,

had been working together in freelance interior design, decorating homes from Michigan to Florida. For one job, the client never saw the place until they were finished. Betty explained this person was a friend. "We'd done several other properties for her and knew her taste." When the client closed that home permanently, all its contents were shipped to Williamsburg to sell. That's when they had to scramble to rent space to display it, and The Velvet Shoe-

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string was born.

The startup quickly outgrew its original boundaries, and one day Betty spotted a nondescript stucco building with absolutely no charm, but lots of potential, "It used to be a tire store," Joanne says, "but it had been sitting empty for a while and showed it." Betty made inquiries but had her doubts she could fill such a large space. She was mistaken. The co-owners of the property eventually redeveloped it, doubling The Velvet Shoestring's original footprint.

Mike Stephans brought his own considerable skill set plus a winning personality to the table when his mother recruited him as an equal partner. He restructured business operations just before they opened the grand new space. "My daughters had moved out of the area," Betty says, "and I realized I could use a better business mind than I was capable of."

Mike and Joanne's daughter, Mackenzie, was going into first grade, and the couple decided that Williamsburg would be a wonderful place to raise a family. It wasn't an easy decision to relocate and become an integral part of The Velvet Shoestring for Joanne, however. She had been a dedicated high school multi-sport coach and special education teacher in her New Jersey home town. "I loved feeling I was helping people when I was teaching and coaching," she says, "but my counseling background has been surprisingly useful in this type of business, so it fills that void. People come to us for help at the most vulnerable times of their lives."

When every decorative item or piece of furniture holds precious memories, turning things loose can be emotionally traumatic. It can also be painful to realize that what you've inherited

or carefully acquired and cherished may hold no value for those to whom you'd always envisioned passing them down. Styles change and new generations want fresh things and different lifestyles. Most transitions are hard, and if you've just lost your independence or a spouse, or are moving and starting over, it's even more difficult. "We're here to help them and walk them through that change," Joanne says.

Clients and the staff bond in the process, becoming friends as well as business associates. "We have folks who stop in several times a week," Betty says, "and if they don't, we worry." One of their regular customers had lost his beloved wife and found himself going to the store daily to sit, talk and mourn. After months of grieving with no improvement, Betty finally said, "Snap out of it! If you're going to hang around, make yourself useful. You're our new delivery guy." The duo laugh at the memory. He had a little red truck, and they sent him to deliver something to a single lady. Betty notified the woman about the delivery and told her to offer him breakfast. Their matchmaking worked like a charm and the two were soon happily married. "Then they wound up redecorating and furnished their whole house from The Velvet Shoestring," Betty says with delight.

Joanne thinks that kind of thing speaks volumes about what Betty created. "We really want to talk to you and get to know you. I'd say 25 percent of our customers become friends and family. We love what we do, and I think that comes through."

Aside from their warm vibe, what also keeps customers coming back is the store's ever-changing inventory. You never know what you'll find there, and if you see something you

like, Joanne tells people, grab it, because before long it'll be gone. "Almost 85 percent of our inventory turns over the first month," she says. One of the ways they keep their look fresh is carefully curating what they accept. "If we have too many of a certain category, whether it's Lladro figurines or dining room tables, we ask our clients to hold on to what they've got for a while. Once our inventory reduces, we'll be happy to accept it."

Being open seven days a week means that everyone must share the load. The women each work five or six days a week, and Joanne also answers emails and updates social media from home, often until late at night. However, she also enjoys the flexibility that allows her to attend MacKenzie's volleyball or golf tournaments and also coach Jamestown High School's volleyball team. If somebody needs a day off during the week, it's not a big deal; everybody pitches in.

But the store couldn't function at all without a terrific staff, including four guys with strong backs. Joanne tries to work at least one or two weekends a month and give Mary Jo Seminara, their manager, a day off. She describes Mary Jo as the backbone of the business. "She's the one who makes it possible for the whole family to attend an event together," she says.

Betty Stephans loves to cook and entertain and help her friends redecorate and freshen their homes. Her greatest joy, however, remains as it has been for the last twelve years. "I just love what I do," Betty says. Joanne Stephans agrees. "We never know what's coming to the showroom next, and that's a big part of the fun and adventure of owning The Velvet Shoestring." **NDN**

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# Hey Neighbor!

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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](mailto:heyneighbor@cox.net)

## Hey Neighbor!

### MOVIE NIGHT: INCREDIBLES II (PG - 2018)

March 1, 2019

Abram Frink Jr. Community Center, 8901 Pocahontas Trail. 6-8 p.m., all ages welcome, Free! Bring a blanket/pillow and join us for family friendly movie nights held inside the multi-purpose room. Popcorn and drinks provided. Children under 12 must be accompanied by an adult. Movie subject to change. Info: 757-888-5810 or [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation)

## Hey Neighbor!

### CONCERT FOR ALL AGES

March 1, 2019

Sarah Hart is one of the leading figures in contemporary Catholic music today. Singer, song-writer, and producer, Sarah's dynamic energy, sense of humor, and deep faith make her concerts, keynote presentations, and retreats unforgettable experiences. In October 2013, Sarah performed for Pope Francis and a crowd of 150,000 in St. Peter's Square. Her songs have been covered by Amy Grant, Celtic Women, Matt Maher, Jason Crabb and The Newsboys. Time: 7 p.m. at Saint Bede Catholic Church, 3686 Ironbound Road. For information about this FREE concert, call (757) 229-3631 or visit [www.bede.va.org/concerts](http://www.bede.va.org/concerts).

## Hey Neighbor!

### MARITIME CONNECTIONS

### LECTURE

March 2, 2019

If These Artifacts Could Talk. Saturday, March 2, 2019 • 10:30 a.m. & 2:30 p.m. Presented by Cindi Verser. FREE with \$1 Museum admission. Our collection of almost 30,000 objects is full of weird, wild, and wonderful stories. This talk will examine some of the things we've learned, what we still don't know, and what we find most fascinating. The Mariners' Museum and Park, 100 Museum Drive Newport News, VA 23606

## Hey Neighbor!

### WILLIAMSBURG SYMPHONY ORCHESTRA MASTERWORKS 3 CONCERT

March 3 - 4, 2019

Kimball Theatre at 428 W Duke of Gloucester Street. Doors open at 6:30 pm, concert begins at 7:30 pm. Visit <http://www.williamsburgsymphony.org> for program details. Tickets available by phone at (757) 229-9857.

## Hey Neighbor!

### CIVIL WAR ROUND TABLE

March 8, 2019

The Sinking of USS Cumberland. Friday, March 8, 2019 • 12:30 p.m. Join USS Monitor Center's Director Emeritus John V. Quarstein in the Mariners' Park Café for this stimulating Civil War themed discussion. The USS Cumberland, one of the few Union warships to escape the destruction of the Gosport Navy Yard on April 20,

1861, was a Raritan-class frigate commissioned in 1842. The Cumberland was cut-down into a sloop of war beginning in 1857 at the Charlestown Navy Yard, Boston, Massachusetts. The warship was named flagship of the Home Squadron in 1860. In early 1861, the Cumberland was dispatched to Hampton Roads due to the rising strife between the North and South. After the destruction of Gosport, the Cumberland was assigned to blockading duty off of Newport News Point. There, on the afternoon of 8 March 1862, the sloop was rammed and sunk by the Confederate ironclad CSS Virginia. It was the death knell of wooden warships. The Mariners' Museum and Park, 100 Museum Drive, Newport News, VA 23606

## Hey Neighbor!

### DIABETES RISK ASSESSMENT SCREENING & BLOOD PRESSURE CHECK

March 9, 2019

James City County Recreation Center, 5301 Longhill Road, 9:30-11:30 a.m. for all ages. Free! Are you at risk for Type 2 Diabetes? Stop by to take the American Diabetes Association Diabetes Risk paper test and discuss your results with an RN. This assessment is based on individual risk factors. There is no blood test. Health and wellness information available. No registration needed. Info: 757-259-4176.

## Hey Neighbor!

### BATTLE OF HAMPTON ROADS DAY

March 9, 2019

9 a.m. - 4 p.m. Most activities FREE with \$1 admission. On Saturday, March 9, in commemoration of the Battle of Hampton Roads 157th anniversary, The Mariners' Museum will host a day-long event filled with family-friendly programming and activities! This famous Civil War Battle changed modern naval history forever. When the Union ironclad USS Monitor fought the Confederate ironclad CSS Virginia to a draw, it proved the supremacy of iron to wood. During the event, guests will enjoy in-gallery storytelling and interpretation in the USS Monitor Center, Abraham Lincoln and other costumed interpreters, music of the time period, coffee with the cook, period games, and more! Behind-the-scenes tours of the Batten Conservation Complex will also be available for \$10 per person. The Mariners' Museum and Park, 100 Museum Drive, Newport News, VA 23606

## Hey Neighbor!

### HISTORY BITES

March 9, 2019

6:30 p.m. \$35/Museum Members; \$45/General admission. A food-tasting event of HISTORIC proportions! Hampton Roads' top restaurants, caterers, and culinary schools will prepare their best interpretations of 19th-century dishes at this fan-favorite event. Guests can sip and savor

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while mingling with others—including Abraham Lincoln—and vote for favorite entrees, sides and desserts. Dozens of delicious dishes will be enjoyed throughout the evening. Cooks will compete for the coveted Cast-Iron Skillet Awards, including People's Choice and Judge's Choice. The Mariners' Museum and Park, 100 Museum Drive, Newport News, VA 23606

## Hey Neighbor!

**AURA CURIATLAS PHYSICAL THEATRE – KIMBALL THEATRE**  
Saturday, March 9, 7:00 pm  
Sunday, March 10, 2:00 pm

Aura CuriAtlas Physical Theatre will present a world premiere of *The Fool and The World* at the Kimball Theatre on March 9 and 10. Aura CuriAtlas is known for its exciting and inventive acrobatic dance theatre. The joyfulness, athleticism, and reliance on physical storytelling make Aura CuriAtlas engaging to audiences of all ages and backgrounds. *The Fool and The World* was inspired by Tarot card images. Aura CuriAtlas will perform the story of each card to piano solos by Sophia Serghi. The Tarot deck dates back to the 15th century and is used for both games and divination. People interact with Tarot and other contemporary oracle cards in many different ways – spiritual guidance, psychological insights, and entertainment. Aura CuriAtlas offers this Tarot performance as a way for each audience member to have a conversation with their imagination. Audiences are invited to talk with the company after the show and offer their own interpretations. Tickets: \$12 students, \$20 general, available on-line, by phone, or at the door. Box office: 1-800-249-0179.

Ticket link: <https://events.wm.edu/event/view/kimball/109724>. Webpage: [www.ACPhysicalTheatre.com](http://www.ACPhysicalTheatre.com)

## Hey Neighbor!

**THE WINE TOUR FOR AVALON**  
March 9, 2019

New theme, location and date for Avalon's fourth annual Wine Tour fundraiser! Taste wines selected by a local expert and paired with delicious hors d'oeuvres. Tickets and info at [avalon-center.org/wine-tour](http://avalon-center.org/wine-tour).

## Hey Neighbor!

**CIVIL WAR LECTURE SERIES: THE BATTLE OF THE IRON-CLADS**  
March 9, 2019

3:30 p.m. FREE with \$1 Museum admission. On March 9, 1862, Hampton Roads, Virginia, was the scene of the first battle between ironclad

warships. The USS Monitor was able to block the CSS Virginia from destroying the rest of the Union fleet in Hampton Roads. This engagement changed naval warfare forevermore, proving the power of iron over wood. The Mariners' Museum and Park, 100 Museum Drive  
Newport News, VA 23606

## Hey Neighbor!

**VOICE & VERSE**

March 10, 2019

4pm. The Williamsburg Choral Guild presents Voice and Verse. Williamsburg Presbyterian Church, 215 Richmond Road, Williamsburg, VA 23185. Voice and Verse features C.H.H. Parry's *Blest Pair of Sirens*, a setting in eight voices of John Milton's ode *At a solemn Musick*, and Gabriel Fauré's exquisite *Requiem*, each performed with organ. Under the artistic direction of Brian J. Isaac, this concert features the Williamsburg Choral Guild along with the chamber choirs of Warhill High School (Caroline Morse, director) and Grassfield High School in Chesapeake (Elise Krepcho, director). Join us for this breathtaking afternoon with soloists and organist/pianist Rebecca Davy. Single tickets \$20 in advance / \$25 at the door. Students \$10 with ID. Children under 12 free. [WilliamsburgChoralGuild.org](http://WilliamsburgChoralGuild.org), (757) 220-1808.

## Hey Neighbor!

**FRIENDLY HOURS**

March 10, 2019

9 -11 a.m. FREE with \$1 admission. Have a family member, friend, or loved one that needs a tailored museum experience? Join us for Friendly Hours on the second Sunday of each month. Friendly Hours is an inclusive time where guests with mobility, cognitive, or physical challenges can experience the Museum in a less crowded environment with reduced sound and lighting. Free with \$1 Museum admission, Friendly Hours will be from 9 - 11 a.m., before the Museum opens to the public. Space is limited, so please register in advance to let us know you are coming. The Mariners' Museum and Park, 100 Museum Drive, Newport News, VA 23606

## Hey Neighbor!

**40 AND OVER CAREER CLUB**

March 12, 2019

9-10:30 am. Join the Experienced Employees in Transition (40-and-Over) Career Club. This program is provided by the Peninsula Agency on Aging for speakers, workshops, networking, emotional and resource support

throughout your job search! March Topic: Developing Your Network to Get Your Dream Job (and Learn about LinkedIn). Location: 312 Waller Mill Road, Room 801, Williamsburg

## Hey Neighbor!

**FOR FEDERAL RETIREES & EMPLOYEES**

March 12, 2019

The Williamsburg Chapter of the National Association of Retired and Active Federal Employees (NARFE) meets regularly on the second Tuesday of the month at the Colonial Heritage Restaurant, 6620 Arthur Hills Drive, Williamsburg. Lunch is served at 11:30 following a social gathering at 11. Speakers address topics of interest to Federal civilian employees and retirees. The next luncheon will be March 12; the speaker will be Dan Lonegran, an ISA (International Society of Arboriculture) Certified Arborist with Bartlett Tree Experts. February's speaker was Kat Lindsay with James City County Fire and Rescue. Cost for lunch, payable to the restaurant, is \$20. Luncheon meetings are held every month except July and August when alternative activities, such as a picnic, are planned. Luncheons and other chapter activities are open to all NARFE members, their spouses, and guests. Spouses also are eligible to become NARFE members. Please RSVP no later than the Thursday before the Tuesday luncheon to Pat Gamble at [narfe.williamsburg@cox.net](mailto:narfe.williamsburg@cox.net). For the March luncheon, the reservation deadline is Thursday, March 7.

## Hey Neighbor!

**DISTANCE RUNNING CLUB**

March 12, 2019

Greater Williamsburg Distance Running Club (GWDRC) is a USA Track and Field (USATF) developmental and competitive running club for boys and girls from 8 years old to 8th grade to learn the basics of cross country running. We meet at Jamestown High School on Tuesdays and Thursdays from 5:00 to 6:00 pm. First Spring date is Tuesday, March 12th. More information at [www.gwrun.org](http://www.gwrun.org). Mark Tomkins, GWDRC Coach.

## Hey Neighbor!

**THE CHAMBER MUSIC SOCIETY OF WILLIAMSBURG**

March 12, 2019

The Chamber Music Society of Williamsburg presents the Telegraph Quartet, Tuesday evening, March 12 at 8:00 PM in the Williamsburg Regional Library Theatre. The Quartet has an equal passion for the standard

chamber music repertoire as well as the contemporary and non-standard collections. They currently serve as the Quartet-in-Residence at the San Francisco Conservatory. For further information and tickets visit our website, [Chambermusicwilliamsburg.org](http://Chambermusicwilliamsburg.org)

## Hey Neighbor!

**HERB SOCIETY TO HOLD OPEN MEETING IN MARCH**

March 12, 2019

The Colonial Triangle of Virginia Unit (CTVU) of the Herb Society of America will hold an open meeting on Tuesday, March 12, in the fellowship hall at King of Glory Lutheran Church, 4897 Longhill Road, Williamsburg. Refreshments will be served at 1:00 pm and the program will start at 1:30 pm. The program will feature Mistie Roundtree from CaryTown Teas in Richmond. Ms. Roundtree will talk about teas from around the world and different immersions for health and taste. This will be the last open meeting the CTVU will hold during the 2018-2019 season. Open meetings provide non-members a chance to learn about the Herb Society's mission, programs, and local volunteer opportunities. For more information, contact Donna Pratt at (757) 608-8929.

## Hey Neighbor!

**THE CHAMBER MUSIC SOCIETY OF WILLIAMSBURG**

March 12, 2019

The Chamber Music Society of Williamsburg presents the REBEL baroque ensemble, Tuesday evening, April 9 at 8:00 PM in the Williamsburg Regional Library Theatre. REBEL, is one of North America's top-tier ensembles specializing in the 17th- & 18th-century repertoire performed on period instruments. The ensemble has garnered an impressive international reputation with their unique style and their virtuosic and provocative approach to the baroque and classical repertoire. For further information and tickets visit our website, [Chambermusicwilliamsburg.org](http://Chambermusicwilliamsburg.org)

## Hey Neighbor!

**FREE LECTURE AT RIVERSIDE DOCTORS HOSPITAL**

March 14, 2019

"Robotic and Minimally Invasive Surgery: Exploring pioneering minimally invasive surgery at Riverside" Thursday, March 14, 2019 at 6pm. Riverside Doctors' Hospital Williamsburg is happy to offer the community this free, monthly lecture series. Please join us as Riverside providers discuss pertinent health-related topics geared



toward those who live in our vibrant region. On Thursday, March 14, Dr. Scott Burgess, Riverside Urology Specialists, will lead a discussion about Riverside's pioneering methods in this incredibly interesting field. For additional information, or to RSVP: <https://www.riversideonline.com/rdhw/doctor-is-in.cfm>

## Hey Neighbor!

### FIDO FEST

March 16, 2019

Jamestown Beach Event Park, 2205 Jamestown Road, 10 a.m. – 2 p.m., all ages. Admission is \$5/car (cash or check). Don't miss the PAW-TY! Grab your leash and get to the park with your furry friend! Family and dog-friendly activities, games, contests, fabulous food (\$) and more. Merchandise (\$) and community vendors present. Children under 12 must be accompanied by an adult. Co-sponsored by the Heritage Humane Society. Weather permitting; if inclement weather is forecasted, please call the Activity Hotline at 757-259-3232. Info: 757-259-5353 or [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation)

## Hey Neighbor!

### DISCOVERY LAB AT VIMS – MARINE CAREERS

March 19, 2019

Discovery Labs are free, family-friendly programs provided each month by the Chesapeake Bay National Estuarine Research Reserve (CBNERR) at the Virginia Institute of Marine Science (VIMS) in Gloucester Point. Designed with elementary-aged youth and their parents in mind, each lab focuses on a different topic related to the Chesapeake Bay and our local environment and includes exhibits, demonstrations, and hands-on activities as well as a short presentation by a topic expert. During March's Discovery Lab, attendees will learn about a variety of different careers that are either directly or indirectly related to marine ecosystems. VIMS graduate student Taylor Goelz will describe how she works with a variety of different stakeholder groups in the Bay, representing different interests, to increase awareness and sustainability of oyster harvesting in the Bay. All Discovery Labs take place from 6:00-8:00 pm (presentation from 6:30-7:00 pm) on the VIMS campus in Gloucester Point. Registration is required due to limited space. Visit [www.vims.edu/events](http://www.vims.edu/events) or call 804-684-7061 to register and to find out more information on this and all upcoming Discovery Labs.

## Hey Neighbor!

### AFTER HOURS LECTURE AT VIMS – THE STORY OF THE COELCANTH

March 28, 2019

The Coelacanth is a fish thought to have gone extinct over 65 million years ago, until a living specimen was caught by commercial fishermen in 1938 in South Africa. In the 80 years since its discovery, scientists have learned a great deal about this living fossil. Join Dr. Eric Hilton, Curator of the VIMS Nunnally Ichthyology Collection, as he tells the thrilling story of the Coelacanth, from its fossil record to its unlikely discovery, where it lives, what it eats, and why it is thought to be more closely related to four-legged land animals than to other fishes. The coelacanth specimen from VIMS' collection will be on display, providing an opportunity to view this rare and fascinating fish. This is the March installment of the 2019 After Hours Lecture series. All After Hours lectures take place at 7:00 pm in Watermen's Hall on the VIMS campus, 1375 Greate Road, Gloucester Point. Reservations to this free, public lecture are required due to limited space. Visit [www.vims.edu/events](http://www.vims.edu/events) or call 804-684-7061 to register or to find out more information about this and future After Hours lectures. Can't attend in person? This program will also be offered as a live-streamed webinar. Register for the webinar at [www.vims.edu/events](http://www.vims.edu/events).

## Hey Neighbor!

### HALF CENTURY GAMES

March 29-31, 2019

Registration is open! Join us for James City County's inaugural Half Century Senior Games! This NEW event caters to adults aged 50+ who enjoy staying active and a bit of competition. Events include racquetball, handball, golf, bowling, 5k/10k and basketball. You must complete the registration process by March 15 to be eligible to participate. For information on registration, games locations and full event details, please contact Sarah at [sarah.oreilly@jamescitycountyva.gov](mailto:sarah.oreilly@jamescitycountyva.gov) or 757-259-5355 or visit [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation).

## Hey Neighbor!

### FAMILY FUN NIGHT

March 30, 2019

James City County Recreation Center, 5301 Longhill Road, 7-9:30 p.m., all ages. Ages 13+ are \$5/person; 12 and younger Free! Join us for a night of family FUN and entertainment – enjoy structured games in the gym, create various craft projects together, splash

in the pool, dance to some tunes, play racquetball or old-fashioned board games and more! If preregistering, please register everyone who is attending! Pre-registration recommended but not required. Children must be accompanied by an adult. Info: 757-259-4200 or [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation).

## Hey Neighbor!

### COLONIAL LACEMAKERS STUDY GROUP

March 31, 2019

Spend Sunday afternoon, March 31, 2019, making lace with either lace bobbins or tatting with a shuttle and learn a new craft. We meet at the Williamsburg Regional Library, 515 Scotland Street, Room B. Supplies will be available for use in the class. We'll meet again on Sunday, April 28, 1 – 4 p.m.

## Hey Neighbor!

### BIKES OUT OF HIBERNATION

Saturday, April 6, 2018 (Rain Date April 20)

Looking for an opportunity to get your bike out of 'hibernation'? Are you a beginner or a 'little rusty'? Then this is the ride for you! Come join Williamsburg Area Bicyclists along with James City County Parks and Recreation for this FREE event happening at Chickahominy Riverfront Park on Saturday, April 6th, from 9am – 2pm. Mechanics from local bike shops will offer free safety inspections and assistance for minor repairs. Guided fun rides of 5, 10, and 15 miles along the Virginia Capital Trail are scheduled to start at approximately 15 minute intervals from 10am until 1pm. Riders under 18 must be accompanied by an adult, and all participants are required to wear a helmet. Light refreshments provided. In the event of cancellation, please visit [wabonline.org](http://wabonline.org) or call the Weather Hotline at 757-259-3232 For more information, contact Williamsburg Area Bicyclists at [info@wabonline.org](mailto:info@wabonline.org)

## Hey Neighbor!

### THE BUFFOS

April 8, 2019

7:30 PM. Williamsburg Library Auditorium. Opera in Williamsburg will host The Buffos, outstanding comic bass-baritones Stefanos Koroneos and Adelmo Guidarelli, with soprano Kinneret Ely. The concert program includes funny duets, trios, and arias from best-loved opera classics. Tickets are available on our website, [www.operainwilliamsburg.org](http://www.operainwilliamsburg.org).

## Hey Neighbor!

### 40 AND OVER CAREER CLUB

April 9, 2019

9-10:30 am. Join the Experienced Employees in Transition (40-and-Over) Career Club. This program is provided by the Peninsula Agency on Aging for speakers, workshops, networking, emotional and resource support throughout your job search! April Topic: How to Talk the Talk – Interview Skills to Close the Deal. Location: 312 Waller Mill Road, Room 801, Williamsburg

## Hey Neighbor!

### FREE LECTURE AT RIVERSIDE DOCTORS HOSPITAL

April 11, 2019

"An Insider's Report on the 2019 Commonwealth of Virginia's Legislative Session and Impact on Health Care" Thursday, April 11, 2019 at 6pm. Riverside Doctors' Hospital Williamsburg is happy to offer the community this free, monthly lecture series. Please join us as Riverside providers discuss pertinent health-related topics geared toward those who live in our vibrant region. Mark Duncan, Director of Government Relations for Riverside Health System, will discuss the General Assembly's recent legislative session as it pertains to the health care industry and our region. For additional information, or to RSVP: <https://www.riversideonline.com/rdhw/doctor-is-in.cfm>

## Hey Neighbor!

### ANNUAL GALA

April 14, 2019

Save the Date! The Virginia Symphony Society will be hosting its annual gala at the Two Rivers Country Club. "An Evening on Broadway" includes wine, dinner, live music and auction. Proceeds raised support the Virginia Symphony Orchestra. Mark your calendars to ensure you don't miss this wonderful event! Visit [VASymphonySociety.com](http://VASymphonySociety.com) for more information.

## Hey Neighbor!

### WILLIAMSBURG-JAMES CITY COUNTY SCHOOLS: CAREERS IN TEACHING EVENT

April 18, 2019

Interested in pursuing a career in teaching? If you have a Bachelor's Degree, join us on Thursday, April 18, 2019 from 9:00 a.m. – 12:00 p.m. at the Williamsburg-James City County School Board and Central Office located at 117 Ironbound Road. Learn what it takes to earn a teaching license in Virginia. Meet with University representatives to receive information on teacher preparation courses. Bring NEXT DOOR NEIGHBORS MARCH 2019 57

your college transcripts and our licensure consultant will review them and give you guidance on the best path to your career in teaching. For information, call (757) 603-6400.

## Hey Neighbor! OPERA IN WILLIAMSBURG'S THE MAGIC FLUTE

April 26, 2019

7 PM, Stryker Center, 412 N Boundary St, Williamsburg, VA 23185. Meet and hear the artists of Opera in Williamsburg's The Magic Flute, in town rehearsing for their upcoming opera performance of The Magic Flute. Free and open to the public; seating, parking, and very light refreshments available.

## Hey Neighbor! MAGIC FLUTE DINNER CONCERT

April 30, 2019

6 PM, Magic Flute Dinner Concert, Colonial Heritage Clubhouse, 6500 Arthur Hills Drive, Williamsburg, VA 23188. Enjoy a delicious dinner and hear singers of Opera in Williamsburg, in town rehearsing for The Magic Flute, with music director Jorge Parodi and pianist Alexandra Naumenko. Choice of dinner entree; cash bar available. One may attend the dinner+concert for \$55, or concert only for \$25 (with seating at 7:30). Tickets are available now on Opera in Williamsburg's website, [www.operainwilliamsburg.org](http://www.operainwilliamsburg.org) or reserve by phone at (757) 871-3653. Please get your dinner tickets by April 25.

## Hey Neighbor! 20TH ANNUAL BRITISH & EUROPEAN CAR SHOW

May 4, 2019

Open the 2019 car show season by visiting beautiful Colonial Williamsburg Virginia for the 20th Annual British and European Car Show sponsored by the Williamsburg British Car Club at The Shops of High Street on 5/04/19. Show will be held at Revolution Golf & Grill at The Shops at High St. This location offers close proximity to hotels, restaurants, shops and the Colonial district. Registration form on our website. Featured marque is Morgan to celebrate their 110th year of production. Phone: 757-637-5902. Hours 10 AM to 3 PM Saturday. Awards at 2 PM. Admission is \$25 at show, \$20 pre-registration due by April 26, 2019, and spectators free. Come out and see over 150 British & European vehicles on display, automotive vendors, door prizes, 50-50 charity raffle. Food available at onsite restaurants for quick &

easy pickup. For more information contact Roy Gavilan at [wbcregister@outlook.com](mailto:wbcregister@outlook.com) or call call 757-637-5902. Website for the show is [www.wmbgbrit.com](http://www.wmbgbrit.com)

## Hey Neighbor! MOZART'S THE MAGIC FLUTE

May 5, 2019

2 PM, Kimball Theatre, 428 W Duke of Gloucester St, Williamsburg, VA 23185. Opera in Williamsburg presents: Mozart's The Magic Flute, in German with English dialogue and English supertitles. Live fully-staged opera with world-class cast, with orchestra. Conductor: Jorge Parodi. Stage director: Eve Summers. Details and tickets at [www.operainwilliamsburg.org](http://www.operainwilliamsburg.org), or by phone at 1-800-249-0179.

## Hey Neighbor! MOZART'S THE MAGIC FLUTE

May 7, 2019

7 PM, Kimball Theatre. 428 W Duke of Gloucester St, Williamsburg, VA 23185. Opera in Williamsburg presents: Mozart's The Magic Flute, in German with English dialogue and English supertitles. Live fully-staged opera with world-class cast, with orchestra. Conductor: Jorge Parodi. Stage director: Eve Summers. Details and tickets at [www.operainwilliamsburg.org](http://www.operainwilliamsburg.org), or by phone at 1-800-249-0179.

## Hey Neighbor! MOZART'S THE MAGIC FLUTE

May 9, 2019

7 PM. Kimball Theatre, 428 W Duke of Gloucester St, Williamsburg, VA 23185. Opera in Williamsburg presents: Mozart's The Magic Flute, in German with English dialogue and English supertitles. Live fully-staged opera with world-class cast, with orchestra. Conductor: Jorge Parodi. Stage director: Eve Summers. Details and tickets at [www.operainwilliamsburg.org](http://www.operainwilliamsburg.org), or by phone at 1-800-249-0179.

## Hey Neighbor! THE MANY VOICES OF WOMEN

May 14, 2019

The Williamsburg Women's Chorus Concert - The Many Voices of Women will be held May 14, 2019 at 7:30pm. The concert will be held at the Williamsburg Presbyterian Church. The concert will feature music for written by women for women's voices. A performance by the Berkeley Middle School Singers and three selections by the Choraliers will round out the program. Tickets are \$15 for Adults and

\$5 for Children, available at [www.williamsburgwomenschorus.org](http://www.williamsburgwomenschorus.org)

## Hey Neighbor! 40 AND OVER CAREER CLUB

May 14, 2019

9-10:30 am. Join the Experienced Employees in Transition (40-and-Over) Career Club. This program is provided by the Peninsula Agency on Aging for speakers, workshops, networking, emotional and resource support throughout your job search! May Topic: Maintaining Positivity During Your Job Search. Location: 312 Waller Mill Road, Room 801, Williamsburg

## Hey Neighbor! WCAC FEATURES W&M ART SHOW AND TEXTILE EXTRA- GANZAWCAC

Thru March 15, 2019

The Williamsburg Contemporary Art Center is currently featuring the William & Mary Senior Capstone Show through March 15. This exhibit is part of the students' preparation for the final senior exhibition at W&M. Beginning March 16 is our first Textile Extravaganza, which runs through April 5. A variety of textile art by local artisans will be on exhibit and several workshops will be available ranging from wet felting to stitch meditations. For more information, see [www.visitwcac.org](http://www.visitwcac.org). Hours: 11-3 Tues.-Sat.; 12-4 Sun. 110 Westover Ave.

## Hey Neighbor! WILLIAMSBURG MONTESSORI SPRING GALA

March 16, 2019

6:00PM. Join us in "Celebrating the Artistic Spirit" at our annual gala and auction event. Stroll through the gallery and look at student's self-portraits while enjoying appetizers and cocktails in Legacy Hall, Williamsburg, VA. Silent and live auctions plus a 50/50 raffle will be part of the fun. Tickets are \$60 person. All proceeds benefit the Williamsburg Montessori School's educational mission. 757-565-0977 or [williamsburgmontessori.org](http://williamsburgmontessori.org).

## Hey Neighbor! THE TIDEWATER INTERGEN- ERATIONAL ORCHESTRA

March 17, 2019

The concert will feature guest pianist, Beatrice Soderberg of New York who will perform "Concerto No. 1 in C minor" by Dmitri Shostakovich. The free concert will also include the "Brandenburg Concerto No. 2" by J. S. Bach. Time: 1:00 p.m. at Saint Bede's Kaplan Parish Hall, 3686 Ironbound Road. For more information,

please call (757) 229-3631, or visit [www.bede.org/concerts](http://www.bede.org/concerts). Concert artists, adult players, and accomplished students interested in playing with the orchestra should contact the coordinator, Dr. Alice Lindsay, at [tio@cox.net](mailto:tio@cox.net).

## Hey Neighbor! ROTARY CHARITY CONCERT SERIES

May 17, 2019

Kimball Theatre, 7:30-9:30pm. Featuring BRASSWIND. Tickets available at [jccrotary.org](http://jccrotary.org) or through eventbrite.

## Hey Neighbor! WILLIAMSBURG MUSIC CLUB RAMI BAR-NIV, "Ragtime"

March 20, 1919

The Williamsburg Music Club proudly welcomes back Israel pianist Rami Bar-Niv in a concert-lecture program "Ragtime". He will discuss the history of this genre and its influence on composers. Includes works of Joplin, Mozart, Schubert, Gershwin and Bar-Niv. Mr. Bar-Niv will be available for conversation after the program. This program is presented free as a gift to the community by the Williamsburg Music Club. Begins at 11 a.m. preceded at 10 a.m. by a Coffee Hour and business meeting. Lewis Hall of Bruton Parish, 331 Duke of Gloucester Street, Williamsburg, next to the bookstore. [www.williamsburgmusicclub.com](http://www.williamsburgmusicclub.com), 757-291-9082.

## Hey Neighbor! NOMINATIONS FOR OUT- STANDING SERVICE TO SENIORS

March 28, 2019

Do you know someone who has gone above and beyond in serving senior citizens in Williamsburg? Nominate a person or organization for Outstanding Service to Seniors Award, made possible by Williamsburg Landing. Deadline: March 28, 2019. For nomination form and more information, please visit [WilliamsburgCommunityFoundation.org](http://WilliamsburgCommunityFoundation.org), scroll down and click "Williamsburg Landing Award". Questions? Contact Kathy Kammer at [kkammer@williamsburdlanding.com](mailto:kkammer@williamsburdlanding.com).

## Hey Neighbor! SALE TO BENEFIT HERITAGE HUMANE SOCIETY

March 30, 2019

Jewelry, Ladies Scarves, Handbags. March 30, Saturday, 9am-1pm. Kingspoint Club House. Follow signs from Rt 199.



## Hey Neighbor! ANNUAL GALA – VIRGINIA SYMPHONY SOCIETY

April 14, 2019

The Virginia Symphony Society will be hosting its annual gala at the Two Rivers Country Club. "An Evening on Broadway" includes wine, dinner, live music and auction. Proceeds raised support the Virginia Symphony Orchestra. Special Guest: Broadway star Tiffany Haas. Visit: [VASymphonySociety.com](http://VASymphonySociety.com) for more information.

## Hey Neighbor! WILLIAMSBURG MUSIC CLUB

April 17, 2019

The Botetourt Chamber Singers of William & Mary. The Williamsburg Music Club proudly present some of the best vocal talent from the College of William & Mary. Their program Cecilia Sings! will include choral music from Renaissance madrigals to traditional spirituals under the musical direction of Dr. Jamie C. Bartlett. This program is presented free as a gift to the community by the Williamsburg Music Club. Begins at 11 a.m. preceded at 10 a.m. by a Coffee Hour and business meeting. Lewis Hall of Bruton Parish, 331 Duke of Gloucester Street, Williamsburg, next to the bookstore. [www.williamsburgmusicclub.com](http://www.williamsburgmusicclub.com), 757-291-9082.

## Hey Neighbor! 40 AND OVER CAREER CLUB

June 11, 2019

9-10:30 am. Join the Experienced Employees in Transition (40-and-Over) Career Club. This program is provided by the Peninsula Agency on Aging for speakers, workshops, networking, emotional and resource support throughout your job search! June Topic: Using and Navigating Websites to Identify Jobs. Location: 312 Waller Mill Road, Room 801, Williamsburg

## Hey Neighbor! ROTARY CONCERT SERIES

June 22, 2019

Kimball Theatre. 7:30-9:30pm. Featuring The English Channel: A Tribute to the British Invasion. Tickets available at [jccrotary.org](http://jccrotary.org) or through eventbrite.

## Hey Neighbor! ROTARY CONCERT SERIES

July 20, 2019

Kimball Theatre. 7:30-9:30pm. Featuring Elvis Genre Concert. Tickets available at [jccrotary.org](http://jccrotary.org) or through eventbrite.

## Hey Neighbor!

## ROTARY CHARITY CONCERT SERIES

August 17, 2019

Kimball Theatre. 7:30-9:30pm. Featuring Soul Intent. Tickets available at [jccrotary.org](http://jccrotary.org) or through eventbrite.

## Hey Neighbor! LEARN MORE ABOUT HOSPICE HOUSE

Ongoing

We invite you to tour our home and gardens and learn about all we do for the community. On the first Thursday of the month, drop by between the hours of 12 – 2 p.m. to learn more about our organization. Questions or to RSVP (not required) Call: 757-345-5195. Email: Diane Schwarz, [dschwarz@williamsburghospice.org](mailto:dschwarz@williamsburghospice.org), 4445 Powhatan Parkway, Williamsburg VA 23188. [www.williamsburghospice.org](http://www.williamsburghospice.org). Caring for people at the end of life, comforting the bereaved and empowering others to do the same.

## Hey Neighbor! VOLUNTEER WITH WILLIAMSBURG COMMUNITY GROWERS

Ongoing

Tuesday evenings and second Saturday mornings. Join us for a couple of hours of fun garden work planting, weeding, harvesting, learning about small scale farming and participating in our local food system! Our one-acre garden is located under the Dominion Energy power lines between Warhill High School and WISC, off Stadium Road. Tuesday evenings and second Saturdays mornings - choose as few or as many days as you wish, and children are welcome! Almost all of our harvest is donated to local charities. Community Garden plots available too! Email [growwilliamsburg@gmail.com](mailto:growwilliamsburg@gmail.com), or sign up at <http://signup.com/go/EFuuFjo>. Visit [www.growwilliamsburg.org](http://www.growwilliamsburg.org) and follow us on Facebook and Twitter!

## Hey Neighbor! GRIEF SHARE

Ongoing

Walnut Hills Baptist Church, 1014 Jamestown Road, will offer a Grief Share program beginning on Sunday February 3, 2019, and running for 13 weeks. This ministry is a biblical, Christ-centered support group for those who have lost a loved one. It includes a video seminar, small group discussion and a participant guide. There is a \$15 registration fee to cover the cost of the participant guide. The group will meet from 2-4 p.m. each week in the church Hospitality Center. Participants are welcome to join at

any time. Contact: Elaine Schrader at 757-268-1761 or [eschrader4@gmail.com](mailto:eschrader4@gmail.com). For more information, visit [whbconline.org](http://whbconline.org).

## Hey Neighbor! VOLUNTEER WITH JCC PARKS & RECREATION

Volunteer with James City County Parks & Recreation! Lend a hand, Make a difference, Be a part of something great! Volunteering is your gift to our community. For a list of volunteer opportunities both in parks and recreation and County-wide, contact Angie Sims at [angie.sims@james-citycountyva.gov](mailto:angie.sims@james-citycountyva.gov) or call 75-259-5403. Join Stewart Ware for a fun and informative walk all about trees. The woods around Wellspring United Methodist Church have most of our common upland trees, as well as some rarer trees, and Dr. Ware will show how to identify them in winter condition. Meet in the parking lot at Wellspring Church on Longhill Road, just east of the junction with Old Towne Road. Contact Stewart at 757-565 0657 or [saware@wm.edu](mailto:saware@wm.edu) for more information.

## Hey Neighbor! TWO STUDENT ART EXHIBITS AT WCAC

Ongoing

The 16th Annual High School Student Show, featuring artwork from seven area high schools, is currently underway through Feb. 15 at the Williamsburg Contemporary Art Center. The William & Mary Senior Capstone Show will begin Feb. 19 and run through March 15. This exhibit at WCAC is part of the students' preparation for the final senior exhibition at W&M. WCAC is at 110 Westover Ave. Hours are 11-3 Tues.-Sat. and 12-4 on Sun. WCAC is also holding a special members' exhibit at the Stryker Center, 412 N. Boundary St., through Feb. 15. Hours are 10-5 Mon.-Friday.

## Hey Neighbor! BUDDY ART

Spring Session 2019

Williamsburg Contemporary Art Center is accepting registrations for the 2019 Winter/Spring Session of Buddy Art, a free program which provides art activities for kids with special needs and/or physical disabilities ages 6 & up. Classes are scheduled for Saturdays, Feb. 2, 9, 16, 23, March 16, and 23, 3-4 pm. at the JCC Recreation Center, 5301 Longhill Road. [www.visitwacac.org/what-we-do/community-activities/buddy-art/](http://www.visitwacac.org/what-we-do/community-activities/buddy-art/)

## Hey Neighbor!

## A GUIDE - SCHOLARSHIPS & FINANCIAL AID FOR WOMEN

Ongoing

This provides a great overview of the financial assistance opportunities for female students and how to optimize them. The guide details about 64 scholarships for women, presented in a useful search tool which helps the reader find relevant ones to apply for. There's also valuable advice about how to ace the application process. Other financial aid opportunities discussed are fellowships, loans and work-study programs. An expert interview provides further tips and advice. The guide concludes with additional useful resources. You can see it all here: <https://www.learnhowtobecome.org/college/financial-aid-for-women/> LearnHowToBecome.org is a comprehensive career resource with a mission to help students and aspiring professionals understand what it takes to land their perfect career.

## Hey Neighbor! AVIATION SCHOLARSHIP PROGRAM NEEDS YOUR HELP

Ongoing

The Williamsburg Aviation Scholarship Program organized in 2013 at Williamsburg Jamestown Airport (KJGG) in Williamsburg, Va. Our purpose is to get young people involved in aviation and get their private pilot's license. There is no charge to the student for the flight training. We furnish all training supplies, test fees, ground school kits, etc., etc., etc. at no charge to the student nor their family. Students must be 16, 17, or 18 years old and in the 10, 11, or 12 grade when they start the flight training. The program is 1 year long. We pay for up to 50 hours of flight training per student. The training is done at Williamsburg Jamestown Airport through the Williamsburg Flight Center. Our goal is to train at least 5 students per year all the way to their private pilot's license. The cost per student is approximately \$12,000.00. The Williamsburg Aviation Scholarship Program is composed of a Board of Officers and Directors. None of the Officers or Directors received any compensation for their efforts. None of them are paid. They are all volunteers. We had 41 students apply for the current class. We selected 5 students and they are approximately 1/2 way through the program. They are well on their way to becoming licensed private pilots. Now the hard part: raising money to fund the program. We need to raise approximately \$25,000.00 to finish the current class of 5 students. The Williamsburg Aviation

tion Scholarship Program is a 501C-3 corporation licensed through the State Corporation Commission of Virginia. Your donations are tax deductible on your State and Federal Income tax. Any amount that you can donate will be used for training the students. Please make checks or money orders payable and mail to: Williamsburg Aviation Scholarship Program 102 Marclay Road, Williamsburg, Virginia 23185. Cash Donations are also accepted at the airport.

## **Hey Neighbor!** **LOOKING FOR HOSTS**

### Ongoing

We are looking for families interested in hosting a high school exchange student for the 2018-19 school year. Experience the world from home! Contact c.dani.international@gmail.com 757-585-4009.

## **Hey Neighbor!** **VOLUNTEERS NEEDED**

### Ongoing

We have an urgent need for a few volunteers with trucks/trailers and who are able to lift slightly heavy equipment like wheelchairs. It is a once or twice a month volunteer opportunity to pick up equipment from donors' homes in the Williamsburg area. It is on an as needed basis but the commitment would be no more than 2 times monthly. Contact: Diane Harrah, Program Assistant, Williamsburg F.R.E.E., 757-707-4741 or www.free-foundation.org. F.R.E.E. is a non-profit that gifts mobility related equipment to adults who are uninsured or under insured and have no other means of obtaining needed mobility equipment such as canes, walkers, bed rails, hover lifts, wheelchairs and power scooters. Equipment gifted also includes bathroom transfer aids such as shower chairs, tub transfer benches and bedside commodes. If you or someone you know is in need of equipment or would like to make a donation, call 757-707-4741, visit our website www.free-foundation.org, or find us on Facebook.

## **Hey Neighbor!** **WILLIAMSBURG PARKINSON'S SUPPORT GROUP**

### Ongoing

Persons with Parkinson's and their caregivers meet at the Williamsburg Landing Health Club and Spa on the second Monday of each month at 1 pm. Join us as we learn from experts and share our experiences. Contact Jacob Hostetter at 757-221-0160 or WPSG@cox.net for more informa-

tion.

## **Hey Neighbor!** **MOM'S PRAYING FOR CHILDREN & SCHOOLS**

### Ongoing

You can't be the perfect mom, but you can be a praying mom. Moms join together to pray for our children. No matter what age group, Pre-K to Graduate student, adult children and grandchildren. Now more than ever our children and our schools need the peace and power of prayer. Moms in Prayer International meets weekly every Wednesday at Calvary Chapel Williamsburg from 1 – 2 pm. Calvary Chapel is located at 5535 Olde Towne Road (behind Food Lion). Contact Info: Jeanne Hallman, 757-220-8400, Jeanne4J@cox.net

## **Hey Neighbor!** **BIBLE STUDY IN NORGE**

### Ongoing

There is a comprehensive and in depth ongoing bible study and question answering session held at the Williamsburg library in Norge every Monday night starting at 6 pm. We also use the teachings based on the Shepherds Chapel for those that study with them, with question such as where did Cain get his wife and what was the mark placed upon him or what is the mark of the beast and his number 666 mean or what is the unforgivable sin, or why isn't Cain listed in Adams genealogy, so if your bible study is lacking the quality of study that you need to answer such questions then you are invited to join us, see you there. Contact: 757-253-0172 or 7576046649

## **Hey Neighbor!** **THE WILLIAMSBURG WOMEN'S CHORUS REGISTRATION FOR NEW MEMBERS FOR FALL SEASON.**

### Ongoing

The Chorus is open to women of all ages and voice parts. Rehearsals are held on Thursday Mornings at Bruton Parish House from 10 am to noon. We will be preparing for our Winter Concert which will be held in December. Rehearsals for the fall season will begin September 6, 2018. If interested please contact Beckie Davy at bdavy@brutonparish.org to set up an informal audition.

## **Hey Neighbor!** **GROVE COMMUNITY GARDEN**

### Ongoing

Come grow with us!!! We are always happy to have volunteers come plant, prune, weed or water the garden! Or

just come by and see what is growing! There are over 900 bulbs in bloom right now! The garden is coming to life and you can help! All are welcome! Volunteer!!! No amount of time is too small! Check out our new fence and expanded planting area, sign up for a plot! For info call Rob Till @757-332-3361.

## **Hey Neighbor!** **WHITE CLOUD ZEN MEDITATION GROUP**

### Ongoing

On Sunday mornings from 9 -11, we offer a formal Soto Zen service which includes sitting and walking meditation, sutra chanting, and a discussion period. On Wednesdays from 6:30 to 7:30, we offer sitting meditation and study group. There are also designated hours on Monday, Tuesday, Thursday, and Saturday when we are open for you to join in silent meditation. Feel free to call Dr. Joseph Garcia at 912-677-3076 or see our Practice Schedule at www.whitecloudzen.com for details and fully updated schedule. We are located at 1126 Professional Dr., Williamsburg 23185.

## **Hey Neighbor!** **MATURE SINGLES GATHERINGS**

### Ongoing

The Mature Singles Network, an organization for single Williamsburg area residents who are 55+ holds a no-host Social Gathering on the third Saturday of every month. For more information email maturesinglesnetwork@gmail.com.

## **Hey Neighbor!** **REPUBLICAN WOMEN'S CLUB**

### Ongoing

Location: The Monticello Woods Club House, 199 to the Monticello exit toward Jamestown. Stay on Monticello for approximately 2 miles and then turn left into Monticello Woods. Take your first left onto Ambassador Circle. Time: second Monday of the month at 6:45 pm. HTRW is the only local Republican Women's club that meets evenings. For more information visit our web site: Welcome to Historic Triangle Republican Women or look us up on Facebook.

## **Hey Neighbor!** **BIBLE SUNDAY ON MONDAYS**

### Ongoing

There is an comprehensive and in depth on going Bible study and question answering session held at the Williamsburg library in Norge every Monday night starting at 6:00 pm,

with question such as why isn't Cain in Adam's genealogy, or what was that forbidden fruit. or where did he get his wife and what was the mark placed upon him or what is the mark of the beast and his number 666 mean or what is the unforgivable sin and have I committed it?, so if your bible study is lacking the quality of study that you need to answer such questions then you are invited to join us, see you there. Contact: 757-253-0172 or 7576046649

## **Hey Neighbor!** **HOPE PREGNANCY CARE CENTER**

### Ongoing

Hours: Monday- Thursday 10:30 am – 3 pm. Wednesday 6:30 - 8:30 pm by appointment. All services are free and confidential- no insurance needed. We serve all women with unplanned and unexpected pregnancies. We also accept donations of new or gently used baby clothes up to 2T, as well as maternity clothes. Located at 1315 Jamestown Road, Suite 202. Phone: (757) 229-6472. Visit: www.hopewilliamsburg.org.

## **Hey Neighbor!** **CELEBRATE RECOVERY**

### Ongoing

A Christ-centered, confidential recovery group for anyone who has trouble dealing with life's hurts, habits, or hang-ups. We meet on Tuesday evenings at 6 for dinner. Our meeting starts at 7. Williamsburg Community Chapel – 3899 John Tyler Highway, Williamsburg. For information, contact (Men) Gale King, rgking10@gmail.com; (Women) Sheryl Buckner, sbuckner88@gmail.com.

## **Hey Neighbor!** **VCE MASTER GARDENER REGISTRATION**

### Ongoing

The James City County/Williamsburg Master Gardeners' Program is accepting applications for the Class of 2018. The entirely community based volunteer program is under the guidance and leadership of the Virginia Cooperative Extension and Virginia Tech and has been providing horticulture based programs for James City County and Williamsburg for over 20 years. Classes meet Tuesday and Thursday mornings from 9 am – 12 noon, January 9- March 27. For application and more information, contact the VCE office at (757) 564-2170 or visit www.jccwmg.org.



## Hey Neighbor!

### THE TIDEWATER VIRGINIA HISTORICAL SOCIETY (TVHS)

#### Ongoing

TVHS offers unique tours, lectures, social events, plus behind-the-scene adventures during 2017-18. "History in your own backyard" takes on a new meaning when you know what all TVHS has to offer. TVHS opens doors to "off-the-beaten-path" and "not open to the public" historic sites. Lectures by experts in their field provide information prior to tours to complete the experience. Bill Kelso, everyone's favorite archeologist, says, "You can read about history in a book but you can walk thru it here." To learn more contact us at 757- 259-9134 or visit us on the web: www.tv-hs.org or info@tv-hs.com. Lectures are open to the public. Call or visit the website for more information. Everyone is welcome.

## Hey Neighbor!

### VOLUNTEERS NEEDED

#### Ongoing

National Historical Park (consisting of the National Park Service at Historic Jamestowne and Yorktown Battlefield) continues its mission, preserving and protecting the interests of the public since 1930. The Park operates two visitor centers and several historic homes. However, like all national parks, Colonial relies heavily on volunteers. Perhaps a sign of the times, but volunteerism is not as prevalent as it once was. But, you have a chance to change that trend at Colonial. A need exists for regular volunteers four hours a day, one day a week, orienting visitors to the park and the area. We also need volunteers to conduct tours for the public and operate historic homes. There is something for everyone. So, consider becoming a steward of your wonderful national parks, and begin at Colonial National Historical Park, (Historic Jamestowne or Yorktown Battlefield) by contacting Mike Byrd at 757-898-2422. Come make a difference!

## Hey Neighbor!

### NORGE DEPOT MUSEUM

#### Ongoing

At the JCC Library, 7770 Croaker Rd, Norge. The Depot is open from 10 to noon on Saturdays and 2 to 4 on Sundays. See railroad and local historical exhibits including artifacts, photographs, and clothing. A model railroad layout is running and a wooden railroad is available for children. Take their picture with our caboose! Free, but donations appreciated. More de-

tails at norgedepot.org.

## Hey Neighbor!

### HEAD START OPEN ENROLLMENT

#### Ongoing

Williamsburg James City County Community Action Agency's Pre-school Program for Children ages 3 to 5. Serving income eligible families including children with special needs. Apply by phone 757- 229-6417 or in person at 312 Waller Mill Road, Williamsburg.

## Hey Neighbor!

### CHRISTOPHER WREN ASSOCIATION COURSE, LECTURE, AND ACTIVITY REQUESTS

#### Online and Ongoing

The Christopher Wren Association is a self-funded, volunteer-led organization dedicated to adults of all ages who seek opportunities for learning and enrichment of their lives. This fall, CWA has over 150 offerings, including a wide variety of courses, activities (including the Town & Gown Lecture series), one-time lectures, and special events. The semester is already underway, but students are able to submit new or additional requests for courses and activities throughout the fall. For information about becoming a member, contact us at www.wm.edu/cwa, or 757-221-1506

## Hey Neighbor!

### BRAIN INJURY SUPPORT GROUP

#### Ongoing

The Williamsburg/Newport News Brain Injury Support Group invites all area brain injury survivors and their families to join them for discussion, socialization, support, information, friendship, and encouragement. The Support Group meets twice each month on first and third Thursdays. The first Thursday meeting is held at Riverside Doctors' Hospital Williamsburg from 3 - 4:30 pm and the third Thursday meeting is held at The Denbigh House, 12725 McManus Boulevard, Suite 2E, Newport News, from 5:30 - 7:00 pm. For more information, contact Sara Lewis at slewis@cox.net or 757-784-0344 or Lisa Kavitz at lisa@kavitz.com or 757-784-0952.

## Hey Neighbor!

### MEETINGS - COLONIAL NATURE PHOTOGRAPHY CLUB

#### Ongoing, first Monday

We meet the first Monday of every month at the James City Library on Croaker Road at 6:30 pm. The club is one of the few photography clubs in the area and has been in existence

for over eight years. We have about 60 members with skill levels ranging from novice to nationally recognized. The club web site is www.cnpca.org

## Hey Neighbor!

### WILLIAMSBURG MOOSE LODGE SEEKS NEW MEMBERS

#### Ongoing

We are a charitable group of men and women that "do good" for neighborhood causes (as well as for MooseHeart and MooseHaven). Just this past year, at the local level, we have donated to Beyond Boobs, A Gift from Ben, all three local Fire Departments, Hospice House, Historic Triangle, and others. We also host many events at our lodge that donate to other causes and charities. Contact us for more information: Joe Roney, administrator (757) 565-5149 or Williamsburg Moose Lodge #757 at 757-565-9807 Moose757@cox.net

## Hey Neighbor!

### CALL FOR THEATRICAL VOLUNTEERS

#### Ongoing

Williamsburg Players Theater is looking for volunteers to help in all areas of the theater. There are so many ways to get involved! No experience necessary. Please go to Williamsburgplayers.org/volunteers/ for more details. Come have some fun!

## Hey Neighbor!

### F.R.E.E. OF WILLIAMSBURG

#### Ongoing

F.R.E.E. is a non-profit that gifts mobility related equipment to adults who are uninsured or under insured and have no other means of obtaining needed mobility equipment such as canes, walkers, bed rails, hoist lifts, wheelchairs and power scooters. Equipment gifted also includes bathroom transfer aids such as shower chairs, tub transfer benches and bedside commodes. If you or someone you know is in need of equipment or would like to make a donation, call 757-707-4741, visit our website www.free-foundation.org, or find us on Facebook.

## Hey Neighbor!

### ABUNDANT LIFE GROUPS MEETINGS

#### Ongoing

Are you a vegetarian, vegan, raw food or just curious? Join us to taste new recipes and foods, get educated and share ideas around plant based living for a healthier you! You don't have to be plant based to join the fun. 1st Sunday of each month at 7 pm. Email

AbundantLifeGroups@gmail.com for more information.

## Hey Neighbor!

### JAMES CITY COMMUNITY CHURCH

#### Ongoing

"A Door of Hope" James City Community Church is located at 4550 Old News Rd., Williamsburg. Services: 9 am (Nursery provided) and 10:30 am (Nursery and Children Classes). Visit our website at www.jccchurch.com. Come join us and make yourself at home, and feel free to participate as much or as little as you feel comfortable. No matter where you are on your spiritual journey, we're glad you're here.

## Hey Neighbor!

### VOLUNTEERS NEEDED: AREA FAITH IN ACTION

#### Ongoing

Faith In Action relies on volunteers to transport care receivers to doctor's appointments, the grocery store, bank, pharmacy, etc. Right now, the demand for transportation is increasing. Faith in Action offers a flexible schedule for its volunteers. "Our organization was built on the idea of people helping people," Smith said. "If you have a few hours to dedicate to someone who may just need an arm to lean on to get to a doctor's appointment, then we have a spot for you. "If you are interested in volunteering, call the Williamsburg Faith In Action offices at 757-258-5890.

## Hey Neighbor!

### VIRGINIA AERONAUTICAL HISTORICAL SOCIETY (VAHS)

#### Ongoing

Every third Wednesday of the month, the Williamsburg chapter of the parent VAHS headquartered at the Richmond Airport Aviation Museum meets with aviation related speakers, programs and field trips. Everyone with an interest in aviation is encouraged to attend meetings in the second floor conference room of the Williamsburg-Jamestown Airport terminal building. Come for the camaraderie and learning experience, which comes with expanding your interest in aviation - past, present and future. Point of contact: 757-258-0376

#### Visit

**WilliamsburgNeighbors.com**  
for a complete  
**Hey Neighbor listing.**



*Williamsburg's*  
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photo challenge

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HUMANITY  
RESTORE**

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

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INTERMEDIATE

**Look for the answers  
in the next issue of  
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