

October 2019

WILLIAMSBURG'S

Next Door Neighbors[®]

VOL. 13, ISSUE 10

PRICELESS

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Your Health Adria Vanhoozier



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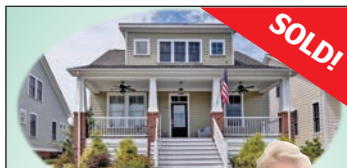


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Meredith Collins, Publisher

Who thinks about their health when everything is going just fine? Apparently, a lot of us do! And that's a good thing. There is an immense network of health care organizations, medical professionals and others who are tied to our local health care in some way. We are fortunate to meet a few of them in this issue.

With the people we've interviewed we found a lot of different stories behind what drives them and how they got to where they are. In many cases, they have turned adversity into a passion and a career. We have also interviewed people who are on the other end of the spectrum, those with persistent, sometimes lifelong, health problems that they are managing day by day. They refuse to let their health challenges stop them completely from doing what they love and living a rewarding life.

As you read this issue, you are likely to learn more about health and think about what's happening in your own life. We all need to appreciate how important good health is to the quality of our life. With any luck, you are one of our neighbors who can still count your blessings! NDN

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CORRECTION

In the August issue of *Next Door Neighbors*, we made an error in the story on Laura Hill titled *Coming to the Table*. We were incorrect on the timing of the organization's special weekend to commemorate the arrival of the first Africans in Virginia and engage those attending in conversations about racial reconciliation. As a result, we did not publish the dates of this three day event, August 16 - 18, and our story reported the event as though it had already occurred. In addition, the changes we made in some of the paragraphs about *Coming to the Table* did not give our readers a clear description of this non-profit group and their goals. We regret the lack of clarity and any inconvenience this may have caused our readers, Ms. Hill, and those involved with *Coming to the Table*.

LWC

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Providing Local Health Care

By Brandy Centolanza

Lisa W. Cumming Photography

While growing up in the small town of Christiansburg, Virginia, near Virginia Tech, Adria Vanhoozier developed a close relationship with her childhood doctor.

“I had a wonderful pediatrician who impacted my decision to go into healthcare,” Adria says. “I’ve always had a passion to go into healthcare.”

Initially, Adria, who currently serves as Hospital President for Riverside Doctors’ Hospital Williamsburg, wanted to pursue a career as a physician, but her path veered toward the business and regulatory side of the healthcare field while attending college at the University of Virginia.

“Through internships and shadowing, I learned another side of healthcare that I never really thought about before,” Adria says. “I got to see the way you can impact patient care without being on the frontline.”

After graduating from the University of Virginia in 2010, she moved to Richmond to earn her Master’s Degree in Health Administration from the Virginia Commonwealth University Medical Center (once known as Medical College of Virginia). She honed her skills within the VCU Health System as well as at Virginia Urology, where she worked for a year as an administrative intern and learned about accounts

payable, marketing, operations and other business aspects of the healthcare field.

Her journey within the Riverside Health System began during her residency at Riverside Regional Medical Center in Newport News in 2012. During her residency, Adria worked closely with William B. Downey, president and CEO of the Riverside Health System, and Dr. Patrick Parcels, then senior vice president and administrator at Riverside Regional Medical Center, and was able to take an active leading role on various projects.

“It was a phenomenal experience,” she says. “I had a lot of autonomy, responsibility and opportunity while I was a resident. I got to see a lot of the different aspects of the company and how a health system really works.”

Adria enjoyed the experience so much she stayed on with Riverside Health System, taking a position as an analytics manager in May 2013. The following year, she became the Cardiovascular & Pulmonary Service Line Administrator, focusing on strategic, marketing and business development for those specialties for the hospital.

Another opportunity for growth soon arose for Adria when she was tasked with ensuring state accreditation in anticipation of the opening of the new Riverside Doctors’ Hospital Wil-

liamsburg.

“I made sure everything was prepared for them to open their doors,” she says.

Since 2016, Adria has served as vice president and administrator for Riverside Doctors’ Hospital Williamsburg. She was recently named hospital president. These days, as hospital president, Adria provides oversight for the entire hospital as well as Riverside’s acute services in Williamsburg including the Riverside Diagnostic Center and Riverside Doctors’ Surgery Center, both located at the Riverside Kings Way medical campus, and Riverside Physical Therapy on Monticello Avenue.

For Adria, working in the healthcare sector “is really all about the people,” she says.

“I love working with my team members and the physicians and especially the patients and their families and visitors. I enjoy building those close relationships with people. I get to see people during some of their happiest moments and during some of their most difficult moments. I love working with my team and making sure that they are also cared for. That brings me joy.”

Adria also takes pride in all other accolades bestowed upon Riverside Doctors’ Hospital, which celebrated its fifth anniversary last year. In 2017, the hospital was one of six hospitals

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nationwide honored with the QUEST Award for High-value Healthcare from Premier Inc., a leading healthcare improvement company, for providing outstanding patient care. The hospital was recognized in six areas including cost and efficiency; evidence-based care; mortality; safety; patient and family engagement; and appropriate hospital use.

Additionally, Riverside Doctors' Hospital Williamsburg was recently named the top hospital in the state for patient satisfaction, according to a report released earlier this year by Virginia Health Information.

"We are very proud of the recognition," Adria says. "It is a testament to our teams and those who work at the hospital. For only being open such a short time, we've accomplished more than what other hospitals who've been open longer could hope to achieve and we are quite proud of that."

Since opening, Riverside Doctors' Hospital Williamsburg has also earned recognition for its treatment and care of senior citizens and has become a Certified Primary Stroke Center. Earlier this year, the hospital was the first in the state to earn Geriatric Emergency Department Accreditation from the American College of Emergency Physicians. The hospital has also been heralded for its gynecological services.

In 2014, Riverside Doctors' Hospital partnered with Colonial Behavioral Health to open Williamsburg's first Crisis Intervention Team Assessment Center. Last year, the hospital teamed with other businesses and organizations as part of The Greater Williamsburg HEARTSafe Alliance in order to help Williamsburg become designated as a HEARTSafe Community. HEARTSafe provides resources such as defibrillators to assist when people go into cardiac arrest when they are out in public.

"We don't see ourselves as just a healthcare provider but as a partner in this community," Adria says. "Personally and professionally, I feel that you get out of a community what you put into it."

Adria and her husband, Jake Lambert, whom she met in the first grade, are now fully ensconced in the Williamsburg community with their two-year-old son, Callum, after purchasing a home in the city in 2018.

"Williamsburg has always been a place where my husband and I wanted to live and raise a family," she says. "It's a very family-oriented community. My son loves to do anything outdoors, so we play outside a lot. We like to go to the Farmers Market. He also likes to play golf with his dad, or we will go to the waterways around town and he'll toss rocks in the water."

Adria also serves on the boards of Olde Towne Medical & Dental Center, the City of Williamsburg's Economic Development Authority and the business council for The Greater Williamsburg Chamber & Tourism Alliance.

Adria enjoys living and working in Williamsburg. It's the local aspect that Adria strives to meet for those who seek healthcare services at Riverside Doctors' Hospital Williamsburg. When Adria's father was diagnosed with cancer, he had to travel for his healthcare needs, so having Riverside meet patients' needs here in their own community holds special meaning for Adria.

"I love being able to interact and care for the people in the community where I live," she says. "We want to provide services that our community needs in order to allow them to stay local for their healthcare. We want them to stay in their own bed and be with their loved ones. That makes a huge difference. That's important to me."

Adria Vanhoozier hopes to remain at the helm at Riverside Doctors' Hospital Williamsburg as it continues to grow with the needs of the community. "Our goal is to provide safe, quality service at the highest level," she says. "Our goal is to care for others as we would care for our own loved ones." NDN



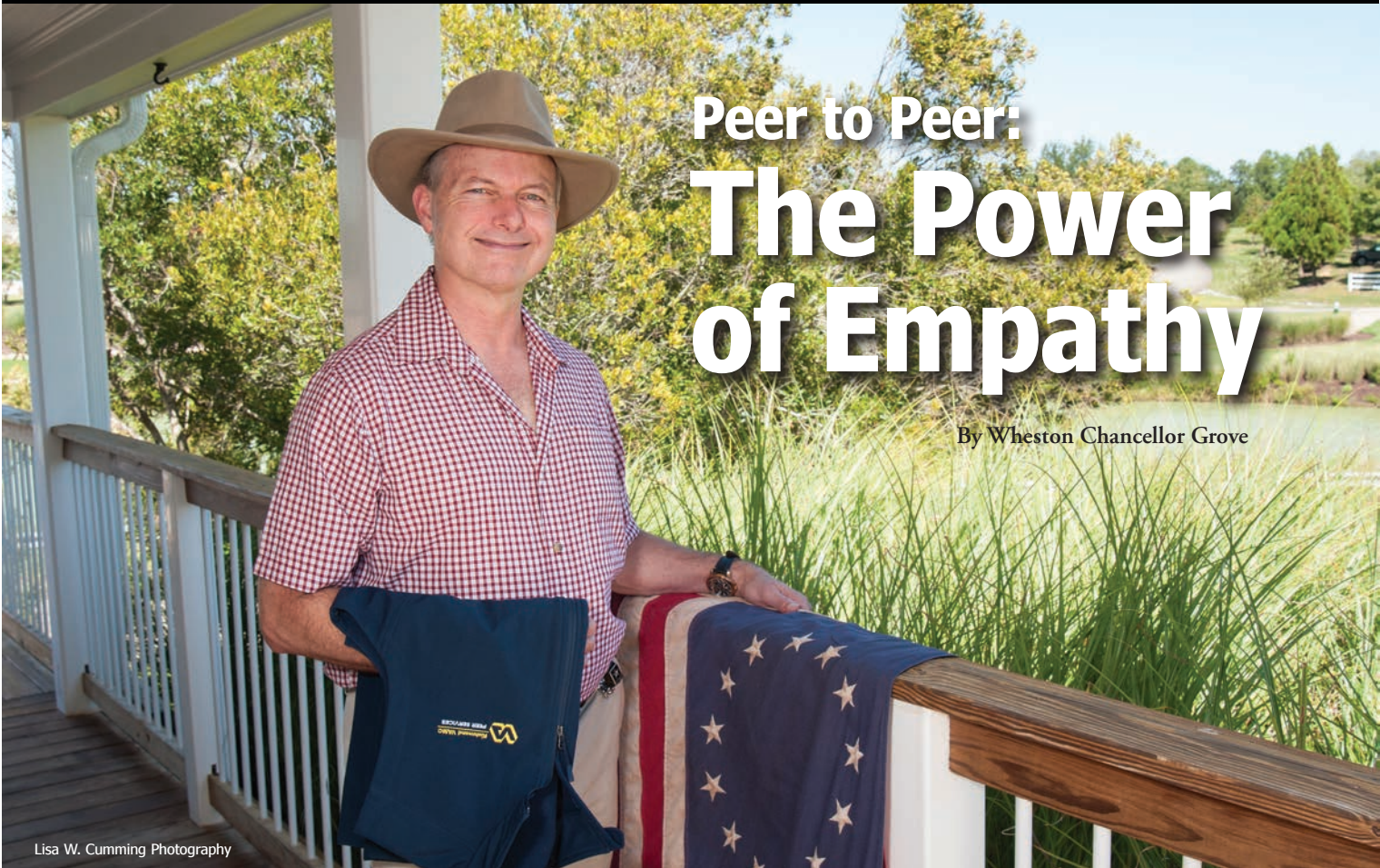
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Peer to Peer: The Power of Empathy

By Wheston Chancellor Grove

Lisa W. Cumming Photography

Army Veteran Michael “Mike” Newcomb was the first Certified Peer Recovery Specialist (CPRS) in Virginia at McGuire Veterans Affairs Medical Center. He and his wife, Sharon, have dedicated themselves to training veterans and civilians to be peer counselors and address trauma. Their non-profit, Beacon Institute: Veteran Pathways Home helps countless individuals acquire the tools to heal themselves and assist others.

Early on, Mike recognized the need for this

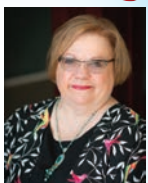
“bridging” group of specialists. He also knew his background in the military, along with his education, put him in a unique position to be able to connect psychologists, social workers and professors, professionals who traditionally hold degrees, with peer specialists.

“Peer support on a civilian level is someone with mental health challenges relating to someone else with mental challenges, but they’ve achieved a degree of wellness. They’ve learned principles and tools and applied them to their

own lives. It’s a progressive road. They can share their experiences, mental health episodes, and childhood traumas with someone who really gets it because they’ve been through it.”

Peer specialists provide a very equal relationship and empathetic connection. If you can meet someone that you relate to, that you know doesn’t judge you, then you can really open up. “The specter of implicit judgment isn’t hanging over the person’s head when talking with a peer as it tends to when seeing a tra-

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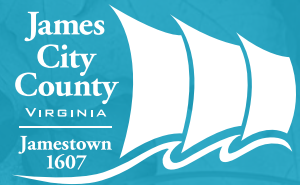
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ditional therapist, social worker, or even in turning to a family member.” With a peer, the groundwork is already in place. The connection is a live, tangible person.

What ushered Mike onto the bittersweet road of pioneering and becoming a peer specialist was his own duel with death. Mike spent his first 50 years trying to live a normal life while hiding episodes of Major Depressive Disorder. Only after several suicide attempts, years of psychotherapy and totally giving up, did he find his ray of hope in the relatively new field of the Mental Health Recovery movement and Peer Support.

Over the past twelve years, Mike has grown in his wellness and optimism while learning to convey mental health Recovery Principles to his peers, first in the civilian community and then working with fellow veterans at the Richmond McGuire VA Medical Center.

The origins of Mike’s depression can be traced to his father, Frank, who suffered with PTSD as a veteran of WWII, and his mother, Mildred, who became distant when he was all of three years old after experiencing a miscarriage of twins when Mike was just a toddler.

Branching out, making friends in high school and starting to feel good about his future, the ax of emotional trauma came down on Mike one Fall evening. Returning home from cross-country practice, Mike was faced with a despondent father cradling the family weapon, a shotgun. He methodically explained how he was going to shoot Mike’s mother, then Mike, and turn the gun on himself. As Mike recounts, his father “stopped a finger-twitch short of executing that plan before talking himself out of it. That shock, that inside-the-family threat, shook [Mike] to the core, hamstringing his progress toward emotional maturity” for decades to come.

Mike’s first job, outside of family chores, was “as a shoeshine boy at the local two-man barbershop in Grafton, Virginia, sweeping up hair and spit-shining at his stand in the back of the store. Next stop was Martin-Sale Furniture store in Tappahannock, assembling then delivering furniture to the rural areas of the Northern Neck & Middle Peninsula.”

In time, Mike went on to earn an Associates Degree in Biology. Later, he signed up with the military and used the GI Bill to complete his Bachelor’s Degree in Business Administration. In the meantime, he married and had a child. The marriage eventually fell apart.

He made a fresh start in the Puget Sound area. In, July 2006, he had a plan to end his life. He drove east to die in Virginia’s Blue Ridge Mountains which he loves so much. Had he succeeded, he would not have lived to experience a powerful change in perspective. June 2, 2012, Mike learned two things. His father was trying to reconnect with him. It was also the day that Frank died. When Mike visited his mother some months later, she gave him the key to understanding the turmoil and betrayal of his father. She simply said, “Mike, do you realize that a week before your father died of stage four liver cancer that he was still having nightmares of face-to-face combat with German soldiers?” After years of depression from his own trauma, Mike finally understood. His father’s pain hadn’t been directed at him.

After being admitted to a state hospital, Mike discovered he wanted to use his experiences to help others. “There is a huge gap between those without mental health challenges talking amongst each other and understanding those with mental health challenges who talk and work with

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peers to implement ongoing support.” The vital role of a peer specialist is two-fold. They help the peer recover while helping the professionals understand the critical position of being a peer. Military service throws in a whole other level. “Even a peace-time veteran who meets a combat veteran will look to you as someone who understands because he or she knows they don’t have to educate you on military vernacular. That’s why peer support specialists are so critical.”

In the beginning, and to this day, peers are not always utilized correctly or effectively, or even welcomed. Unfortunately, some practitioners overlook the success of peer counseling. Mike was keenly aware of the need for this type of support and recognized where the best results would manifest. He went to James Madison University and approached the dean of the psychology, nursing and occupational therapy departments. He explained who he was and discussed his approaches to counseling. Professors contacted him. Mike wisely understood that educating administrators, professors and students about peer support at

the undergraduate and graduate college level in their programs, would prepare upcoming professionals to understand the role of peers, thereby enabling the future of peer specialists to be integrated more effectively. Mike is not a layman off the street. He appreciates the value and expense of a college education, but highlights the validity and invaluable knowledge of lived experience and training. He serves as a bridge between traditional specialists and peer specialists. He articulates the importance and differences in a peer relationship.

Traditional treatment is “expert to patient” that can emphasize power differentials and feel intimidating. “Helping” is usually one way, from the top down, with little to no opportunity to reciprocate valuable advice or knowledge.

A lateral relationship, peer support, is achieved between equals with no power differential. Even though a specialist may be capable of teaching principles to a peer, he or she is open to learning lessons from a peer. The peer feels more valued in the relationship because they are able to offer something of value to their supporter.

There may also exist the idea within the peer’s mind that the professional doesn’t really care, that he or she is just doing their job in a structured prescribed manner. “That is why all my [Veteran Affairs] emails used to finish with the saying: ‘People don’t care how much you know until they know how much you care.’”

In Mike’s groups, and other peer support sessions, people have opened up about spiritual experiences in a war zone without feeling they are being diagnosed with, for example, hyper-religiosity as a symptom of an illness, which some professionals mistakenly assess. The camaraderie is real and exceedingly effective.

Understanding another person is at the heart of Mike’s work. He has a personal stake in the matter. Michael Newcomb is pragmatic and resolute when he says,

“I understand the healing power of peer support because it is based on a genuine concern for others like yourself. I’ve practiced it in the trenches for more than 10 years now and want to bring insightful knowledge to specialists, professionals, and college students in the field of human services.” NDN

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HEALTH FOR ALL AGES

By Caroline Johnson

Williamsburg Landing
2019 Health
Promoter Award

Lisa W. Cumming Photography

For Greg Storer, working in the world of health is in his blood. In fact, his parents built the first licensed nursing home in north-west Ohio. "It's in my DNA," Greg says. "I've been exposed to the field of health since I was twelve." As part of a family where everyone did something related to senior care, it's no surprise that Greg currently serves as the President and CEO of Williamsburg Landing.

Many Williamsburg residents, even those

who have lived here for years, are surprised to find out what's "behind that stone wall" leading into Williamsburg Landing. Backing up to College Creek and near the airport is a blooming community. With various communities and amenities within its property, it's a Life Plan community unlike any other. Greg had previously served on the Leadership teams of Eliza Jennings Senior Care Network and Heather Hill Hospital, amongst others. For

Greg, his time here at Williamsburg Landing also marks his time here in Williamsburg. For the past three years, he's been thankful to call this city home.

Originally from Ohio, Greg was considered as part of a national search by a firm in Ohio when the position at Williamsburg Landing opened up. Prior to this opportunity, he had never been to Virginia before. "When I came for the first interview," Greg says, "there was

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just something about the place as soon as I drove through the gates.” As Greg went home from his interview, he remembers telling his wife that even if he didn’t get offered the job, it was a place worth seeing.

Williamsburg Landing operates as a Life Plan community because of its unique approach to senior living. Home to residents 62 and older, the community offers all levels of care. Providing places to live, meals in the dining room, access to the clinic, activities and ongoing health and wellness care, Williamsburg Landing offers care for every level desired. Residents can continue their busy lives outside of the community while still being close to all of their health needs and ideal care. Originally founded in 1985, Williamsburg Landing is a nonprofit started by leaders at William & Mary and Colonial Williamsburg.

While people are often surprised that Williamsburg Landing is a nonprofit, Greg and other leadership have educated students in W&M’s Lifelong Learning program on how to prepare for their retirement and aging options. Previously, residents had to come to Williamsburg Landing through independent living. Now, people in the community can move into whatever level they need. With the help of a Care Navigator, a licensed social worker, residents both current and potential can easily navigate the services offered. As a Life Plan community, leadership at Williamsburg Landing is continuously thinking about what that means for their residents. From excellence in health care to community engagement, it’s no surprise that this 137-acre community is an appealing choice for residents.

“For us, we believe that our residents should live and thrive where and how they want to,” Greg says. “Our responsibility is to provide services that allow them to do that.”

When Greg came into his current role in 2016, there were impressive leadership and community involvement standards set as a foundation before him. He took on his role with excitement and the same zest that he sees in the residents that call Williamsburg Landing home. “When you combine our Board of Directors, amazing residents and talented team members that provide service to our residents every single day, you get a progressive community,” Greg shares. One unique aspect of Williamsburg Landing is that two residents are voting members on the board. “We listen to residents,” Greg says. “When we’re engaged

and they’re engaged, there are multiple vehicles to take things to the next level.” Williamsburg Landing isn’t just a great place to live, but a great place to work.

This year, Williamsburg Landing was chosen for the prestigious Health Promoter Award by the Greater Williamsburg Chamber and Tourism Alliance’s health committee. The award recognizes individuals, organizations or businesses that promote healthy lifestyles and well-being in the community. Because of the Healthy Balance program that Williamsburg Landing provides, they are being recognized for their dedication to encouraging wellness amongst their staff. The program includes monetary incentives for health upkeep such as getting check-ups, keeping blood pressure at a healthy level, and bringing down BMI. Other incentives include compensation for regular exercise, made more easily accessible through recent employee Health Club 24/7 access. While the Health Club had typically been open for residents between the hours of 6:00 am and 6:00 pm, employees can now access it via a pass valid 24/7. This new development makes working out before or after work possible and allows employees to utilize the state-of-the-art facility.

Though this program has been in motion for the past ten years, it caught the eye of the Chamber in its more recent developments as a workplace program taking employee wellness to new levels. “Our staff is the most important asset we have,” Greg says. “We have a responsibility to provide opportunities to stay fit, well and engaged.” This wellness program encompasses multiple aspects of health and wellness and is constantly expanding and evolving. With the monetary incentives for staff, the opening up of the health club for 24/7 use and more, Williamsburg Landing is making strides as an organization committed to staff wellness.

“This Health Award promotes us as an employer of choice. It shows that employees have access to good benefits and a health program that takes care of them.” In fact, with their relationship with Sentara healthcare, employees also have access to the community’s medical services. “It’s rare to find a full-service medical clinic in a Life Plan community available to staff and residents,” Greg says.

It’s no surprise that the Williamsburg Landing Health Club, along with many other wellness opportunities, is an appealing factor to potential residents as well. The Health Club & Spa features a cardio room, fitness classes,

personal trainers, a lap pool and other beautiful amenities. “When we open at 6:00 a.m., there’s a line at the door,” Greg says. Residents enjoy taking full advantage of this club as it contains programs and equipment specifically geared towards those 60 and older. In addition to the club, Williamsburg Landing also offers a Health Center that operates as a full-service location for rehabilitation and other healthcare needs.


As the community offers care at all levels from in-home care to assisted living and memory care, Williamsburg Landing sees resident improvements in many aspects of their health. Another addition to the community is the Adult Day program, the only licensed medical adult day program on the Peninsula.

“This allows an opportunity for us to make connections to the community and give caregivers a break,” Greg says. “It’s one way to better health conditions in our community.” This program was another reason for the Health Promoter award, as the Greater Williamsburg Chamber and Tourism Alliance recognized it is an impressive offering for our community.

Commitment to the community is a pillar of who Williamsburg Landing is, as they partner with local organizations such as The Arc of Greater Williamsburg and the Williamsburg Symphony. With a leadership team on multiple leadership boards in the area, it’s evident how important community connection is to all they do. “Over the years, we’re breaking down the idea of just being that place behind the wall,” Greg says.

Personally, Greg Storer has been happy to call the Williamsburg area his home as he serves in this position. Coming from Ohio winters, he appreciates the milder weather and the fact that this area is centrally located with access to the water and the mountains.

“You can do pretty much anything within a 15-minute radius of Williamsburg,” Greg says. “I think that’s pretty unique.” In his spare time, he enjoys playing golf, going to local restaurants, attending concerts and taking advantage of the numerous opportunities here. Overall, Greg enjoys the friendliness and welcoming nature of the community that he’s gotten to be a part of during his time here.

“Williamsburg has been a well-rounded community,” Greg says. “I love the way organizations collaborate to work together, even in senior services, because we’re all here for the same reasons.” 

A Penny of Prevention is Worth a Pound of Cure

By Harmony Hunter



Lisa W. Cumming Photography

Susan Gordon doesn't go a day without thinking about her allergies. With airborne irritants, food sensitivities and the occasional wild card of an unexpected new flare-up, everyday life can present a series of challenges. Luckily, with proactive strategies and backup plans, she's found a way to run this gauntlet with grace.

More than 50 million Americans experience allergies each year, according to the American College of Allergy, Asthma and Immunology. Susan joined their ranks early on. As a young

woman, she suffered with seasonal hay fever familiar to many with its attendant sneezing, runny nose and watery eyes. Her first severe reaction came soon after. "When I was a teenager, I was very allergic to seafood. I found that out by going on a date and ordering surf and turf."

Outside of her body's rejection of seafood which caused her to break out in hives, Susan's allergies weren't particularly pronounced until later in her life. It turns out that her experience is typical. Allergies will ebb and flow over the

course of a person's life, with some becoming greater triggers and others receding into the background from year to year.

These allergies remained more or less manageable until life brought Susan, her husband and their two daughters to Virginia in the '70s. Susan says, "One of the things I would have in common with so many people is that I was transferred to the Tidewater area as a military spouse in 1975. My husband and I had been stationed in California. While I was a person

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who had seasonal allergies, when I came here, it hit me like a ton of bricks. I actually had migraines as an allergic reaction. I was ill five out of seven days a week.”

Something about Virginia had flipped a switch and turned Susan’s mild, seasonal allergies into a major health issue. Speculating about the reason for the change, she says, “I think it’s because there are so many allergens here. The mold is terrible. Virginia is particularly bad for mold. I was allergic to the change in the grass and trees, but the mold was absolutely terrible.”

Susan’s immune system went into overdrive, and her body saw once-benign substances as major threats. Her asthma flared, and new reactions manifested, such as a grass allergy. “I mowed the lawn once and ended up in the emergency room. We were young and poor and my husband was out to sea and somebody had to cut the grass,” Susan says. At the hospital, she was cautioned never to cut the grass again. Her body was in rebellion, and she wasn’t sure why.

She would be ill for a year after her 1975 move, and she saw a series of doctors in an effort to unravel the mystery of her constant migraines and severe reactions to airborne irritants. It was an Ear, Nose and Throat doctor who suspected that allergies were at the root of Susan’s problems. His referral to an allergist led her to the answers she was looking for; though finding them wouldn’t be a comfortable process.

Recalling her first set of allergy tests, Susan says, “In the old days, the testing was like torture. They did the major sensitivities usually on your back, then they’d go down the arms and increase the intensity of what you were being exposed to. They’d wash your whole back with alcohol, then they’d put the pricks in, and then they’d wash your back with alcohol again before putting on the substance they were testing for.”

Fortunately, allergy testing has

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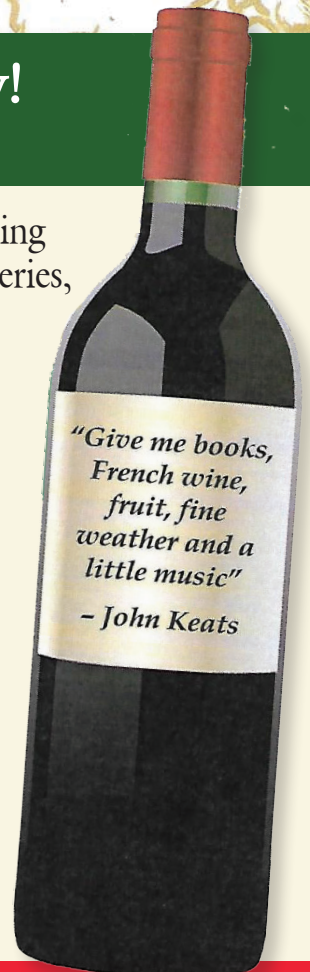
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evolved in the decades since to become a much more tolerable process.

This battery of tests gave Susan the reason for her illness, but it also brought a new burden. She would now have to take her allergies into consideration at every turn: mold, smoke and pollen in the air, fragrances and chemicals in cleaning products, and all of the fine print on food labels. Wheat binders in common, over-the-counter medications meant that she had to seek pharmacies who would compound her medicines without the added allergens. Mitigating allergic reactions would become a life-style for Susan.

Happily, Susan landed on an approach that makes structuring a busy professional life around allergies less of a chore than most would expect. "Part of the reason I don't have a huge cross to bear is that I'm very proactive about it," she says. Keeping her body as resilient and healthy as possible helps her immune system resist the assaults of irritants and triggers. A person who's under stress, poorly nourished or overtired is more susceptible to severe reactions than one who's in tip-top shape.

Diet, exercise, rest and balance are central to Susan's approach, and preventive medical care has a part to play as well. She receives regular

allergy shots to combat known sensitivities, and she's never without a rescue inhaler, antihistamines and her epinephrine injection kit in case of surprises or emergencies.

Regular allergy testing is important too, since individual sensitivities can change over time and new triggers can pop up without warning. Susan says, "People are susceptible when they come into new environments if they have any type of allergic predisposition. They come into contact with new things and their system says, 'Whoa.'"

To illustrate this point, Susan tells a story about a recent experience. "You never know when you're going to come into contact with something you didn't know you were allergic to. About a year and a half ago, I got stung by a venomous insect. I think it was a spider. It hurt like the devil and there was a black spot where the venom was. It didn't go away for around three months."

The bug bite was an annoyance, but she wouldn't know the damage it had done until much later. One evening, just after returning home from a trip, she and her husband decided they both wanted a nice steak dinner as they settled back in. After a week of indulging in rich food, the simple meal sounded perfect. But

to Susan's dismay, this steak would prove to be her last.

"I ate the steak, and hives just blew up. The reaction was all through my face and it was in my throat and it spread everywhere. It took two rounds of cortisone treatments to get it down."

Susan was suffering from alpha-gal syndrome, an affliction most commonly associated with Lone Star tick bites. This insect-transmitted allergy to red meat was the legacy of that sting that had bothered her months before. Susan bears her allergies fairly cheerfully, but this new reaction meant that red meat was now off the menu. "I could give up steak," she says, "but I would kill to have a piece of bacon."

While a new reaction like this one might catch an allergy sufferer by surprise, technology offers an array of tools that can help people with sensitivities manage their triggers. Smartphone apps offer pollen count tools, exposure tracking, and allergy-friendly recipe plans. First aid apps can help you or someone near you recognize and react to a person in crisis.


Living with allergies can feel like just one more thing to worry about in an already-packed schedule, but for Susan Gordon, it's all a matter of being prepared and proactive. Her advice? "Listen to what your body is telling you." NDN

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Linking the Chain of Survival

By Harmony Hunter

If you have hands, you can save someone's life during a cardiac arrest. This is the message that Connor Weisman, Executive Director of the Greater Williamsburg HeartSafe Alliance, shares with every group he trains. This community health initiative provides training in Cardiopulmonary Resuscitation, or CPR, as well as education in recognizing the signs of

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cardiac arrest and making training and access to Automated External Defibrillators, or AEDs, more widely available.

A resident of Williamsburg since 2012, Connor has deep roots in the community. He was part of the Williamsburg Youth Orchestra and played with his church's worship band through high school. He participated in Sea Scouts which gave him a love of sailing and local waterways. His parents still live in the area, and he takes frequent opportunities to visit them with his chocolate lab, Sienna. His favorite time in town is fall, when he can take in the scenery during leisurely evening walks in Colonial Williamsburg's historic area.

Connor's interests had a trend toward medicine even before he joined Williamsburg's HeartSafe Alliance. His long-abiding fascination with the human body and the way it works and breaks led him to a pre-med track in college. As an undergrad at Liberty University in Lynchburg, Virginia, he discovered a particular fascination with the heart while he worked as a medical scribe in a large cardiology practice. The group's specialization helped Connor narrow his own interest and sealed his career track. He hopes to apply to medical school in 2020 for the 2021 academic year.

With a degree in Public Health on a pre-med track, he was well suited to implement a life-saving education initiative when the job opportunity arose at HeartSafe in 2018. "Our goal is really to just improve survival of sudden cardiac arrest and save more lives," he says.

Connor knows that the odds of surviving a cardiac arrest are pretty poor, but they don't have to be. He says, "Only about ten percent of people who go into cardiac arrest outside of a hospital will survive. We have about 170 or so cardiac arrests a year in Williamsburg, so about 17 of them would survive, currently."

The secret to improved outcomes comes down to one factor: time. In the interval between recognizing cardiac arrest, notifying Emergency Medical Services, and waiting for help, precious minutes of oxygenated blood circulation can be lost. "Our nation's statistics show that 300,000 go into cardiac arrest a year. But 85 to 90 percent of them die before ever reaching the hospital. There are a few reasons, but the biggest reason is that CPR is not started in the first few minutes of arrest," Connor says.

One of the main barriers to initiating timely CPR is educating people in recognizing the signs that it's needed. "When someone collapses, it can look like a few different things. It can look like they passed out, it can look like they're having a seizure, or it can look like just falling down," Connor says. "One thing to remember, with sudden cardiac arrest, the symptoms are always loss of consciousness and collapse." Connor stresses that if you have any suspicion that a person near you is undergoing cardiac arrest, tell the 911 dispatcher on the phone so that medical personnel can be prepared when they reach the patient.

Since most cardiac arrest happen in the home, a family member or neighbor is often in the best position to begin CPR until an ambulance arrives. "The intervention that we as bystanders and non-medical professionals can do is hands-only CPR. When it's started in the first few minutes of a cardiac arrest, it can improve survival chances up to 50 percent. So we go from a 10 percent to 50 percent chance, which is significant."

The American Heart Association defines the ideal response sequence to cardiac arrest as the "Chain of Survival." This five-step process ranks recognition of cardiac arrest and calling 911, early CPR, rapid defibrillation, EMS services, and post-cardiac care as the key factors in positive survival outcomes. Connor says, "Community members play the biggest part in the first three steps. Patients can't be transported and they can't get to the hospital if they don't survive those first three steps. So we play

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the part in that we recognize it, we start CPR and we use the defibrillator.”

A fast reaction is key because the opportunity to intervene is brief. “We have enough oxygen in our blood for six to eight minutes of CPR. The number varies based on what research you look at, but it’s about six to eight minutes. So we start compressions right when the cardiac arrest occurs. We keep the blood flowing, we keep the brain alive and the main organs alive, which is the most important part of the body at that point. Doing that can allow people to survive the cardiac arrest with good brain function after recovery,” Connor says.

Williamsburg sees a higher incidence of cardiac arrest than some other communities, due to the increased vulnerability of a population that trends to more elderly citizens. The fifty to eighty age group is at the highest risk, making training in the region all the more essential.

The good news is that anyone in Williamsburg can learn this skill for free. Through a collaboration between Riverside Doctors Hospital and Sentara Williamsburg, the Greater Williamsburg HeartSafe Alliance is able to offer a full calendar of one-hour training sessions around the community for individuals, businesses, and groups who are interested.

While the training does not provide professional certification in CPR, it can equip bystanders with the knowledge needed to respond in an emergency. “We become the heartbeat until EMS gets there. Anyone can learn. A twelve-year-old saved his Dad’s life. If a kid can do it, you can do it,” Connor says.

To further this message, the Greater Williamsburg HeartSafe Alliance is staging a free community HeartSafe Health Fair October 12, 2019 from 12p.m. to 5p.m. on the lawn of the DeWitt Wallace Museum in Colonial Williamsburg’s Historic Area. This family-friendly public event will offer CPR training, health screenings, and fundraising opportunities for the program.

“We’re trying to make a fun event around kind of a scary issue. You can come learn CPR in 10 or 15 minutes, it doesn’t take long. You can play with an AED and get familiar with that. We’re also going to have health screenings. We’re going to be doing blood pressure checks and all that. We will have live exercise demos, heart healthy food and education. The fire departments will be having their open houses and then they’ll join us at the fair in the afternoon,” Connor says.

The keystone of the HeartSafe Health Fair is the launch of the PulsePoint app, a life-saving piece of mobile technology that alerts users to cardiac arrest emergencies near them. Using this app could enable a trained bystander to begin CPR in the time before Emergency Services reaches the victim.

“The PulsePoint app enables citizen first responders. It would tell me where the patient is and where the closest AED is. I can grab the AED and I can run and start CPR. All you need is our free, hands-only CPR class,” Connor says. “The majority of cardiac arrests occur in the home. They occur in your neighborhood. So with PulsePoint, if your neighbor goes into cardiac arrest, you can run over there and knock on the door and begin CPR.”

Connor Weisman is single-minded in his goal. “We just want to save lives,” he says. Equipping as many citizens as possible with life-saving CPR skills is a simple mission with a tremendous impact for the Williamsburg community. NDN

Information about upcoming open training sessions and the October 12 community HeartSafe Health Fair is available on the group’s website at www.heartsafewmbg.com. They also can be reached by phone at (757) 253-0196.



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Lisa W. Cumming Photography

Threads of Courage

By Susan Williamson

Lisa Melione was blessed with good health for most of her life. She seldom caught a cold. In October 2005, she felt as though she were coming down with one. Her congestion and coughing worsened and nothing seemed to help it. Then, right before Christmas, it went away.

She was relieved that whatever she had was gone. But in early January it was back with a vengeance. Her primary care doctor, Dr. Thom-

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as Hoag, sent her to pulmonologists, allergists and a VCU lung specialist. After many tests and scans, the specialist observed a “ground glass effect” in her lungs but did not know the cause. She had surgery to remove part of her lung, but her illness continued to progress.

Dr. Hoag told her he didn't know what was wrong but clearly she was still sick and the various specialists hadn't been able to diagnose her illness either. He made her appointments with department heads at Johns Hopkins. During all of this time, her husband, Emilio, was working as an engineer on oil rigs and ships for Standard Oil and was gone overseas for six weeks at a time, then home for six weeks. Because he had recently been in Angola and other exotic locales, an infectious disease specialist was consulted. No one could find the answers. She was prescribed heavy doses of steroids but they didn't really help.

Johns Hopkins sent her to the National Institute of Health where they withdrew 24 vials of blood and eventually diagnosed an autoimmune disease, narrowing it down to three possible conditions. By then, her coughing was so severe she was coughing up blood and breaking ribs.

She came home. Her husband had to fly to Sicily to meet a ship. He worried when he couldn't get her on their landline. He finally caught up with her on her cell while she was on a train to Baltimore to go back to Johns Hopkins because she wasn't doing well.

Emilio tears up when he relays the conversation where he told her doctor, “Doing nothing is no longer an option.”

Her doctor agreed and referred her to a colleague at VCU, Dr. Lawrence Schwartz, an autoimmune specialist. Schwartz diagnosed her condition within a week as hyper eosinophilic syndrome in which the body makes huge numbers of eosinophils, a normal white blood cell involved in fighting infection. While the normal level of eosinophils ranges from zero to five percent, her levels were off the charts at 15,000 per microliter. Depending on where the eosinophils settle, they can damage various organ systems.

Dr. Schwartz was in the process of conducting a study with an experimental drug to treat this disease. The drug had been developed as a treatment for asthma. Lisa began a treatment regimen of a half-hour infusion of the drug every six weeks. Her eosinophil levels dropped. The drug was working. She has been receiving

the infusions for over eleven years, eventually dropping the frequency to every ten weeks.

“Everywhere I went, throughout Williamsburg and at VCU, the nurses were amazing. The level of care by our health professionals was wonderful,” Lisa says. The drug can now be delivered in a series of three shots, given every six weeks which is much easier than the infusions.

Less than 150 people in North America have been diagnosed with the disease, so doctors are still learning about its consequences. In Lisa's case, it affected her lungs and later her reproductive system. The condition is a result of a mutation in the immune system's T cells, but no one knows what causes the mutation. Lisa suffers from fibromyalgia as a side effect of the disease. Years of heavy steroid use has given her osteoporosis and because of the medication she has become a brittle diabetic.

Tremors in her hands have interfered with her hobby of making dolls and doll clothes, a hobby she started when she was recovering from back surgery several years ago. Once she became ill and could no longer work, she became more interested in her hobby. Botox injections have quieted the tremors and now she is again able to sew her dolls and their outfits. Historical dolls grace her colonial décor. Betsy Ross is sewing the authentic flag, with a basket of miniature sewing scissors, thread and fabric nearby. Jenny Lind wears a dress appropriate for a performer of her era. Her upstairs workshop is filled with a dollhouse Emilio built for her and her huge collection of dolls. “I've always loved dolls,” Lisa says, “I still have my first doll, and I love miniatures.” She is in the process of putting flooring in her dollhouse rooms. She proudly shows off two staircases hand crafted by her husband. “He is so patient.”

Another side effect is blood clots. Emilio was in Poland working when Lisa noticed she was more short of breath than usual and had a pain in her leg. She wasn't too concerned, but her doctors told her she had to come to VCU immediately. Her good friend and frequent chauffeur, Pat, took her to Richmond. Lisa says, “A nurse I knew was doing my EKG when she got a strange look on her face and went running out.” Dr. Schwartz personally escorted Lisa to the ER telling her a blood clot in her leg had broken apart and she had multiple pulmonary embolisms. Lisa worked as a funeral director at one time in her life and she knew the danger. “I felt like a ticking time bomb.”

“I couldn't use my cell phone in the ER so

Dr. Schwartz personally called my parents here in Williamsburg to tell them what was going on.” She was also unable to reach Emilio in Poland, but after she was stabilized on blood thinners, he was able to contact her and flew to Germany that night and home the next day. “Because the disease is so rare and the treatment so limited, everything that they do to Lisa is a learning experience for them as well as for us,” Emilio says. With trial and error they have found the narrow range of blood thinner that prevents both clots and bleeds. A glucose meter and insulin pump have made her diabetes easier to monitor. “I was skeptical,” Lisa says, “but it's wonderful.” She keeps glucose tablets everywhere and the monitor alerts her if she needs to take one. “Sometimes my body produces insulin and sometimes it doesn't. The monitor keeps track.”


“Lisa is an amazing person,” Emilio says, “dealing with all this.”

“We support each other,” Lisa says.

Emilio was born in Philadelphia and grew up in New Jersey. He came to Williamsburg in 1992. Lisa grew up in upstate New York in the town of Horse Heads which was her family's ancestral home. She was working in New York as a funeral director when mutual friends introduced them. They married, and she moved to his condo in Williamsburg in 1997. The couples love of furniture and antiques soon necessitated a larger home, and they moved to the Rolling Woods neighborhood in 2003. Lisa worked for a chiropractor and later an endodontist.

Lisa has to take immediate action at any sign of illness or new symptom, but the couple is able to go on vacations and live a fairly normal life. Emilio retired in 2012, in time to help her through two hip transplants and then a hypoglycemic seizure which resulted in a lumbar fracture. Lisa says, “I don't think it was what he was planning on.” She stays busy with her sewing. They no longer have a dog, but their cat, Chloe, is obviously an important member of the family, and an antique cobbler's bench in a sunny window is Chloe's favorite perch.

The caring and concern of the local medical community have been so important to her. That kind of compassion makes a world of difference. “In all the places I've gone for scans and tests and treatments, everyone has been so warm and wonderful.”

Through her illness and the days that are difficult, Lisa Melione sews, creating beautiful and historically accurate clothing for dolls.  NEXT DOOR NEIGHBORS OCTOBER 2019 23

ANNA STANKIEWICZ, MD



Treating Patients Like Family

By Erin Fryer

Lisa W. Cumming Photography

Hippocrates once said, “It’s far more important to know what person has the disease has than what disease the person has.” This quote exemplifies the type of care that Dr. Anna Stankiewicz provides her patients.

In May 2019, Anna opened the doors of Williamsburg Urgent Care. After years of working in other urgent care and family practice settings, she is thrilled to run her own practice and be there for the community that

she loves so much.

Although starting a medical practice can be one of the most challenging endeavors, Anna has found it to be one of the most rewarding. “The ability to make my own decisions and provide treatment and care that I find to be best is directly influencing the quality of care I am giving to people,” she says.

Anna moved down to Williamsburg six years ago from New Jersey with her three young

boys and her husband, Stan. “Moving down here was a choice when our youngest son was just born. It felt like an all-or-nothing decision to move here because we didn’t know a whole lot about the town. We had only visited.”

Anna moved here from a very old-fashioned Polish community in New Jersey where she lived next door to her mother and lived down the street from her now-husband. Moving to Williamsburg was a huge leap for her, but she



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made a promise to her family to visit once a month, and it is a promise she has stuck to for more than six years. "It's important for my children to know their Polish heritage," she says. "They are living here and opening their doors to the world but it's important that they go back and remember where they came from."

When her youngest child was six weeks old, Anna and her family came to Williamsburg for a wedding. During that trip they came to the realization they wanted to raise their children here. "We were driving through some of the communities, and there were kids out on their bikes waving to us, and we couldn't believe it because we were strangers. It's so unlike what you find in New Jersey."

One of the guests at the wedding happened to be a doctor who let Anna know about a job opening at Sentara Urgent Care and asked if she wanted to come down. "It totally felt like a sign," she says. "It was a dream come true to come down and work for that urgent care."

A few of the wedding guests Anna met on that fateful trip to Williamsburg were the original doctors of Urgent Care of Williamsburg 25 years ago. "I had the blessing of working with them at Sentara, and as they retired, I realized

what a connection they had with the patients. I feel the same connection with my patients and always want to make sure they feel like they are being treated like family."

Before moving to Williamsburg, Anna ran a family practice for almost 10 years in New Jersey. "I love running a family practice and urgent care because I know my patients and know their families and watch the evolution of their family through the years."

Anna and her family used to live right outside of New York City, so she is used to the hustle and bustle of the big city. When she moved to Williamsburg, Anna immediately fell in love with the slower pace here and the fact that people actually made eye contact with her. She says her cheeks hurt for the first few months of living in Williamsburg because she was smiling so much.

"Williamsburg is part of our family," Anna says. "Our patients are not a number. They are people who I know from the baseball games and the soccer games. If a patient's doctor can't see them, I want them to know we are here, and we are going to communicate with their doctor and give the best patient care. Ever since I became a doctor, that's been important

to me."

Anna's three boys are also flourishing in Williamsburg. "They love it here and are social butterflies," she says. "We didn't know that places like this even existed anymore. The town is so small and family oriented. It's a great place to start a business, raise a family and grow old."

Growing up, Anna was always very math oriented and even got a Master's degree in engineering. Throughout her education, she did a lot of volunteer work and community outreach programs. When she decided to go to medical school for orthopedic biomechanics in order to become an orthopedist, she found that she didn't want to do research but she wanted to input the prosthesis. "I didn't want to just say hello and goodbye. I want that relationship with people, so that is why I chose family care."

Being a mother of three, a doctor, and running her own urgent care is a challenge that Anna said she would not have been able to juggle without one important factor, her husband. "My husband is my biggest supporter and is the backbone of everything I do. He takes care of the kids while I work and when my work is done, he keeps going. He works the front desk, and he is the IT guy. He is the foundation of



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the urgent care. I just get to do what I love, I get to be the doctor.”

Anna’s husband isn’t the only helper she has around Williamsburg Urgent Care. The business is really a family affair, with her children always supporting her and helping her clean and shred paperwork.

Family time is very important to Anna, which is why she won’t be jumping into expanding the urgent care to 14 hours a day, 365 days a year. On Saturdays and Sundays, she closes at 2pm. “If you need us on the weekends we are here, but we need time for our family too,” she says. “We work in the morning and then we have family time. It makes for a really well-rounded life.”

While her family and career keep her busy, Anna also finds time for the things she loves, like cooking and orchid horticulture. “Cooking calms me down. I am able to focus on something else and use the other side of my brain, the creative part. Every Wednesday, I like to cook a dish from a different part of the world. I try to make food that allows the kids to explore. At dinner, we look at those places on a map. It keeps food interesting and keeps my brain thinking and exploring food op-

tions.”

Anna says what drew her most to Williamsburg was that it’s a close-knit community. “We love it here and are thriving here and are invested in keeping our fellow neighbors healthy,” she says.

Anna is already well-known in the community for providing quality care to her patients, so even though her business is still young, she has many patients coming to her after hearing about her practice through word of mouth. “The word is definitely getting out,” she says. “We don’t have the funds to be advertising all over town, but we have been getting so many wonderful reviews and they often make me tear up just reading them. They are so comforting because I am working so hard and trying to do what is right and give the best quality of care that I can. The reviews make it worthwhile and make me want to work even harder.”

If there’s one thing that Anna Stankiewicz wants the Williamsburg community to know, it’s that it is a privilege to care for this community. “Being a physician is an honor and it’s very rewarding,” she says. “It is the best feeling in the world to love what you do and be truly fulfilled.” NDN

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JANET MAYBERRY

HEALING WITH HORSES

By Narielle Living

Lisa W. Cumming Photography

At the end of a long, winding road in the midst of stands of trees is an oasis of sorts, a place of refuge. The gentle sound of horses whinnying is a backdrop to barns and paddocks, offices and acres of freshly mown lawn. A blanket of tranquility lays over this place and the air carries the hint of promise at Dreamcatchers. This is a therapeutic horse riding cen-

ter that works with people who have physical, emotional and developmental needs.

“From the moment you drive on the property, a sense of peace comes over you,” says Janet Mayberry, executive director of the facility. “It happened to me the first time I came out here. I drove onto the property and thought ‘I can’t imagine leaving.’ It’s almost a homecom-

ing. It has that feeling and everyone here sort of exudes that feeling of welcome and kindness and acceptance.”

Janet came to Dreamcatchers because she and her husband decided to spend their winters here. “My husband and I were living in Vermont, and we’d been living there a very long time,” she says. When he retired and sold his

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dental practice, they decided to get out of the cold. "I'm a Virginia native, and he had family here in Virginia, so we started spending winters down here." Having been involved with horses since she was a young girl, Janet was looking for a volunteer opportunity to continue her work with the animals.

"I'm still very involved with horses up in Vermont." Although they continued to travel back and forth between Vermont and Virginia, she knew she needed something here. "My sister actually said why don't you look for a therapeutic riding school. So, I did, and the first time I drove onto this property I was stunned and amazed. I was completely taken in by the whole concept of therapeutic riding."

After finding Dreamcatchers, she went through the volunteer training and began working as a volunteer in the barn. "I was a side walker and horse leader, and eventually I joined the board of directors." Janet remained on the board of directors for six years, three of them as president. "The whole concept meshed with everything I love to do: horses, people and physical fitness and training." Janet's background as a personal fitness trainer as well as a counseling psychologist made this a perfect

fit for her. "When I landed here, I thought all of this puts together everything I love, and it's been the most amazing match for me. I can't get enough."

Eventually, Dreamcatchers was in need of a new executive director. At that point, they asked Janet to fill in as an interim. She accepted, and the position eventually became permanent. "I've been executive director for almost two years. It will be two years in December."

The Dreamcatchers property is a total of 22 acres, surrounded by a white fence and pine trees. A couple of homes dot the periphery. "This happened through the kindness and generosity of the Cori Sikich Foundation," Janet says, referring to the property. According to her, Dreamcatchers originally began 26 years ago at the Cumberland Children's Hospital in New Kent. "It was the brainstorm of some of the nurses out there. When they closed that hospital, Dreamcatchers was homeless for a few years and needed to be in someone's backyard."

The Sikich family, who had lived locally at one time, were looking for a way to memorialize their daughter, Cori, who had been a proficient horse rider. Unfortunately, Cori developed an eating disorder in college and passed

away at the age of 25. "They formed a foundation, bought this 22-acre piece of land and allowed Dreamcatchers to make their home here," Janet says. "It's really a blessing, and the Sikich family is still involved." Although they no longer live in the area, both Mr. and Mrs. Sikich serve on the board and advisory board and remain connected to the facility.

"We have two paddocks up front and the remainder of our paddocks are behind the barn," Janet says, gesturing to the horse enclosures. In addition, there is an indoor arena which allows them to provide services year-round despite outside conditions. As she speaks, one of the volunteers approaches, wagging his tail. "This is Marley," she says, smiling at the shaggy goldendoodle in front of her. Marley works with Bentley Streat, who is the volunteer coordinator. "He's a therapy dog," Bentley says. "He's actually part of the staff and has his own business cards." The two amble away, with Marley ready to help the next person in another building.

Janet describes the lessons as being tailored to suit the individual needs of the rider. "Generally, our lessons are two to four participants at any given time. We do some individual lessons



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but it depends entirely on the participant and their needs. We are in here a lot in the summer because we're out of the sun," she says, referring to the enclosed ring. "Even though it may be hot, we've got the big fans."

For the most part, riders begin lessons with a volunteer walking on each side and one in front of the horse. This not only protects the new rider but also ensures their safety, especially if they have difficulty remaining upright in the saddle. According to Janet, sometimes people don't fully understand the complexity of therapeutic riding. "They don't understand the relationship that can develop between horses and people," she says. "Horses are like dogs in a way. They are sentient beings. They have feelings, emotions, but they are acutely aware at all times of their surroundings. They can read body language. They can read emotions that you don't even realize you're projecting. A horse is a very honest mirror to a human. That's why working with them helps you understand more about yourself." Janet says that if a person has someone to help them understand what the horse is trying to reflect back at them, they can learn a lot about themselves. "They will reflect emotions you may be hiding from the world but

that you may also be hiding from yourself. They can help you learn to read social cues and they can help you understand group dynamics because they live in herds."

As herd animals, Janet says, horses play together, correct each other and form relationships based on dominance or submission. In addition, they can teach people lessons about boundaries. "They have personal space, and as a prey animal, they are very worried about something that is going to approach them, friend or foe. You can take those lessons out into your community and into your family. The things you learn working with them can translate into your relationships outside of Dreamcatchers. I think a lot of times people don't understand, they think this is a 'pet the pony.' It's so much more than petting the pony. It's an individual lesson plan, individual goals; it's being treated with kindness and acceptance. Horses accept you for who you are. They don't care about a wheelchair. They don't care about braces. They don't care about anything that's going on with you other than are you friend or foe. Sometimes making a relationship with an animal of this size completely turns a person's life around."

One of the things that brings Janet the great-

est joy is seeing the accomplishments of the riders at the facility. "To have a child who has fear and social anxiety come here and feel fully accepted by everyone, get up on that horse and have it walk when you say walk on, is the most amazing thing for some of these kids. Sometimes the world for our participants is not a very friendly place."

Despite loving her life and work here, Janet still misses aspects of living in Vermont, mainly the friends and ties she had established there. However, she and her husband spend time in the summer traveling between the two states. "I'm still involved in the horse community up there. I was a competitive trail rider, so I spent a lot of time on trails and riding, and I'm still very involved in the horse community up there."

Janet Mayberry feels that she has come home when she works with Dreamcatchers. She is eternally grateful to the community and the volunteers. "We feel the love from a broad range of people and organizations, and we are incredibly grateful for that." NDN

To volunteer with Dreamcatchers or learn more about the organization, visit their website at dreamcatchers.org.

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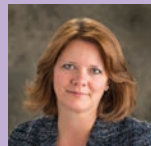


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KENDALL FITZPATRICK



Lisa W. Cumming Photography

Education on Chronic Illness

By Narielle Living

Kendall Fitzpatrick never thought nursing was a viable career option for her. Her mother used to take Kendall to work with her at the VA Hospital, where Kendall could volunteer as a teenager. "I liked that, but I didn't like blood and I hated needles." Today, Kendall works in the nursing field, educating others and helping people learn to use needles. "Ironic, right?" she says.

Her road to becoming a nurse was fraught with personal adversity. Her first son was born

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with hemophilia and her second son was born with autism. With the first son, she was initially terrified because she had to learn about infusions and how to help him.

“I was supposed to be learning this, and I was scared of it,” she says. To complicate matters, this is a hereditary disease and one that she was already familiar with. “My father had it and took his life when I was 13. I didn’t know he had it until later,” she says.

When her second son was born and diagnosed with autism, Kendall knew she had to make a change. Her son needed her. “I didn’t know how I’d ever quit my day job,” she says. “You have to survive. But things happen and fate comes together so smoothly. That happens over and over for me, and I can say I’m blessed.”

She knew she was going to be giving up a good job in sales and marketing but took the plunge anyway. She moved out of her home in Fredericksburg and in with her mother who offered her and her sons a place to live. Then her mother told her about a nursing program that was just starting at Rappahannock Community College. Because it was the first year, she had hesitations but applied anyway. Ken-

dall credits her mother and all of her help for her entry into and completion of the program. “I got in the program because my mom helped me. It’s kind of amazing. I gave up everything and made this hard decision. I didn’t know exactly what I was getting into with nursing, I just knew that I wanted to be good at sticking maybe,” she says, referring to working with IVs and needles.

Knowing she had some time to figure it all out, she continued her education with the thought that she might be able to work in the evenings and homeschool her second child. “I didn’t know how bad it was going to be,” she says. “I knew I wanted to help with infusion because of my older kid but I wanted a job at night with flexibility because of my younger kid. It’s a lot. At some point you could feel like a victim, and I find people who get in those spots and feel like a victim, but I think I always knew I don’t feel like a victim if I’m helping other people.”

Once she received her nursing degree, Kendall knew she had a much wider range of choices than she’d originally planned. She heard from others who were in the hemophiliac communi-

ty or some who had various bleeding disorders and saw a lot of public confusion about this topic. She knew that being a nurse and having direct experience with this disease gave her a platform to reach out to others.

“All these pieces are there, and I could help. Because I have a degree, there’s a level of trust and a higher level of education to do the job. I’m not just a mom who’s desperate,” she says, acknowledging the despair she felt with her son’s initial diagnosis and her learning curve related to that. “You’re always waiting for something bad to happen to your kid.”

The drugs that help manage many bleeding disorders are injectable. “I wanted to be good at going into people’s homes and making them feel secure. There’s no training in nursing school, so one of the tips for new moms and one I had to figure out, as a mom of a hemophiliac, is that one fall and you had to go to the emergency room. Just one fall,” she says, shaking her head a little. In the beginning, she often wondered why none of the nurses seemed to know how to inject a person. “After school, I realized that’s a false conception,” she says. “You really have to specialize at anything you



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do,” she says, referring to nursing.

Her goal was simple: to become good at infusions so her patients would not have to be “stuck a million times” or scared of the needle. In short, she wanted to ease the anxiety of others.

She did become good at infusion nursing, and her oldest child has since grown a bit. He is 24 years old and living on his own in Fredericksburg. Today, she has shifted her focus slightly and now works on the pharmaceutical side of things. “I work for a specialty pharmacy,” she says. “I have patients across the United States and serve patients in 15 states but I can go anywhere in the U.S.” When Kendall visits her patients in a hospital, she takes her medication in with her. She explains that the medications she works with stay in a person’s house at all times. The expense of these medications makes it cost prohibitive for pharmacies to keep them in stock. “And they expire, so like anything they have a shelf life. Most kids with bleeding disorders end up having this medicine three times a week for their entire life.”

The purpose of most of the medications she

works with is to help people with bleeding disorders get their blood levels to a point where they won’t spontaneously bleed. Because of the risk factor, these medications need to be on hand at all times. “It’s very scary for people,” Kendall says. “It’s expensive, and the medication has a short half-life, like 12 hours, but it gets them to the point where if they have any continuous bleeding going on, that dose will solve the bleeding. So, it’s preventative treatment, but it’s really to prevent spontaneous bleeds for them because it’s an inward problem.” She adds that any head or brain injuries are red flags. “You watch those because they are life threatening. Injuries to the neck, throat or stomach are life threatening too, and knees and ankles are subject to spontaneous bleeding.”

As a way to help people with questions, Kendall, in coordination with another nurse, has a Facebook group called Helpful Hemo RNs. This group is designed to help people with a variety of bleeding disorders, and while they clearly state that they recommend getting the advice of a physician, the group has helpful information and strategies for dealing with this

health issue. “I have this group because I would be at conferences and find resources for people, or because of the things I learn in continuing education classes. I created this group because you never know who it’s going to help.”

She says that if a person comes to the group and posts a question, she waits to see what others have to say before answering. “I’m always learning. I tell people they can also put it in the search topic bar and see other conversations, so it’s good for reference.”

Kendall Fitzpatrick has dealt with a variety of health issues within her family. Through it all, she persevered and turned her struggles into answers for others. “Ultimately, there is help,” she says. “You can’t give up, even if it’s overwhelming you today. With my dad, I just wish he had hung on because there’s always something new. It’s like anything else chronic, once you get a handle on it, you’ll be okay. It’s just management. Maybe it’s not hemophilia but it might be something else. Get a diagnosis first then go to local chapters. Find people like me who are advocates. Everything starts with a diagnosis, then education.” NDN

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A Cerebral Palsy Badge of Courage

By Alison Johnson

Whatever Amanda Fino does, she uses three to five times the energy of people without cerebral palsy (CP). If her muscle spasms flare up as she's writing, she has to type frustratingly slowly. Her own notes, she says, look like a kindergartener's handwriting.

None of that has stopped Amanda from fulfilling her dream of being a writer or from

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becoming a powerful voice and inspiration for others with disabilities.

"I love to say that I have CP, but CP does not have me," she says. "I get tired easily, but there is nothing wrong with my mind or how I can think. People treat us disabled adults like children. Having a disability does not make someone less of an adult, innocent or unaware."

Amanda, 29, has published five books and a short story, some under her former pen name Alexandra Forry. She specializes in romances but also wrote a children's book, *Troop 470*, about the adventures of a Girl Scout leader. She now is turning her short story into a novel, scheduled for release in 2020, and working on an upcoming autobiography, *Cerebral Palsy Gal*.

Starting this fall, Amanda also will serve as a member of the Virginia Board for People with Disabilities' Partners in Policymaking, an advocacy group that helps state leaders develop services that promote independence, productivity and community integration. "We have to be visible and vocal," she says.

In addition, Amanda runs a newsletter with

book updates and articles on overcoming a disability, along with her Facebook page, CP Gal's Nest. Her goals are to educate people not only on cerebral palsy, but how to react to anyone with a disability.

"When most people first meet me, [a different disability] comes to their mind," she says, speaking bluntly. "They often act and talk to me like one does to a three-year-old. It's very frustrating when I am almost 30."

At the same time, Amanda doesn't sugarcoat her tough path in life. She was born with cerebral palsy, defined as a group of disorders that affect movement and muscle tone due to damage to the developing brain.

Depending on which regions of the brain are affected, CP can cause involuntary movements, poor balance and muscle spasms, rigidity or weakness. Some people also have problems with speech, vision, hearing and/or joint stiffness.

Amanda has mixed type cerebral palsy, a combination of symptoms that are more severe some days than others. She can't drive, cook a meal or clean a home thoroughly, but she can get dressed, bathe herself and help as much as

possible with household chores.

"I have muscle spasms, making it hard to relax," she explains. "I have no control over my voice tones. These two are the parts I hate. I can't work a real job. I had developed my own stride with help over the years, but I do use a walker sometimes. My speech is like having a heavy accent, yet I always get my mind across via writing it down, text, email and such."

During her early life in Las Vegas, Nevada, Amanda describes herself as "rejected child" who was isolated in a homeschooling environment. She also says she had undergone emotional, mental and physical abuse by age 19.

"I was born with CP, so it did not affect me like a war hero losing his legs or his eyesight," she says, "although, in my formative years it spawned dysfunction in our home."

Happily, Amanda discovered a talent and love for writing at age 13, encouraged by a beloved seventh-grade teacher, Ms. Santana who remains a friend to this day. She immediately began jotting down story ideas and plotlines.

"It gives me a chance to escape real life for a bit by letting me get into my characters' minds and emotions," she says. "Your story can end



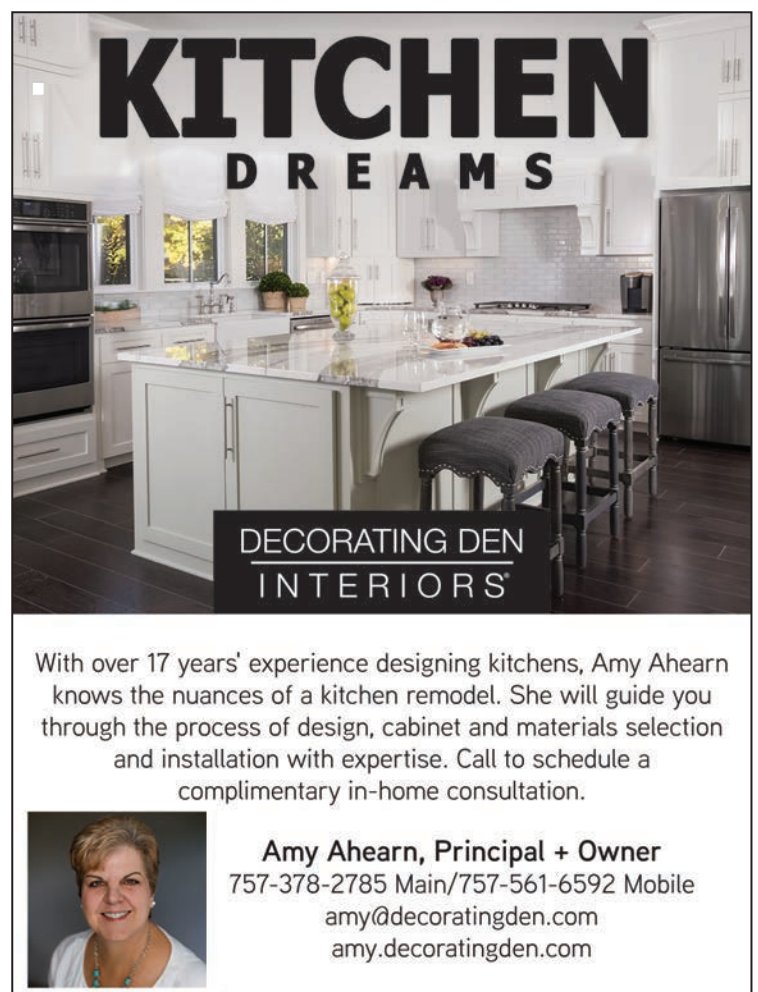
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up taking over, and once you've finished it, you realize that it became better than you had planned. That's why I write my books, because I never know what on earth will come spilling out on the computer page."

Blessed with a remarkable memory and plenty of grit, Amanda earned a high school diploma with honors. Her first book, *Omerta Affair*, came out in 2013; the novel, later re-released as *Omerta: Timeless Endings*, is a romance set in the violent world of the Las Vegas Mafia.

Since then, Amanda has continued to gravitate toward dark, mature romances, some suitable only for adults. She says that choice is unrelated to her CP.

By 2016, however, Amanda was in a desperate living situation. She was estranged from her mother and younger sister, and her father had died of colon cancer in 2011. Homeless for a time, she reached out to a friend in Williamsburg, Ronald, whom she had met through a fellow author involved in writers' conventions.

Ronald and his wife, Alla, and their son immediately welcomed Amanda into their home. She now considers them her adoptive parents

and sibling and uses their last name. "I came to call moving to Williamsburg my 'overnight move,'" she says. "I had no idea that I was moving to somewhere so special. Over three years later, Williamsburg is where my heart is."

Amanda says she holds no bitterness toward anyone in her biological family, and she credits her grandmother for boosting her confidence as a child by telling her she was meant to live an extraordinary life.

It was Ronald, however, who helped Amanda embrace her cerebral palsy for the first time. He advised her to wear it as a badge of courage.

"I discovered how fulfilling life could be with the right family, activities and unconditional love," she says. "To me, a family isn't always blood."

Writing her autobiography has been therapeutic. "I realized that telling my inner depth emotions, being a full-flesh woman with CP with a unique outlook on life, had helped me heal some pain, like a heavy weight has been lifted off my shoulders."

Amanda doesn't hold back on discussing adult themes, again stressing that her disability does not make her childlike.

"I have made mistakes that I regret. I own up to all of them, in hopes for other young women who have CP to not make the same mistakes."

When she's not writing or spending time with her family, Amanda enjoys swimming, coloring, taking walks, traveling and going to writing conventions and events. She also will appear in her father's upcoming documentary about his career in the intelligence community and law enforcement, titled "Mr. Undercover." "I am very proud of my dad," she states.

Looking ahead, Amanda has two more big dreams: having one of her books appear on the New York Times' Best Sellers list, and seeing a cure for CP, which she believes will happen in her lifetime. "We are so close to having stem cells restore CP functions," she notes.

For today, Amanda Fino is proud and humbled by how far she has already come. "I hope to provide a beacon of light for all disabled people," she says. "Thinking back about my childhood, I always had a writer's intuition. Everything seemed to fall into place at age 23, because with help from amazing people, I became an author. My dream came true." NDN



~ Helena S. Mock, Esquire

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LETTER FROM THE Chair of the Board of Trustees

Your local health foundation, the Williamsburg Health Foundation, this past year continued its strong support of local programs for physical and behavioral health and wellness for all ages in the community. But 2018 also brought a new unique opportunity, as a result of the decision by the Virginia General Assembly to expand Medicaid coverage to previously uninsured persons, beginning January 2019.

To prepare for this significant change, the Foundation cooperated with local governments, our remarkable hospital and health systems, our wonderful grantee clinics, and local businesses of all kinds, to spearhead and partially fund a number of initiatives:

- a major series of community outreach and communications
- training for those who wish to assist individuals with applications
- a working group for healthcare providers to understand how they would be affected
- a series of visits from outside experts to advise our grantee clinics on their next steps

Our Foundation's dedicated and talented staff played a critical role this past year in helping to mobilize community resources and take advantage of this new opportunity to increase access to health care for so many people at one time.

As shown in this report, the Foundation provides substantial grant funding to the four free and charitable clinics in the area. In 2018, grantee clinics had approximately 7,600 uninsured patients. Based on our data, 73% or approximately 5,500, could be eligible in 2019 for Virginia Medicaid just based on income alone. Make no mistake, however. **Our four free clinics still need support from all** of us because there are many other people who still desperately need the services provided by the clinics.

Not only has Virginia Medicaid expansion been a major undertaking this year, the Foundation's support continues to address the burden of chronic disease in our area. Our data show that diabetes, heart disease, obesity and opioid abuse are major health issues, thus the Foundation developed specific programs – such as the Chronic Care Collaborative and the School Health Initiative program (SHIP). Please read about the Foundation's efforts in promoting lifelong wellness as well as strengthening our local not-for-profits who do the hard work every day of improving health. We welcome your comments and feedback.

Louis F. Rossiter
Chair, Board of Trustees

LETTER FROM THE President and CEO

In this report, we present our work for the 2018 calendar year. We publish our annual report in *Next Door Neighbors* magazine so we can share with the community at large all the good work we support to achieve improved health in Greater Williamsburg.

We provide you with this account of all the grants we made, annual awards we gave, and strategic goals which guide our work.

2019 has been a year of change, and I want to thank all the organizations and individuals in our community who have worked to make the public policy change of Medicaid Expansion a reality for individuals who need and qualify for this insurance. We hear stories of lives changed by this new law. Here's one of my favorites:

A mom had no insurance and suffered from debilitating migraine headaches. Due to the pain, she missed work often and was frequently unable to read to or play with her child. With Medicaid, she was able to get the diagnosis and treatment she needed to diminish her headaches. As a result, she became a more involved parent to her child and was able to work more hours — both of which gave her joy.

In 2020, the work of Medicaid Expansion shifts from getting people enrolled to ensuring they understand and know how to access all of their benefits. Our work is not done. It has only begun.

Also in 2020, Williamsburg Health Foundation begins the process of strategic planning. Informed by the Status of Citizen Health Report, the Community Needs Assessment, and other data and insights, our board will grapple with the direction and priorities as we seek to build increasingly effective systems to undergird the health of our community.

I am honored to lead this organization. I continue to be amazed by all the good work done every day to make all our lives healthier and happier. As always, we invite you to be part of this work. Support a local nonprofit and the creation of a healthier community, make healthy choices, advocate for the community health, and encourage healthy behavior by example. Each of us matters to the health of this community.



Carol L. Sale, RN, MSN
President & CEO



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After 2019 Expansion

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After 2019 Expansion

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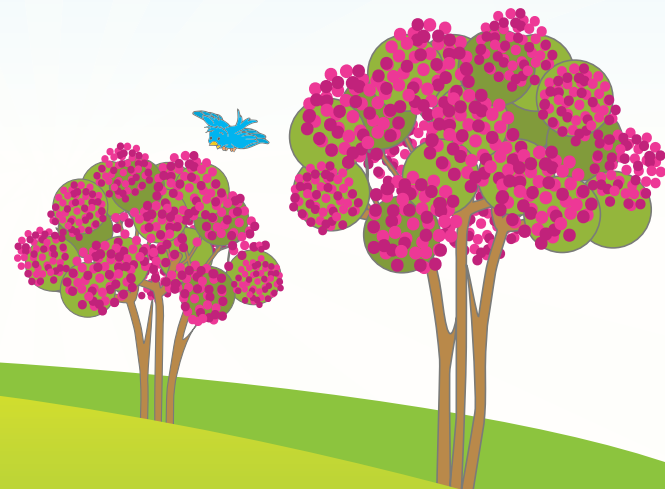
PERSON WITH DISABILITY

Before Expansion

Eligible with annual income at or below \$9,700

After 2019 Expansion

Eligible with annual income at or below \$16,754





Front l-r: *Harold Marioneaux, Jr., DDS, Dental Hygiene Director at Thomas Nelson Community College; Timothy K. Johnston, DDS, Norge Dental Center; Clarence Wilson, Chair of the Annual Awards Committee and Treasurer, Williamsburg Health Foundation (WHF)*
Back l-r: *Jim Golden, Board Chair, WHF; Sarah Bedard Holland, CEO of Virginia Oral Health Care Coalition; Bill Mann, MD, Executive Medical Director, Olde Towne Medical and Dental Center; Carol L. Sale, President and CEO, WHF; Paul F. Scott, Executive Director, Child Development Resources*

WILLIAMSBURG HEALTH FOUNDATION'S 2018 ANNUAL AWARDS Virginia Oral Health Coalition and Local Partners

In October 2018, WHF presented its annual awards with a focus on oral healthcare and Virginia Oral Health Coalition which raises awareness about the need for oral health delivery systems in Virginia. The event also gave special recognition to local provider groups that provide no-cost or low-cost oral health. These organizations include Child Development Resources, Lackey Clinic, Norge Dental Center, Olde Towne Medical & Dental Center, and Thomas Nelson Community College.

In a video featured at the breakfast and available online at williamsburghealthfoundation.org, experts explained the critical connection between oral health and overall physical and mental health to total well-being as well as the need to examine the current limited reimbursement structures for oral healthcare.

Harold Marioneaux, Jr., DDS, Dental Hygiene Director at Thomas Nelson Community College, pointed out gaps in public insurance systems designed to care for Americans and their health. "Dentistry is not part of the Affordable Care Act. If you're a veteran, you get medical, but you don't get dental. Medicare will take care of medical, but it won't take care of dental."

According to Sarah Bedard Holland, CEO of Virginia Oral Health Care Coalition, "From a macro perspective, it is very difficult for adults without dental coverage to access dental services. Without a reimbursement source, it is very difficult for dentists to provide care to those who need it."

Many individuals in Greater Williamsburg volunteer their time and expertise to meet the oral health needs of individuals without dental insurance including the professionals at Norge Dental Center, a private dental practice that annually provides free care to as many individuals as it can see in a day.

"We know that Norge Dental Center is one of many private dental practices donating time and expertise to care for impoverished patients who need oral care. We wish we could recognize each and every one of those practices," said Clarence Wilson, chair of the annual awards committee of the board of trustees.

2018 Grants AWARDED

GOAL ONE: Community Health Promotion

Promote lifelong wellness and informed individual choices for all who live in our community



A healthy life requires many factors that can determine one's overall health and well-being. At Williamsburg Health Foundation, we target grants to create a broad system of opportunities for all through our **Strategic Goals**.



Grants to Support the Health of Children and Families

Center for Child and Family Services, Inc. <i>kidsandfamilies.com</i>	Violence Prevention and Intervention Program	\$35,000
Child Development Resources <i>cdr.org</i>	Breastfeeding: Building Confidence and Competence . .	\$ 12,000
	Infant & Parent Program	\$100,000
	Parents As Teachers (PAT)	\$ 84,000
City of Williamsburg	Child Health Initiative	\$260,000
James City County	Child Health Initiative	\$250,000



Grants for Wellness Promotion

The Arc of Greater Williamsburg <i>thearcgv.org</i>	Fitness Program	\$ 25,000
Community Housing Partners <i>communityhousingpartners.org</i>	Building Healthy Communities	\$ 45,000
One Child Center for Autism <i>onechildcenterforautism.org</i>	Kids' Night	\$15,000
Williamsburg Soccer Foundation <i>williamsburgsoccer.com</i>	Virginia Legacy Community Partnership Program	\$ 20,000
Williamsburg-James City County Public School Division <i>wjccschools.org/our-schools/ship</i>	School Health Initiative Program (SHIP)	\$650,000

CHILD HEALTH INITIATIVE

A child’s health is linked to the health of the people caring for him or her. Acknowledging this fact requires a more complex approach to improving child health outcomes. The Child Health Initiative does the hard work of a multigenerational approach to improving the health and well-being of children and their families.

Guided by a Care Team working within either City of Williamsburg or James City County, families make critical progress towards greater health and well-being by overcoming complex challenges one challenge at a time. With help from home visitors, including a home-visiting nurse, children lead healthier lives as their caretakers improve their situations and their ability to care for their children.



Grants for Access to Healthy Food



Community Housing Partners <i>communitypartnersva.com</i>	Mobile Food Pantry \$ 5,000
Grove Christian Outreach Center <i>groveoutreach.com</i>	Children’s Summer Lunch Program \$ 5,000
Peninsula Agency on Aging <i>paainc.org</i>	Nutritious Noontime Meals. \$50,000
Virginia Peninsula Foodbank <i>hrfoodbank.org</i>	Mobile Food Pantry: Fresh Produce Program. \$ 20,000

Grants for Information and Referral



Colonial Behavioral Health <i>colonialbh.org</i>	WMBGCARES.ORG Greater Williamsburg Network of Care (NOC) \$ 37,000
Peninsula Agency on Aging <i>paainc.org</i>	Aging and Disability Resource Center \$ 64,000

2018 Grants AWARDED

GOAL TWO: Healthcare

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

CLINICS NEED DONOR SUPPORT

Local clinics remain a lifeline for the uninsured. Even with Medicaid expansion, experts estimate over 300,000 residents of Virginia will remain uninsured. These include individuals who make too much to receive Medicaid and, given the demands on their household income for housing, food, transportation, and other essentials, cannot afford insurance. These “working uninsured” can include families with a parent working a full-time job.



Grants for Advanced Primary Care

Angels of Mercy Medical Mission <i>angelsofmercyclinic.org</i>	Chronic Care Collaborative	\$113,000
Gloucester Mathews Care Clinic <i>gmcareclinic.com</i>	Chronic Care Collaborative	\$200,000
Lackey Clinic <i>lackeyclinic.org</i>	Chronic Care Collaborative	\$400,000
Olde Towne Medical & Dental Center <i>oldetownmedicalcenter.org</i>	Basic Operating Support	\$450,000
	Chronic Care Collaborative	\$250,000
	Improving Diabetic Self-Management through Health Coaching	\$ 30,000



Grants for Behavioral Healthcare

Center for Child & Family Services, Inc. <i>kidsandfamilies.com</i>	Multicultural Counseling and Outreach Program.	\$ 40,000
Colonial Behavioral Health <i>colonialbh.org</i>	Advancing Opioid Addiction Treatment.	\$ 40,000
	Chronic Care Collaborative	\$175,000
	Intensive Outpatient Program (IOP).	\$ 45,000
	Greater Williamsburg Child Assessment Center.	\$271,000
Elk Hill Farm, Inc. <i>elkhill.org</i>	Elk Hill’s School-Based Mental Health Program	\$ 20,000
Postpartum Support Virginia, Inc. <i>postpartumva.org</i>	Healthy Mother, Healthy Family	\$8,000
William & Mary School of Education , New Horizons Family Counseling Center <i>education.wm.edu/centers/newhorizonspostpartumva.org</i>	Youth and Family Counseling Program	\$100,000



MORE EXPENSES, NOT FEWER

Not currently accepting Medicaid but transitioning to do so in the future, a clinic faces significant one-time and ongoing expenses to meet federal and state standards. And, the reality remains that Medicaid reimbursement doesn't sufficiently cover the expenses to provide healthcare services. While it can provide a new income stream in the future, it is unlikely to ever make clinics independent of donor support.

Donor support continues to be essential to the very existence of our local clinics.

Grants for Medication Access



Rx Partnership <i>rxpartnership.org</i>	Access to Medication Program (AMP) \$ 25,000
	Chronic Care Collaborative \$ 35,000
<hr/>	
Virginia Health Care Foundation <i>vhcf.org</i>	Greater Williamsburg Medication Access Program (GWMAP) \$400,000

Grants for Access to Healthcare Services

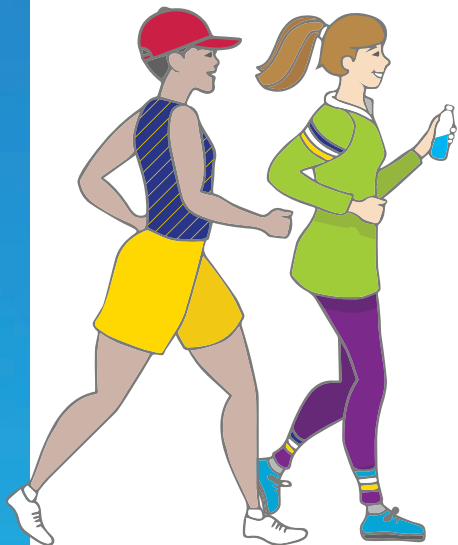


Foundation For Rehabilitation Equipment & Endowment (FREE) <i>free-foundation.org</i>	F.R.E.E. of Williamsburg \$ 25,000
<hr/>	
Greater Williamsburg Heartsafe Alliance <i>heartsafewmbg.com</i>	Greater Williamsburg Heartsafe Alliance \$ 40,000
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The Doorways <i>thedorways.org</i>	Basic Operating Support \$ 12,000
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Literacy for Life at the Rita Welsh Adult Learning Center <i>literacyforlife.org</i>	Health Education and Literacy Program (HEAL) \$ 50,000
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Williamsburg Area Faith in Action <i>wfia.org</i>	Medical Transportation \$ 50,000
<hr/>	
Peninsula Agency on Aging (PPA) <i>paainc.org</i>	RIDES Program \$110,000

2018 Grants AWARDED

GOAL THREE: Strengthening Agencies

Increase health opportunities by advocating for their consideration in community decisions and by strengthening agencies influencing health in our service area



With Medicaid Expansion going into effect January 1, 2019, Williamsburg Health Foundation partnered with the Virginia Health Care Foundation in 2018 to bring two all-day trainings on how to assist someone signing up for Medicaid with their application. Application “assistsors” can be both volunteers and professionals in the health and human services fields. Williamsburg Health Foundation provided SignUpNow training for nearly 100 community members committed to helping others access health insurance.



**NETWORK
PENINSULA**

*Because strong nonprofits
are key to thriving communities*

In 2018, WHF gave a grant to NetworkPeninsula in support of its Nonprofit Management Institute. The Nonprofit Management Institute is a joint initiative of Thomas Nelson Community College and NetworkPeninsula. The goal of the Institute is to educate nonprofit professionals and equip them with best practices in all areas of nonprofit management, leadership, and development. The Institute is the first of its kind in Greater Williamsburg, and we are delighted to continue to support this important work.



Grants to Build Agency Capacity

Williamsburg Area Faith in Action
wfia.org

Support for a Development Director \$ 42,000



Small grants, research and evaluation, and annual award

Small grants, research and evaluation, and annual award \$225,000

TOTAL AMOUNT OF GRANTS AWARDED FOR 2018 \$4,833,000

WILLIAMSBURG HEALTH FOUNDATION

Financial Summary

Sola Moniz
Chief Financial Officer



Founded as a result of the 1996 merger of the Williamsburg Community Hospital and Sentara Healthcare Systems, Williamsburg Health Foundation is a private foundation often categorized as a “health legacy” or “hospital conversion.” Like most private foundations, WHF must distribute a minimum of five percent of its investments annually through grants and expenses related to our mission “... to enhance the health and well-being of people living in the Greater Williamsburg area.” The Foundation’s primary investment objective is to provide financial support to fulfill its mission in perpetuity. To achieve this, a return on investment of its assets must keep up with inflation, cover the cost of operations, and provide funds for distribution as grants.

Despite the slowdown in the global economy, Williamsburg Health Foundation remains committed to its mission and service area in the Greater Williamsburg community. We continually look for opportunities to maximize our impact through strategic collaborations and partnerships.

Summary Statements of Financial Position (in thousands)

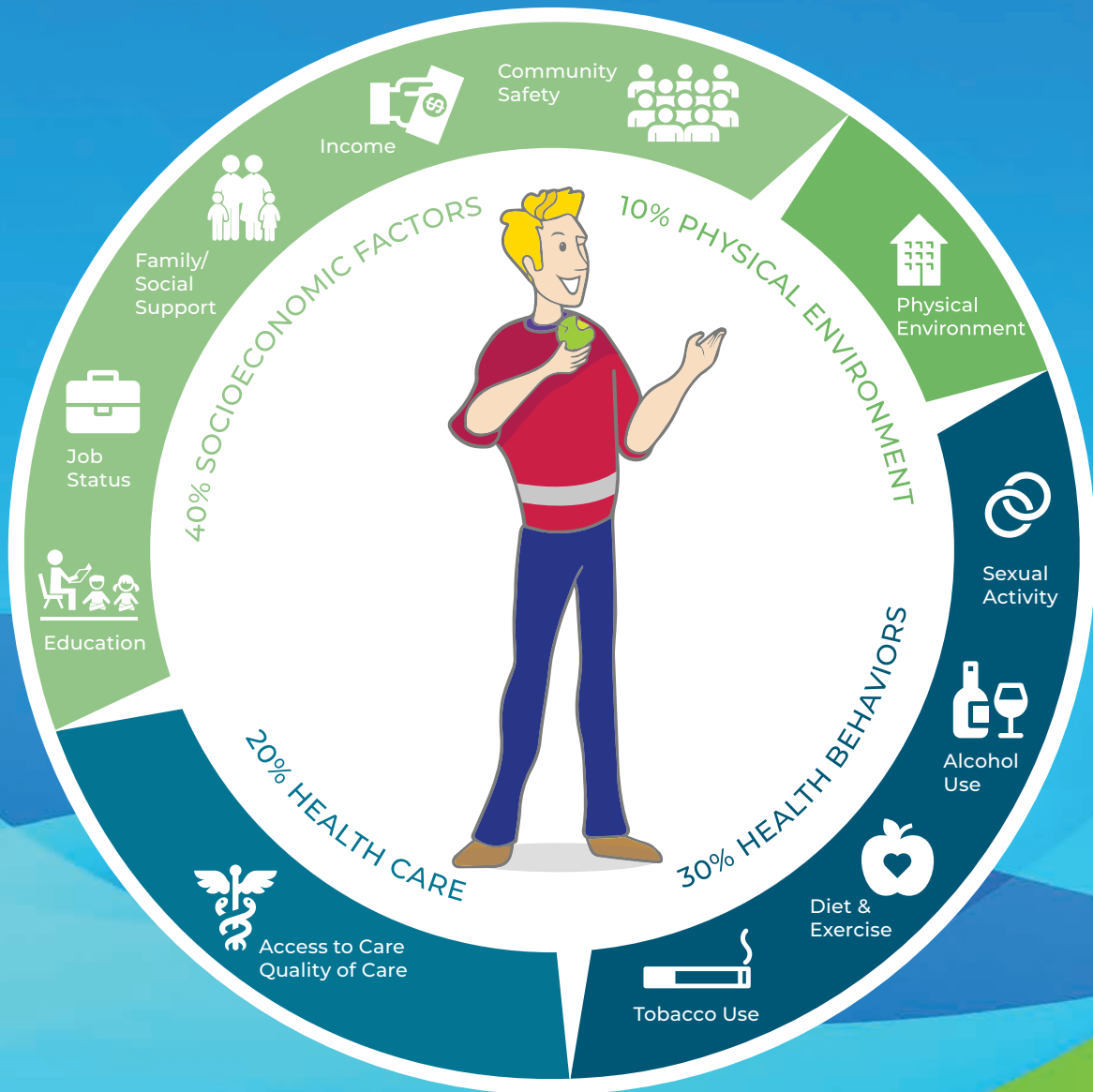
	<u>2018</u>	<u>2017</u>
TOTAL ASSETS	\$116,600	\$125,900
Liabilities: Grants and Other Accounts Payable	600	700
Unrestricted Net Assets	116,000	125,200
LIABILITIES AND NET ASSETS	<u>\$116,600</u>	<u>\$125,900</u>

Summary Statements of Activities (in thousands)

	Ended December 31	
	<u>2018</u>	<u>2017</u>
UNRESTRICTED REVENUE AND GAINS (LOSSES)		
Investment Income and Gains (Losses), Net of Fees	\$(3,100)	\$15,600
EXPENSES		
Community Grants	4,800	4,600
Program, General and Administrative Expenses	1,400	1,400
Federal Excise and State Tax (Benefit) Expense	(100)	200
	<u>6,100</u>	<u>6,200</u>
CHANGE IN NET ASSETS	(9,200)	9,400
NET ASSETS, BEGINNING OF YEAR	125,200	115,800
NET ASSETS, END OF YEAR	<u>\$116,000</u>	<u>\$125,200</u>

WHF grants support a wide variety of programs addressing health disparities, encouraging wellness, promoting personal responsibility, and providing care.

WHAT GOES INTO YOUR HEALTH?



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Vision

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

Mission

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

Values

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

Strategic Statement

Provide resources in perpetuity to identify and communicate community health needs; serve as a catalyst for collaborative approaches to meet those needs; strengthen organizations to increase their impact; help fill gaps in the delivery of services to the most vulnerable populations; promote lifelong wellness; assess progress; and celebrate success in our service area.

WILLIAMSBURG
Health
FOUNDATION

757.345.0912

williamsburghealthfoundation.org

4801 Courthouse Street, Suite 200
Williamsburg, VA 23188



Lisa W. Cumming Photography

Power, Love & Self-Control

By Dawn Brotherton

SUB DEO Firearms Training was born from Beatriz Huptich's desire to help women at risk so they would never need to feel powerless again. "Somewhere along the way, we were given a plan to do what we're doing now. We have shifted from educating women after they've been victimized to actually preventing future victimization," Beatriz says.

Beatriz left Texas to join the Norfolk Police Academy when she was twenty years old. That meant when she completed the training, she still wasn't old enough to carry a firearm, and the instructor reclaimed it immediately follow-



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ing the graduation ceremony. It made the day she could legally strap on her gun belt even more meaningful to her.

As with most things, there is a story behind Beatriz's drive to help the helpless. She grew up in a home where her father abused her mother, and her mother beat the children. "It was a violent cycle of domestic abuse and child abuse. It led to why I do what I do," Beatriz says.

One day her parents left the house together but only her father returned. At three o'clock in the morning, headlights drew Beatriz's attention outside, where her mother emerged, caked in dirt and filthy. Beatriz's father had tried to strangle her and left her for dead, but it was a failed attempt. Not long after, her mother tried to commit suicide. A fourteen-year-old Beatriz found her hanging and got her down.

When the police came, Beatriz was awed by the way they handled the situation. That's when she decided to become a police officer. "I used to tell my mother, 'I'm going to be a police officer so I can arrest people like you,'" she says.

Throughout her career, she was drawn toward the domestic assault side of law enforcement. She connected with the families. "I did it with a passion because I felt like I was do-

ing good." Eventually, she became a detective in the Norfolk Special Victims Unit and specialized in anything dealing with women and children. "It was probably the most important thing I've ever done in my life."

After six and a half years in Norfolk, she transferred to the York-Poquoson Sheriff's Department. Being accustomed to receiving calls for robbery, stabbings and murders on a routine basis, Beatriz experienced culture shock when one of her first calls in Yorktown was for a raccoon stuck in someone's fence. When at a restaurant in uniform, people would randomly pay for her meals. She fell in love with this community.

Four years later, she was called to start her own business. "I wouldn't have come through the childhood I had if I had not been guided by God," she says. Sub Deo is translated as "under God," and Beatriz and her husband walk the talk. In addition to working law enforcement, Ted Huprich is a pastor, and they are both very active with Bible studies. Beatriz met Ted while they were both attending the police academy. They now have two children, MacKenzie, 4, and Sadi, 13.

"Originally, in 2016, I created this company because I knew God had called me to teach

and reduce victims, especially women," Beatriz says. Initially it was more seminar-based, focusing on statistics, education of victimization and trauma training. Earlier this year, Beatriz restructured her business to include hands-on shooting of firearms, helping the women get comfortable and confident should they have the need or desire to get a license to carry.

Because she is a minority and female, Beatriz has a hard time getting men to appreciate her expertise, but women embrace her purpose. "Our clients are sharing their experiences, and the turnout has been amazing," she says.

All SUB DEO instructors have a law enforcement background and come to the school because they have a heart for the mission. One of the instructors is an Iraqi War veteran and conducted combat medical training for the military.

In addition to empowering women, Beatriz has expanded her training to youth in order to break the cycle of temptation when something is forbidden to them. "We turn everything upside down and say, this is a tool. This is what it's for. We're going to educate you on it," Beatriz says. "We talk about Constitutional education, Second Amendment education, history and what our forefathers wanted for us."



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Beatriz has struggled to educate the public that her training doesn't encourage young children to play with guns, but rather that they learn to respect and handle a weapon properly. "When people see kids with guns, they get very unsettled. They don't understand clearly what we're doing or why we do it."

It isn't all about the firearm. Students learn what to do in an active shooter situation and receive basic trauma training. "One thing we realized is that the kids weren't afraid of what could happen. They were more afraid of not knowing what to, not having the skills to cope with that situation," she says.

Students are taught how to stop the bleeding on themselves or others until help arrives. "In a shooting, you don't really die from the impact of the bullet wound itself but from mass bleeding." In the SUB DEO training classes, kids learn how to apply a tourniquet properly and carry a classmate to safety if they need to be moved. These skills are useful in many scenarios such as a car accident or a hiking mishap. "We teach them the science behind what happens if you get a wound in your chest, how your lungs collapse and how to treat that."

SUB DEO training also stresses prevention. In today's world of technology, many heads are

down looking at their phones and people walk with ear buds in, blocking out the sound of possible trouble. People who aren't observant are more likely to put themselves in danger.

For the children's classes, maturity is the determining factor over physical age. "Their first lesson, we focus primarily on nomenclature, and the do's and don'ts to make sure the child is a good fit for us." All classes start with respect and education of the firearm. They discuss what the child should do if they go to a friend's house and their friend wants to show off a gun.

Classes are very small, often one student per two instructors. Actual handling of weapons isn't considered until both the parent and the instructors feel the child is ready. They begin with a simple, bolt-action, 22-caliber long rifle. Recently they have begun offering five-day camps for middle school and high school students focusing on teamwork and character traits, along with firearm handling.

SUB DEO Firearms Training is conducted at an indoor range in Richmond. Beatriz would like to build a facility closer to Williamsburg but is struggling to find the land to make it happen.

"Our goal is to have youth and women being more prepared," Beatriz says. The news is

filled with stories involving everything from accidental shootings in the home to mass shootings in public spaces. "Nationally, it takes an officer between eight to nine minutes to arrive. That's on average. We're in the county and have fewer deputies, so it could take thirty minutes for help to arrive," Beatriz says. "Obviously in an active shooter situation, they'll be as quick as possible, but then they still have to clear the building." People need to be prepared to take care of themselves or others while they wait for help to arrive. Teaching them life-saving skills gives them confidence to act.

"We do hands-on training and then tell kids to go home and teach their parents. We give them SWAT-T tourniquets. The military uses them, and law enforcement uses them." The bonus is that these tourniquets can be applied on a pet, child, or adult; one size fits many.

Beatriz Huptich founded SUB DEO on a motto taken from a Bible verse. "For God did not give us a spirit of cowardice but rather of power and love and self-control." (2 Timothy 1:7)

She believes that verse embodies women. "That's what we are. We are powerful. We're full of love. But we have self-control. And if need be, our power will come out." NDN

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Lisa W. Cumming Photography

Racing is Pure Fun!

By Ashley Smith

From the moment Adam Wells first read Dirt Wheels magazine, he had a dream to race ATVs in the Grand National Cross Country (GNCC) circuit. As a child, he rode over the hills of western New York, but after high school he joined the United States Air Force. The Air Force took him all over the world, but it did not allow him time to ride or race. Adam's

An advertisement for K&J Mechanical LLC. At the top left is a 'STATE LICENSED & INSURED' badge. The main logo is 'K&J MECHANICAL LLC' with a sun and snowflake icon. Below it, the text reads 'COMPLETE AIR CONDITIONING & HEATING SERVICE'. A sub-headline says 'Our Comfort Specialists offer Professional HVAC Design and Installation'. A list of benefits includes: 'Improved HVAC System Reliability', 'Improved Indoor Comfort and Humidity Control', and 'Reduced Operating Costs of HVAC System'. A contact number is provided: 'CONTACT US TODAY: (757) 585-8926'. The Trane logo is also present with the slogan 'It's Hard To Stop A Trane'. At the bottom, it says 'VISIT US ONLINE: WWW.KJMECHANICALSERVICES.COM'. The background image shows a couple relaxing on a couch.

An advertisement for Outback Steakhouse. The top part features the Outback Steakhouse logo and the text 'VALUABLE READERS OF NEXT DOOR NEIGHBORS ENJOY \$6 OFF* WITH THE PURCHASE OF TWO ENTRÉES'. Below this is a close-up image of a steak. The address and phone number are listed: '3026 Richmond Rd., Williamsburg 757-229-8648'. At the bottom, there is a detailed disclaimer: '* GET \$6 Off TWO ADULT ENTRÉES • \$3 Off ONE ADULT ENTRÉE Valid for dine-in or Curbside Take Away. One Coupon per table, per visit. NOT VALID IN CONJUNCTION WITH ANY OTHER OFFER, DISCOUNT OR COUPON. Coupon must be surrendered upon redemption. Outback strictly prohibits the reproduction of this coupon in any form or the sale or exchange of it in any form. No cash value. Void where prohibited by law. EXPIRES 10/31/19'.

dream was still very much alive, however. In 2007, he purchased his first 4-wheeler, and in 2011, he was stationed in Hampton Roads. Still, it wasn't until 2017 that Adam was able to participate in his first GNCC race. What a race it was! Located in Snowshoe, West Virginia, it was and continues to be, the most challenging and difficult race in the circuit. He broke down three miles into the race, but by then, he was hooked.

The type of racing that Adam participates in is called hare scramble. A hare scramble race is one in which the racers have a cold start and then race an off-road track for a set amount of time, usually between two to three hours. The racer with the most laps within that time frame wins the race. Sanctioned by the American Motorcycle Association, the GNCC circuit extends from western New York to Florida and includes Ohio, Indiana and West Virginia. Racing season is from February to October, with races held approximately every two weeks. Races are events with names such as Tomahawk, High Voltage and Black Sky.

After that first race, Adam set ambitious goals. In 2018, he retired from the Air Force, allowing him extra time to dedicate to racing. He spent 2018 learning more about ATV racing and the GNCC circuit. He met his goal of participating in six out of 13 races. This year's goals are loftier. Already, Adam has met his goal of competing in at least nine races, with three more planned for later this year. He's created his own racing brand, WELLS514RACING, to seek sponsorships and encourage his fans. Currently, Adam ranks number two in the GNCC amateur racing circuit for hare scramble racing. Next year, he plans to be the GNCC Class Champion and to participate in races for the VXCS Series, which hosts races in Virginia and North Carolina.

Despite Adam's incredible rise to the top of the amateur class, he does not work out every day. Staying in race ready condition requires more than just riding practice, or "seat time," as it's known among riders. "This is the hardest thing I've ever done," Adam says. "You have to have the same physical strength and endur-

ance as a marathon runner while wearing heavy safety gear." Often, the only time he can get seat time on his ATV is during a race. While the actual race provides an intense workout, Adam's heart rate has often reached between 160 to 180 bpm.

Despite the amount of time he puts into racing, he would prefer to have more opportunities to practice. When he does have spare time to practice, he often travels to Morgan's Corner Proving Grounds in Elizabeth City, North Carolina. Occasionally, he utilizes Slade's Park in Surry. Unfortunately, there are not a lot of off-road trail sites in Williamsburg or James City County, or even in southeastern Virginia. That Adam has succeeded despite these challenges is a testament to his drive and dedication to the sport.

One anecdote highlights Adam's resolve and dedication more than any other. During a race in western New York, Adam's ATV turned over. After getting it turned upright, he continued the race despite a leg injury caused by the fall. He then went to his doctor, who did scans to



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rule out serious injury. While awaiting the results, Adam participated in another race. Afterward, his doctor called with the news that Adam had, in fact, fractured his leg. He hadn't noticed during either race, illustrating his passion and commitment to racing.

One of Adam's favorite things about his chosen sport is the tightknit racing community. During a race, the spectators can help racers. When he fell during the New York race, four fans came to lift him out of the mud and set him to rights so he could continue. "You can't imagine what it's like when four large guys come out of the crowd to lift your ATV while you are still attached to it," Adam says. It can be humbling. During Snowshoe, people come and camp on the property, creating a festival atmosphere. There are get togethers, music concerts and vendors. For racers like Adam, who are often the only racer from their hometown, this fellowship and camaraderie is vital to their future in the sport. Racers also connect through social media, and the online community is strong and thriving.

Adam is grateful for the local support he's received in Williamsburg. Frame Fitness has agreed to sponsor him this year, and Adam is proud to represent them on the circuit. "They've been phenomenal and incredibly supportive, especially considering that it's not as popular a sport as some others." Still, he would love to see more opportunities open for ATV racing in southeastern Virginia.

Eager to share his passion with others, Adam has advice for those looking to explore ATV racing. First, look for the racing community on social media. Buy a used machine and sign up for a race. GNCC has a Trail Rider series, which is noncompetitive. Racing is not without risk, so he strongly urges beginning racers to invest in the safety gear. Be prepared to become an amateur mechanic.

"There aren't a lot of ATV dealers in the area. There are even fewer mechanics qualified to work on ATVs. You learn the mechanics of your machine quickly and often, other racers will reach out both to help and ask for advice," he says. In fact, Adam once spent so much time

helping others work on their machines that he neglected his and it broke down during the race.

For parents who may be concerned about their teenager's interest in such a high-powered sport, Adam says, "Try it. Give racing a chance." Attend a race with your child and talk to others at the event to get an idea of what's involved. Look for ATV racing groups on social media and visit the GNCC website to learn more about the safety rules for youth racing. To those adults who may be considering a new sport, Adam has the same advice. "Just try! I didn't start racing until I was in my thirties. Racing is pure fun. There isn't another thrill like it."

Adam Wells says that anyone can come to see him race. He completed the GNCC Black Sky race in Harpursville, New York this September but invites people to come out to other locations. The closest location is the Mountaineer Race at Summit Bechtel Reserve in Beckley, West Virginia on October 12th and his final race will be the GNCC Iron Man in Crawfordsville, Indiana on October 26th. **NDN**

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An Anchor of Hope

By Wheston Chancellor Grove

Lifelong teacher and writer, Janice Hoffman, is the type of person who makes one feel better for having known her. She projects a welcoming, engaging, optimistic attitude and is honest about the demons that lurk beneath. Her sense of humor is refreshing and direct. These qualities seem to have always been present. Perhaps they are more pronounced in her

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“new” life. Trauma can either deaden or unearth the personality. For Janice, she is more creative and alive than ever before.

Born in Kentucky, Janice grew up in Jeffersonville, Indiana. She earned her bachelor’s and master’s degrees from Indiana University and went on to teach creative writing for Indiana University Southeast. In 1967, she met her husband of almost 50 years, Ken. They were both attending a church picnic. The two married in 1970. The Vietnam War was raging when Ken’s draft number was called. He enlisted in the Air Force as a Spanish linguist for the NSA and was spared overseas deployment.

As a kid playing marbles in the dirt with her younger brother, Janice recalls, “I always loved stories and writing. My mother was a voracious reader and would take me to the library. Wanting to be a teacher goes back to my childhood.”

Janice and Ken visited Williamsburg throughout the 1970s and 80s. In 2004, Ken retired from Indiana as a high school principal, and they made the move. “It was always in our hearts to be [in Williamsburg]. We love the ambiance, history and culture. We have ancestors from Virginia. We wish we’d come

sooner.” The availability of writing groups and networking opportunities is a bonus. Janice highlights the flowers that are planted everywhere. “It’s not like this in the Midwest. Here, it’s so lush.” Anytime she goes back to visit Indiana it strikes her eye as a bit sterile.

Janice currently teaches creative writing for Thomas Nelson Community College (TNCC) at the Historic Triangle campus in Williamsburg. She has been with the college since 2008. Much of Janice’s life can be traced through her debut publication, *Soul Cookies*, a compendium of poetry over sixty years in the making. For many decades, writing took a backseat as life unfolded. Janice and Ken had two children, Jenny, their oldest, and Brian. Raising a family and working full time saw the years pass quickly. Then in 2011, life, as Janice knew it, stopped.

Brian, who was 35, died by suicide. “When the two officers arrived to tell us about our son, a chaplain also came. My husband talked with him for a while. [Ken] knew he had to hold it together for me. My faith was decimated. I’m trying to get back there.”

Janice hesitates for a moment, letting the

weight of memory breathe. “Here’s the thing that happens. You’re changed, forever. There’s no healing. You never get over losing a child. You just have a new normal. One of the psych teachers at TNCC was really kind to me at that time. It was about four years later when I started to feel I could function more healthily, the new me.”

What Janice and her family experienced is termed complicated grief. Suicide comes with a baggage of emotions. “I’m open about his death because we have a suicide epidemic. People need hope.” Sometimes, in brave moments, Janice manages to cope through dark humor. Janice and Ken weathered the loss together. Ken had his faith, while Janice returned to her writing with a passion. “Brian was so brilliant and accomplished. Losing him was an impetus for going back to my writing. It was therapeutic. I needed that to survive.”

Poetry can be fun and therapeutic. Last November, Janice held a workshop on how writing promotes positive mental health. “It doesn’t have to be inaccessible. It doesn’t have to be challenging. It can be light. A little snack, a morsel, ‘a cookie.’ Not overwhelming or time



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consuming like a novel.” Poetry is good for those who can’t make the time commitment to something longer. She writes primarily in free verse on a variety of subjects and believes it’s not the subject that matters, but how it is seen and brought to life.

In 2017, she was runner up for poet laureate of Hampton Roads. Her poems are “emotionally riveting,” declares Virginia Poet Laureate, Dr. Carolyn Kreiter-Foronda. “What I want to do, my heart’s desire, is to reach people on an emotional level because if you can catch them on that level, you achieve connection. Life is full of ups and downs, the rollercoaster metaphor, waves, storms. Everyone’s life is like that. Sometimes when you’re in the middle of your thing, you forget about others. When you can connect with somebody, you realize you can get through it.”

Soul Cookies has been extremely fulfilling. It was a long-deferred dream for Janice, a manifestation of life’s serpentine events transcribed into narrative snapshots. The book continues to be well received, and she donated a copy of *Soul Cookies* to her childhood school as a trib-

ute to the place where her love of books was first cultivated.

She has a children’s book coming out around Christmas along with a collection of poetry dealing with the death of her son. “The punctuation of losing our son was the motivation to do things now. If I don’t, I am going to croak and everything will be thrown in the trash. It is now or never!” Janice recalls the ambiguous sensation the day her books arrived. Poignantly, it was on the date of her son’s wedding anniversary. She heard her grandson, who was watching television in the background. Without knowing it, she spoke a three-line poem in her mind: “My books are here. My grandson’s giggling. My son is dead.” The absolute truth stared her in the face once more.

When asked what advice she has for those who are struggling, or are survivors of profound loss, Janice says, “You have to choose to have a thankful heart. Even with the tragedy, and it almost did me in, we have the power to choose. You have to ask yourself, ‘Do you let it kill you or rise above it?’”

As a teacher, Janice loves the relationships

she builds with students. “It’s the most rewarding” aspect of teaching. She considers herself “mothering.” She strives to encourage and help her students improve in their lives. She reminds them that they may not remember the reason why a comma should be in a certain place 50 years from now, but “the way you write and the way you speak does reflect on who you are out in public.” When asked to identify the most challenging part of teaching, Janice answers immediately. “Grading papers! I don’t scan and slap a grade on them. I can’t do that. I take my time and go over everything.”

The spiritual defibrillator throughout Janice’s life has been hope. “It sounds like a cliché and even Pollyana-esque, but it’s never too late to fulfill your dreams if you work for them and make the necessary decisions.”

For Janice Hoffman, hope is seeing her only grandson, Daly, starting as a freshman in college this year. Hope is listening to her students. Hope is talking about suicide to dispel grief. Hope is a poem yet to be written, the progeny of a life well done. “Hope is the anchor of your soul.” NDN



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Writing

After Retirement

By Narielle Living

When Robert “Bob” Archibald decided to retire from his position as Professor of Economics and Public Policy from William & Mary, he knew he would need to find something to keep himself occupied. After having written three nonfiction books, he decided fiction would be the next step for him. “I’d been sort of kicking around in my mind the idea that I might write a fiction book upon

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retirement. The more I thought about it, the more I thought I'd better have a project for when I retire. The first book was my retirement project so I wouldn't sit here and do nothing."

Born in Mount Holly, New Jersey, Bob's early life had him living in several different states. His father had attended Princeton Theological Seminary and later became a Presbyterian minister. "I was two when we left New Jersey, so I decided to go with my family," he says with a small laugh. "From there we moved to Oklahoma where my father served two different churches and we lived in two different towns." When he was ten, they moved to Arizona, a move that would later appear in his fiction as a setting for his characters.

He attended the University of Arizona, and after graduation he contemplated his next move. Because he loved economics, he wanted to learn more. "I knew I didn't know very much," he says. "I wanted to go to graduate school." But graduate school would have to wait. "The U.S. Army and my draft board intervened, and I was drafted."

Initially, Bob assumed that because of his college background he would be given an assignment where he would be asked to utilize his degree. "Didn't work out that way," he says. "I was assigned to the infantry and so was everyone else who'd been to college for two years or more, including a guy with a master's degree.

After advanced infantry training, all of us were sent to Vietnam. I served in Vietnam for about five and a half months then finished my Army career in Hawaii, which was lovely."

After serving in Vietnam, Bob attended graduate school at Purdue University, receiving a master's and eventually his PhD. Then he began his job search. "When you're in the academic job market, it's really a national market," he says. "You apply to every school that you could possibly be interested in that has an opening in your subspecialty of economics. I applied to 20 or 30 schools and was lucky enough to get the one at W&M. It wasn't because I had a regional preference or anything other than a type of school preference."

In 1972, Bob married Nancy, and they lat-

er had two children, Brian and Emily. Brian was born the same year they moved to Williamsburg, 1976, which was also the year they built a house here, Nancy changed jobs and his teaching career began in earnest. He acknowledges it was fairly stressful and perhaps they had too many changes that year.

His book, *Roundabout Revenge*, was published in August 2019 with a traditional publishing company. It is a thriller based on the sometimes puzzling, sometimes heartbreaking legalities of the justice system. In some ways, it follows events that mimic Bob's life (the main character is a university professor) yet many aspects of the book are completely fictionalized (his main character's wife dies in a horrific car crash at the beginning of the book).

He admits he is uncertain about his creative process. "I have no idea. I don't know where ideas come from. I've read about the way people write, and some people write from a really strong outline and other people sort of let their characters take them places. The first book I had a pretty good outline. The subse-

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quent book I let my characters take me places much more.” Bob’s second book is currently with his editor at the publishing house as they go through the process of getting it ready for publication.

After the second book is released, Bob plans a third in the series. In fact, he is currently working on this manuscript. When referring to his second book, he says the writing process was definitely quicker. By the time the first book was complete, he had developed his characters fairly well.

Bob’s advice for people writing a book is simple: “I think it’s important to recognize that writing is rewriting and to not be afraid of the blank screen. Just fill it up. You can fix it later. Too many people want it to be perfect when it first comes out, and that’s unrealistic. Fill up the screen. You can tear it up or change it or modify it later.” He notes that life is much easier now that we all have a computer. “I remember when I was first a professor writing papers, I’d write it up longhand, hand it to the secretary, and she’d type it. But if I needed another paragraph, I didn’t want to go


back and say hey, can you retype everything after page two.”

In his retirement, Bob has managed to keep himself as busy as he’d hoped. He has written books, traveled and continued to work on a project in Guatemala. “The Presbyterian Church here has a mission partnership with a church in Guatemala. Right now, Nancy is the person in charge of that mission effort. It’s really fascinating, and in some ways a little disheartening because of all the Guatemalans who want to leave. We’re trying to work to help them have a better community so maybe they won’t leave. It’s a difficult thing.”

The language barrier has been interesting for Bob and his group, and they have used a couple of translators to effectively communicate with the local people. “The people in the village we go to speak a particular Mayan language.” There is a missionary who works to translate for them. “He speaks Spanish very well, and one of the local church members speak Spanish and Ixil (the Mayan language). We say something in English, the missionary says it in Spanish then the local guy translates

it. We kind of understand each other. It’s kind of a long-term thing, but that’s the hope.”

Robert Archibald is touched by what he has seen and learned in this country. “It just tears you to pieces,” he says. “One guy said ‘I can’t read or write; I don’t want that for my kids.’ So we started supporting students by creating scholarships.” He says that in most towns, public schooling only goes as far as grade three, despite laws that say otherwise. “The first time we were there, we gave presentations in schools which were in homes at that point. One of the teachers asked if we needed electricity.” This could have been a major stumbling block to the presentation, but apparently the teacher indicated she could simply go next door for the electricity because she had an extension cord.

“It’s that kind of an area where there are some things but lots of people live in houses with dirt floors and open fires in the middle. Another project we’re doing with them is bringing in stoves with chimneys so they don’t have to live with the smoke from an open fire. We hope we’re doing some good.” 



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A COMMUNITY RESOURCE FOR NEIGHBORS IN NEED

By Paige Ashley Brotherton

The most important part of being a community is how we help each other. Williamsburg is home to a wide array of people, all of whom can use a little assistance from their neighbors from time to time.

Nicole Lancour does her part through House of Mercy, a local food pantry and all-around resource center for neighbors in need. She has been the Communications Director



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for a year and a half, but Nicole contributed to their service mission ever since their mobile food pantry began. Although she was once employed as a student at her university's public relations office and dabbled in freelance marketing, Nicole has always been called to serve. She found an opportunity in her previous job at Saint Bede's Catholic church, participating in the youth ministries and adult Bible study. Nicole is particularly drawn to helping others achieve their life goals, whether spiritually or otherwise. Through classes, discussions and personal connections, she has been able to guide people along their various journeys.

In her role as Communications Director, Nicole has encountered new joys and challenges. "This is definitely something that I'm really passionate about, and I think a lot of it has to do with just being grateful for the things that I have," Nicole says. "It's really moving to be part of rallying the community and taking all the different pieces and resources from Williamsburg and putting them in one place."

With her degree in Theology from the Franciscan University of Steubenville, Ohio, Ni-

cole's responsibility at House of Mercy is essentially spreading the word about the programs they offer and the type of assistance they need at any given time. "It's about communicating both to people who need things but also people who are able to provide services and resources, putting them together and really making sure that we can change people's lives."

Nicole likes to focus on the longevity of the aid she provides with her work. She and her organization seek to forge a connection with individuals so that they may find their footing in their path through life and become independently driven to meet their goals. "I think it's really good, in particular, that the House of Mercy tries to make sure that we maintain the dignity of the people who are coming to see us."

Nicole is moved watching volunteers carry furniture into a brand-new house for a family, watching everything from a coffee pot to a fresh set of silverware become a part of their very own home. Her job has allowed her to help others find lasting stability. "It's definitely very rewarding," she says.

Nicole mentions one of the more difficult parts of her job being the incorporation of new programs to aid the residents of Williamsburg, specifically citing the Keep Women in School ministry, which focuses on supplying feminine hygiene products to those in need. Like with any organization, there is only so much one can do with a fixed amount of resources, but Nicole was delighted to find that the community rallied around the cause and there was no cost for the new program. "We got over sixty-thousand products donated," she says with a big smile. "We'll have products for over 200 young women for a year."

Nicole finds her work especially satisfying, even when it isn't easy. "I think that we don't always think about the people who are employed in the tourism industry who may be seasonal employees. It's always a challenge in this area to make sure we're keeping people aware of what their neighbors might be struggling with." But Nicole has been pleasantly overwhelmed by all the support House of Mercy receives. "We have a really strong community of organizations like the Rotary Clubs, the Kiwanis clubs,

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the Williamsburg Health Foundation and the Williamsburg Community Foundation that really demonstrate how many people in our town care. Those kinds of organizations really show you that Williamsburg has a passion for serving its community members.”

Nicole has enjoyed the collaboration across groups. The teamwork results in days when families from all over Williamsburg get together to complete a task for House of Mercy’s ministries, which allows Nicole to bring her family in on the fun. “Being a part of House of Mercy, my kids are raised in a way that helps them see that they may feel like they don’t have everything that their friends have, but they can still be really grateful to know that they have a lot of things that other kids their age might be really missing and needing.” It’s important for Nicole to feel that her kids know the difference between a want and a need so they can be better prepared for their own lives and be aware of the basic requirements of others around them. She works to bring them into the fold as much as possible so they can see how essential it is to give back.

When Nicole and her kids aren’t volunteering, they can be found exploring new things as a family. She and her husband, Kyle, enjoy trying Do-It-Yourself home projects every time they move, expanding their house as their family grows. Madelyn, Luke, Jacob and Hannah are homeschooled, but they participate in all Williamsburg has to offer between sports teams and church groups, truly making the most of the community they call home. “We have met some incredible families with whom to share life and raise our children together,” she says.

Nicole grew up in Georgia, which is different than her current home in many ways. She loves the natural landscapes and scenery of Williamsburg, but the most important distinction was, of course, family-oriented. “I was surprised by how easy it is to plant roots here. There are so many places and events to discover.” She laughs as she remembers her first winter here. “I didn’t quite understand why we had school when it snowed because in Georgia, you do not have school when it snows!” But the transition was a welcome one, and Nicole feels she has found a happy medium here.

Even with its humble size, Williamsburg manages to provide a dynamic backdrop for exploration and entertainment. The town’s wide variety of restaurants provide Nicole and her family with the ability to fulfill their love of trying different cuisines. They enjoy recreating some of their favorite recipes at home, including Moroccan meatballs with couscous, Thai drunken noodles, and English lamb with Yorkshire pudding. Many of the family’s favorites are inspired by their international travels. Family vacations allow Nicole and her husband to show their children different parts of the world while always giving them a safe place to return to.

Despite their numerous travels, Nicole Lancour and her family are delighted to call Williamsburg their home. Not only is she excited for the opportunity to teach her children in the midst of living history, but setting down roots here has allowed her to balance a busy family life with a fulfilling employment. “That’s really something that makes it easy to go to work: when you’re promoting something that’s changing people’s lives.” NDN

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Spreading Kindness to New Homeowners

By Lillian Stevens

What better way to welcome a new homeowner to town than with a beautiful basket of goodies?

According to Ashlyn Trant, co-owner of the Welcome Basket of Williamsburg, the idea of welcoming new neighbors to local businesses is nothing new. “What makes Welcome Basket unique is we really want to encourage that personal connection between a new homebuyer and the businesses and restaurants we represent.”

The company, which Ashlyn runs with her friend and business partner Ashley Campbell,

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LA TERRAZA | **LA TERRAZA**
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was launched in 2018. As of September 2019, over 1,200 baskets have been delivered to new homebuyers in Williamsburg.

“We are very proud of this accomplishment,” Ashlyn says.

The carefully curated baskets feature a variety of goodies, promotional materials and coupons provided by local sponsors, all businesses that are well-known, tried and true.

“The gym where I work out is a sponsor,” she says. “We also have a hair salon and an orthodontist. We got our start reaching out to businesses we knew and had relationships with. Over time, new ones have started reaching out to us, which is great!”

Tucked inside each basket is a welcome card that prominently features a pineapple logo. The baskets are decorated with a two-color buffalo check pattern. After they are assembled, they are topped with colorful ribbons.

Businesses can sponsor a “gold basket” which puts their goodies into 100 baskets, decorated with yellow ribbons. Silver sponsors are featured in 50 baskets, featuring blue ribbons. The sponsorships span six months. That’s a lot of baskets! “It’s really fun working with the sponsors

and delivering the baskets,” Ashlyn says. “I have learned so much about the neighborhoods and the community.”

As basket items are received, they are carefully inventoried and logged, and each sponsor is provided with an accounting of the goods received. Promotional materials from a local nonprofit are also included in the baskets. “A different nonprofit is featured each month because we want to encourage the ‘give back’ with our welcome baskets. We also post information about their organization and events on our social media pages.”

Welcome Basket’s delivery area encompasses Upper York County, James City County and the City of Williamsburg. “We start with the published list of homes sold, then do our searches based on those areas. Since we are such a small company, deliveries are limited to 100 households each month.”

Since deliveries are scheduled some 30 to 90 days after a property’s settlement date, the baskets don’t get lost in the flurry of activity that always comes with a move.

“We greet people when deliveries are made,” Ashlyn says. “Otherwise we leave the baskets on

the porch, under cover where possible. There’s also a card that encourages feedback. If a basket recipient provides feedback, then they are entered into a gift card raffle for a local restaurant.”

Interestingly, both women at the helm of Welcome Basket are elementary school teachers by profession. After having her daughter in 2012, Ashlyn decided she really wanted to be a stay-at-home mom. So, after teaching for almost a decade, she left the classroom.

“I love being home with my children,” she says, “but my best friend from college, Brooke, kept telling me about a welcome basket business she’d started in Roanoke. She called it the ‘perfect mom job’.”

Ashlyn thought the idea was intriguing, but put it on the back burner in favor of family activities and play dates. Astonishingly, it was through a play date that Ashlyn would meet her future friend and business partner.

“My son John Luke kept coming home from his pre-school talking about his friend ‘Anderson,’” Ashlyn says. “So I decided to make a play date for the boys. I called Anderson’s mother, Ashley, but the funny part is Ashley totally hates play dates! She calls them forced friendships.”



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The play date happened anyway, and the two young moms, who have so much in common, really hit it off.

“Soon after that, Brooke and I were on a girls’ trip to New York, when the topic of ‘perfect mom jobs’ came up again. She kept talking about her basket business and encouraged me to think about starting one here in Williamsburg.”

By now, Ashlyn’s children were three and five years old, so she was thinking that perhaps the timing was right after all. Upon returning home, she bounced the idea off of her new friend, Anderson’s mom, and a business was born.

The two budding entrepreneurs put their heads together to make a plan. They brainstormed the logistics of launching a start-up while protecting valuable time for their young children and families.

In June 2018, they got their business license. “We started our business in Ashley’s dining room, with four little kids at our feet.”

In December, the decision was made to expand to a brick and mortar operation. “We rented a place off of Strawberry Plains Road,” Ashlyn says. “I was just giddy!”

As business has expanded, so have the sponsors. “We hope to build on the momentum,

adding more restaurants and breweries,” she says. “We started with six sponsors and now there are 24, which is unbelievable considering we’ve only been at this for a year.”

At the end of the month, participating businesses are provided a spreadsheet with the addresses of those who received a welcome basket. “That way, they can do follow-up mailers and track customers coming into their business.”

Aside from the satisfaction that comes with running a successful venture, she says it’s been a great way to connect with her community. “I’m learning so much about Williamsburg, and meeting so many wonderful people through this. It seems that everyone is connected somehow, in a community this size, and that’s really nice.”

For Ashlyn, a military wife and self-described introvert, it’s very rewarding spreading the kindness. “Just putting a smile on these people’s faces makes me feel good.”

“The way Welcome Basket is structured means I have time at home for my kids and their school activities,” she says. “Having that flexibility to be home with my children means everything to me.”

As Welcome Basket comes into its second

year, business is booming and Ashlyn is so grateful that her journey led to Williamsburg. “When my husband and I got married in 2009, we decided to move to Williamsburg because we loved the small-town feel of this special place.”

The couple has made Williamsburg their home for almost ten years now. She and her husband Reuben met through a college classmate of Ashlyn’s who introduced them.

“In 2008, when we were at our five-year class reunion, my friend wanted me to meet her single brother-in-law,” Ashlyn says. “Well, he who turned out to be her husband’s identical twin.”

The two connected from the very start and were married in 2009. For about six months, they lived in Norfolk before setting their sights on points west, ultimately settling on Williamsburg and Queens Lake. Their children Julia (7) and John Luke (5) are students at Waller Mill Elementary School.

“I always dreamed of being a mother,” Ashlyn says. “I grew up in a small town in the Shenandoah Valley, and my mom was a stay-at-home mom. I have such great memories of growing up. I knew I wanted to give that to my children if I could.”

It turns out, Ashly Trant can. NDN

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Hey Neighbor!

Please visit

www.WilliamsburgNeighbors.com,

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

To submit your non-profit event to Hey Neighbor! send a paragraph with your information to: heyneighbor@cox.net

Hey Neighbor! PERFORMANCES BY CONFUCIUS INSTITUTE October 4, 2019

The William & Mary Confucius Institute will hold a gala celebrating Sichuan's dazzling folk cultures and traditions from 7:30 - 8:30 pm at Sadler Center's Commonwealth Auditorium. Among many performances will be a mask changing event, showcasing breathtaking illusions practiced in the Sichuan province.

Hey Neighbor! CAPITAL COLOR RIDE October 5, 2019

Enjoy this family-friendly biking event along a 15-mile stretch of the Virginia Capital Trail. Venture from Chickahominy Riverfront Park to the James City County Marina and back, while encountering color stops, snacks, water and more at the rest stops. 9 a.m.-1 p.m., begins at Chickahominy Riverfront Park, 1350 John Tyler Highway. Registration is \$10/participant and includes a free shirt (while supplies last) and lunch. Info/registration visit jamescitycountyva.gov/recreation or call 757-259-4200. Weather permitting; please call 757-259-3232 for any weather updates.

Hey Neighbor! AN OCCASION FOR THE ARTS (AOFTA)

October 5-6, 2019
AOFTA's annual fine art and music festival marks its 51st year in historic Williamsburg. This highly anticipated weekend provides an inspiring celebration of visual and performing arts in and beyond Merchants Square of Colonial Williamsburg. The juried art show brings the work of talented fine artists, local youth artists, and lively performing artists together for an event that offers something for everyone to enjoy. Live performances are held both days on two stages, and the popular food court provides a culinary taste of fall. AOFTA is a free, volunteer-run festival.

Hey Neighbor! 5K FOR THE ARC October 5, 2019

10th Annual 5k for The Arc at Williamsburg Landing. Registration is now open. The race is currently looking for sponsors. Visit thearc-gw.com for race and sponsorship details, or call Pam McGregor at (757) 229-3535.

Hey Neighbor! FIFTH ANNUAL 2019 AU- TOFEST FOR DREAMCATCH- ERS October 5, 2019

11 am - 3:30 pm at the Williamsburg-Jamestown Airport at 100 Marclay Road, Williamsburg. Fundraiser car show benefiting Dream

Catchers of Williamsburg.

Hey Neighbor! CONSERVANCY CELEBRA- TION AT CHELSEA PLANTA- TION October 6, 2019

Please join us for a casual afternoon at Chelsea Plantation in West Point, VA, on the Mattaponi, from 2-4:30 pm. Live music, plantation home tours, silent auction, fish casting clinic, all you can eat Brunswick stew and ham biscuits, and beer and wine are available for purchase. Must be 21 years or older. Tickets \$75 available on-line at www.HistoricVirginiaLandConservancy.org or by calling (757) 565-0343. All proceeds benefit the HVLC. Event held rain or shine.

Hey Neighbor! KIWANIS GOLF TOURNAMENT October 6, 2019

The Kiwanis Club of Colonial Capital will be hosting its annual charity at Ford's Colony Country Club. Shotgun start at 1pm. All proceeds go to help needy children in the greater Williamsburg area. The cost to play is \$125 (a portion is tax deductible) and this includes golf, cart, favors, and box lunch, dinner and raffle prizes. To play or to be a tournament sponsor (closest to hole, hole in one, putting contest, tee sponsor) contact Walt Siegel at

walterwilliamsiegel@gmail.com or telephone (757) 585-2421.

Hey Neighbor! CHIPPOKES PLANTATION STATE PARK 400TH COMMEMORATION EVENT October 6, 2019

Chippokes Plantation is celebrating 400 years of continuous farming. Join us 6 at 2 pm, as we welcome guest speakers to honor the diverse cultures of those who have contributed to the legacy of Chippokes Plantation. Following the commemoration, attendees can enjoy hearth cooking demonstrations at the Brick Kitchen, guided-tours of the Jones-Stewart Mansion, and view thousands of artifacts at the Farm and Forestry Museum featuring farming equipment throughout the ages. There is no fee for the event, but a \$7 park entrance fee applies per vehicle and donations will be accepted for all activities. 695 Chippokes Park Rd., Surry, VA 23883. Phone (757)-294-3625

Hey Neighbor! PENINSULA AGENCY ON AGING - CAREER CLUB October 8, 2019

From 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



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Dewitt Wallace Museum Lawn
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and resource support throughout your job search!. Location: 312 Waller Mill Road, Room 801, Williamsburg.

Hey Neighbor! **HERB SOCIETY MEETING**

October 8, 2019

The Colonial Triangle Unit of the Herb Society of America announces an open meeting at King of Glory Lutheran Church on Longhill Road. The meeting begins with light refreshments at 1 pm, followed by the program at 1:30 pm. The speaker for this meeting will be Vickie Shufer who is an herbalist and forager. She will follow the cycles of the plants by following the seasons and discover which plants are available at each time of the year. The meeting is free and open to the public.

Hey Neighbor! **WCAC HOSTS ANNUAL JURIED ART SHOW**

October 8 – November 15, 2019

The Williamsburg Contemporary Art Center is hosting its Annual Regional Juried Show. Open to all Virginia artists, including members of WCAC, the show is being judged by Steve Prince, Director of Engagement, Muscarelle Museum of Art at William & Mary. There will be cash awards for show winners. The show exhibits the best original works of regional artists and artisans and includes 2-D and 3-D artwork in all styles and mediums—painting, photography, pottery, sculptures, jewelry, fiber art, and more. Most artwork is for sale. WCAC is located at 110 Westover Ave. in the Arts District. Hours: Tues.-Sat. 11-3; Sun. 12-4. Information: (757) 229-4949.

Hey Neighbor! **MEET THE MUSCARELLE ARTIST IN RESIDENCE AT MERCHANTS SQUARE**

October 9, 2019

Stop by Muscarelle @ Merchants Square (above Williams Sonoma) for an informal opportunity to engage with artist Steve Prince. You will have the opportunity to learn first-hand about the process of artistic creation and make your own take-away memento. Free and open to the public. Stop by any time between 1-3 pm on these dates too: October 23; November 13; November 20; December 18

Hey Neighbor! **FREE FLU SHOTS - RIVERSIDE HEALTH SYSTEM**

October 10, 2019

From 8 am – 2 pm at Riverside Doctors' Hospital Williamsburg, First-floor Lobby, 1500 Commonwealth Ave. The flu, short for influenza, is a contagious respiratory illness caused by a virus. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older adults, young children, and people with certain health conditions, are at high risk for serious flu complications. For more information about Riverside Health System and the 2019 flu clinic series, visit riversideonline.com/flu. For more information, visit www.riversideonline.com or contact Peter Glagola, Senior Director, Public Relations, peter.glagola@rivhs.com or call (757) 719-2103.

Hey Neighbor! **THE DOCTOR IS IN SPEAKER SERIES**

October 10, 2017

Topic: How Not to Have a Heart Attack. Riverside providers and other health care experts discuss pertinent, health-related topics geared toward those who live in our vibrant region. At Riverside Doctors' Hospital Williamsburg, 1500 Commonwealth Ave., Conference Rooms A & B. Time: 6-7 p.m. (doors open at 5:30 pm). Speaker: Dr. Vasudev Ananthram, Cardiology. RSVP: <https://www.riversideonline.com/events/Upcoming-Events>.

Hey Neighbor! **GALA TO RAISE FUNDS FOR AVIATION SCHOLARSHIPS**

October 11, 2019

At the Kingsmill Resort. Hosted by the Williamsburg Aviation Scholarship Program, join us for a black tie evening. Keynote speaker is Christina Olds, author and daughter of legendary ace fighter pilot, Robin Olds. Ticket sales and silent/live auction proceeds enable Tidewater high school students to earn a Private Pilot License completely cost-free. Purchase event tickets or learn about this unique scholarship program at: <https://www.waspscholarship.org/fall-gala>.

Hey Neighbor! **HEARTSAFE HEALTH FAIR**

October 12, 2019

This event will be held from 12 - 5

pm on the Dewitt Wallace Museum Lawn in Colonial Williamsburg. Join us for the afternoon and learn about sudden cardiac arrest and the importance of hands-only CPR and AED use. This will be a free, educational event that is fun for the whole family. Learn about PulsePoint, try the "hands-only CPR challenge", eat some heart-healthy food, and take part in the wide range of activities throughout the day. Visit: www.heartsafewmbg.com or email us at info@heartsafewmbg.com to learn more.

Hey Neighbor! **RUN FOR THE HILLS FALL FEST**

October 12, 2019

From 8 am - noon, join Here For The Girls at its annual Run for the Hills Fall Fest Location: Sanford B. Wanner Stadium, 4725 Stadium Drive, Williamsburg, VA 23188 (not GPS compatible). Join us for a challenging combination of roads and beautiful nature trails through the Warhill Sports Complex and adjacent areas. This race welcomes runners and walkers of all ages. Create a team, dress up, wear your decorated bra, pink out, and show your support! Proceeds benefit Here For The Girls, Inc. improving the lives of young women affected by breast cancer. To find out more about Here For The Girls and their mission, visit us at www.hereforthegirls.org.

Hey Neighbor! **JUMBLE SALE AT BRUTON PARISH CHURCH HALL**

October 12-14, 2019

Come and find jewelry, toys, art, housewares, decorative accessories, collectibles, small furniture, and more! 331W. Duke of Gloucester St., Williamsburg. All sales proceeds go to benefit local non-profits. October 12: 10 am - 5 pm. October 13: 12 pm - 5 pm. October 14: 10 am - 1 pm. For information, call (757) 220-148.9

Hey Neighbor! **SCHOLARSHIP CELEBRATION CONCERT**

October 13, 2017

Robert Hall & the Fellowship Choir will be in concert at 3:30 pm at St. John Baptist Church, 1397 Penniman Rd. The event is held in celebration of the 29th anniversary of the Wilbert M. Wallace Scholarship Foundation. The community

is invited.

Hey Neighbor! **THE CHAMBER MUSIC SOCIETY OF WILLIAMSBURG PRESENTS MUSICA PACIFICA**

October 15, 2019

At 8 pm, in the Williamsburg Regional Library Theatre. Pacifica is renowned for their world class musicianship, imaginative programming and spirited performance style. For further information & tickets visit: chambermusicwilliamsburg.org.

Hey Neighbor! **WILLIAMSBURG MUSIC PROGRAM**

October 16, 2019

The Williamsburg Music Club proudly presents the second program of its outstanding 2019-2020 season. Piano soloist, Jennifer Nicole Campbell, will present "First Encounters", a program of "firsts" from Grieg, Beethoven, Debussy, Chopin, Brahms and more. The program will conclude with the Premiere of "A Set of Variations" by Ms. Campbell herself. The Williamsburg Music Club presents their programs as a gift to the community. Program begins at 11 am, preceded by "Coffee & Conversation" at 10 am at Bruton Parish Hall, 331 Duke of Gloucester Street in Colonial Williamsburg. www.williamsburgmusicclub.org.

Hey Neighbor! **AUTUMN BIG BAND DANCE**

October 18, 2019

All are invited to an evening with family and friends while listening and dancing to music from the Big Band Era. Cut a rug with live music played by the spectacular 17-piece Ford's Colony Dance Band taking place in spacious Kaplan Parish Hall on the campus of Saint Bede Catholic Church, 3686 Ironbound Road in Williamsburg. Time: 7 - 9 pm. Cost: \$10 per person, free for those under 16 years old. Refreshments/snacks available for purchase. (No outside drinks/food permitted.) For more information, call (757) 229-3631, or visit www.bede.org/concerts.

Hey Neighbor! **BOO BASH AT THE BEACH**

October 19, 2019

Enjoy a day at the beach with a Halloween twist! Costumes welcome. All ages; children must be

accompanied by an adult. Trick-or-Treating onsite for ages 12 and younger. Hands-on activities, music, games, food for purchase and more! Pumpkin-carving and decorating (\$) available first-come, first-served while supplies last. 1-4 p.m., Jamestown Beach Event Park, 2205 Jamestown Road, \$5/car (cash or check only). Info/registration visit jamescitycountyva.gov/recreation or call 757-259-4200. Weather permitting; please call 757-259-3232 for any weather updates.

Hey Neighbor! **HICKORY NECK 19TH ANNUAL FALL FESTIVAL**

October 19, 2019

10 am – 3 pm. Home-style cooking, BBQ, hot dogs, beats, silent auction, amazin' grazin' baked goods, arts and crafts show and sales, attic treasures, free kids events and hay rides. All proceeds benefit local charities. \$170,735 has been raised so far! Hickory Neck Episcopal Church, 8300 Richmond Road, Toano, VA 23168. Phone number (757) 566 – 0276. www.hickory-neck.org/festival.

Hey Neighbor! **FIFTH ANNUAL HARVEST FESTIVAL**

October 19, 2019

Chippokes Plantation State Park. From 10 am – 5 pm, celebrate the fall harvest at one of the oldest continually farmed plantations in the country. Along with craft and food vendors, guests can enjoy live bluegrass music and activities including hearth cooking, basket weaving, yarn spinning, sack races, corn hole, and antique farming equipment demonstrations. There is no fee for the event, but a \$7 park entrance fee applies per vehicle and donations will be accepted for all activities. Location: 695 Chippokes Park Rd., Surry, VA 23883 or call (757) 294-3625.

Hey Neighbor! **SKATE JAM AFTER HOURS**

October 25, 2019

This glow-themed night will include a skate competition broken down into beginner, intermediate and advanced divisions where participants are judged on style, flow and difficulty of run. 4-8 p.m., warm-ups begin at 4 p.m., Skate Park (adjacent to the James City County Recreation Center), 5301 Longhill Road, \$10/participant.

All ages. Registration is required for admittance into the park. Register by Oct. 18 and SAVE, only \$5 (\$10 after/onsite). Info/registration visit jamescitycountyva.gov/recreation or call 757-259-4200. Weather permitting; please call 757-259-3232 for any weather updates.

Hey Neighbor! **MOVIES UNDER THE STARS**

October 25, 2019

Enjoy The Nightmare Before Christmas (PG) out under the sky! 7-8:15 p.m. Free! Chickahominy Riverfront Park, 1350 John Tyler Highway. Bring lawn chairs, blankets and snacks. All ages welcome; children 12 and younger must be accompanied by an adult. Movie subject to change. Info: jamescitycountyva.gov/recreation or call 757-259-4200. Weather permitting; please call 757-259-3232 for any weather updates.

Hey Neighbor! **WILLIAMSBURG CHORAL GUILD**

October 27, 2019

At 4 pm at the Williamsburg United Methodist Church. Join the Williamsburg Choral Guild as we open our 44th season with The Promise of Living, an international folk program. Aaron Copland's The Promise of Living, a work for choir and piano-four-hands, centers this diverse program. Tickets are available at <https://www.williamsburgchoralguild.org/tickets/> or from a Guild member. Adult tickets are \$20 in advance/\$25 at the door; student tickets are \$10 with ID; no cost for children under 12. For more information, please visit williamsburgchoralguild.org or visit our Facebook page.

Hey Neighbor! **AFTER HOURS LECTURE AT VIMS**

October 24, 2019

Cytobots in the Bay: How Technology is Keeping Virginians Safe. Harmful algae blooms, or HABs, occur when algae in the water grow excessively and produce toxins and other harmful effects on the environment and people. Dr. Smith describes the innovative technology she is using to protect public health as well as her vision for a network of cybotbots throughout the Bay. All After Hours lectures take place at 7 pm in Watermen's Hall on the VIMS campus, 1375 Grete Road,

Gloucester Point. Reservations to this free, public lecture are required due to limited space. Visit www.vims.edu/events or call (804) 684-7061 to register or to find out more information about this and future After Hours lectures.

Hey Neighbor! **BAHA'IS OF JCC COMMEMORATE THE 200TH ANNIVERSARY OF THE BIRTH OF THE BAB**

October 28, 2019

Join the Baha'is of James City County in commemorating the 200th anniversary of the birth of The Bab, whose revitalizing message prepared the way for the coming of Baha'u'llah, the founder of the Baha'i Faith. Engage in a meaningful discussion inspired by the pivotal teaching of the oneness of humankind. A feature film commissioned for the bicentenary will provide a springboard for discussion. Light refreshments will be served. Meeting to be held at the James City County Library in the McGaw Room located at 7770 Croaker Rd.

Hey Neighbor! **DRIVER SAFETY COURSE FOR SENIORS**

October 29-30, 2019

An AARP Driver Safety course is coming soon! This course is periodically updated to be meaningful particularly for drivers over 50, although anyone with a valid Virginia Driver's License may register. The next course is from 8:30 am - 1 pm in the Community Room in Riverside Doctors Hospital at 1500 Commonwealth Ave. Attendance on both days is required. Cost is \$15 for AARP members or \$20 otherwise payable by cash or check made out to AARP the first morning of class. The discount on your auto insurance will easily exceed the cost of the course. You will need to bring a valid Virginia Driver's License and, if applicable, a current AARP membership card. Since class size is limited, pre-registration is required. Call (757) 220-0463 to reserve your seat. We need to know the names, tel#s and e-mail of each registrant.

Hey Neighbor! **LIVE WELL EXPO**

November 1, 2019

Pamper your mind, body and spirit while taking advantage of FREE

preventive health screenings during this annual event! Explore a variety of health and leisure services for age 55+ and their caregivers. Free! 8:30-11:30 a.m., James City County Recreation Center, 5301 Longhill Road. Info: jamescitycountyva.gov/recreation or call 757-259-4200.

Hey Neighbor! **QUEENS LAKE COMMUNITY ARTS & CRAFTS SHOW**

November 2, 2019

From 9 am – 3 pm. The 10th annual show of local artists and crafters including mixed media, photography, jewelry, needlecrafts, pottery, apparel, baby and child items and local authors. All day concessions from York County School of the Arts. Free Admission and free parking. Location: 234 E. Queens Drive, Williamsburg.

Hey Neighbor! **BERKELEY PLANTATION CELEBRATES 400TH ANNIVERSARY 1619-2019**

November 3, 2019

From 11 am – 4 pm, at Berkeley Plantation, 12602 Harrison Landing Rd.

Charles City (directly off scenic Rt. 5 between Richmond and Williamsburg). House Tours 9:30 am–4:30 pm. Berkeley Plantation hosts the Virginia Thanksgiving Festival. This annual tradition dates back to 1619 when Captain John Woodlief and his crew of thirty-five men landed on the shores of the James River. Join us for a day immersed in the history of early Colonial America as we celebrate the First English Thanksgiving in the New World. Experience the re-enactment of this historic event moderated by Tim Timberlake. Tours of Berkeley's Manor House Available \$12.50 per person. Discounted rates for seniors, military and children ages 6-16. For more information call (804) 829-6018 or (888) 466-6018.

Hey Neighbor! **USMC BIRTHDAY CELEBRATION**

November 9, 2019

The Williamsburg Area Marines (WAM) will observe the 244th Birthday of the founding of the United States Marine Corps at Legacy Hall in New Town from 6:30 – 9 pm. Color Guard, traditional readings, guest speaker, and cake cutting. Heavy hot and cold buffet,



What makes Next Door Neighbors so interesting? You Do.

Over the last 13 years, we have published more than 2,100 stories to introduce you to your neighbors. Every month we mail 43,000 copies of our magazine to our Williamsburg community. Hundreds of business owners who pay to advertise are the reason you receive your copy in the mailbox free. These businesses rely on your readership to make their advertising dollars a strong investment. We owe it to you and the businesses who have become our customers to continue to keep Next Door Neighbors interesting and effective.

Next Door Neighbors is a great print advertising vehicle for businesses. Here are a few reasons why.

- Businesses can achieve multiple impressions with the same readers when they advertise consistently in Next Door Neighbors.
- It is delivered to every home with a mailbox in zip codes 23185, 23188 and 23168.
- As a monthly magazine, it has a long shelf life.
- It reaches 99% of the Williamsburg market, and that includes all high end and middle income households.
- And lastly, we think it's fun to read because the stories are about you!

Publisher



If you have a story idea, email a paragraph about the person to Narielle Living, Editor, at narielleliving@gmail.com

cash bar. \$ 35 per person. All Marines and friends invited. For information, call (757) 879-5153.

Hey Neighbor! "ROCK AROUND THE CLOCK" FUND RAISER

November 10, 2019

Registration is now open for the Williamsburg Contemporary Art Center's - 60th Birthday Party! fund-raising event. "Rock Around the Clock" will be a tribute to the era when WCAC was born, and promises to be both nostalgic and a hoot! It will be held at the Williamsburg Moose Lodge. Reservations - \$75 per person. Don your poodle skirt, grease back your hair, and prepare to party! For info and reservations, contact Janis Wood at jleewoodart21@msn.com, or go to visitwcac.org.

Hey Neighbor! PENINSULA AGENCY ON AGING - CAREER CLUB

November 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! Location: 312 Waller Mill Road, Room 801, Williamsburg

Hey Neighbor! THE DOCTOR IS IN SPEAKER SERIES

November 14, 2017

Topic: Menopausal Urogenital Health. Riverside providers and other health care experts discuss pertinent, health-related topics geared toward those who live in our vibrant region. At Riverside Doctors' Hospital Williamsburg, 1500 Commonwealth Ave., Conference Rooms A & B. Time: 6-7 p.m. (doors open at 5:30 pm). Speaker: Dr. Stacy Slat, Riverside Partners in Women's Health, Williamsburg. RSVP: <https://www.riversideonline.com/events/Upcoming-Events>.

Hey Neighbor! HERITAGE HUMANE SOCIETY 19TH ANNUAL HOLIDAY BAZAAR

November 23, 2019

Join us at the Bruton Parish Hall on Duke of Gloucester Street, Williamsburg. Doors open at 9 am. You'll find unique gifts and stocking stuffers for all the people and

pets on your list. All proceeds benefit the homeless animals at the Heritage Humane Society. Come early for the best selections of gourmet soups and baked goods for your celebrations. We have themed baskets and hand-crafted gifts—and a wide selection of jewelry, scarves, books, stuffed animals, holiday decorations, fabric creations and more! Your favorite pets will enjoy toys, togs and treats in their holiday "critter baskets". Try your luck at our raffles, with a chance to win exciting prizes.

Hey Neighbor! VOLUNTEER WITH SENTARA WILLIAMSBURG REGIONAL MEDICAL CENTER

Ongoing

Join us. Our volunteers play a vital role in helping us provide exceptional health care. Our volunteers generously give their time to help others. The department matches individual talents and interests to the needs within the hospital as possible. New volunteers attend an orientation to familiarize themselves with the responsibilities of volunteering and any specialized training their service area requires. Contact: Debi Hardin, Volunteer Coordinator @dnhardin@sentara.com or call (757)984-7195.

Hey Neighbor! STRYKER CENTER HOSTS WCAC EXHIBIT

Ongoing

The Stryker Center is hosting an exhibit by members of The Williamsburg Contemporary Art Center, currently underway through Nov. 22. Artwork highlights the diversity of contemporary art in Williamsburg and includes 2-D and 3-D art. Most is for sale. The Stryker Center is open to the public Monday through Friday from 10 a.m. to 5 p.m. WCAC is a volunteer-operated, non-profit organization, driven by its mission to enrich the community through contemporary art. The Stryker Center is at 412 N. Boundary St., next to the library.

Hey Neighbor! PINOCHLE OR BID WHIST CARD GAMES

Ongoing

Senior group of card players is looking for any person(s) who would like to play either Pinochle or Bid Whist cards. We meet every Tuesday at Williamsburg's Moose lodge

from 1:30 - 4 pm. Location: 5429 Richmond Rd, call (703) 944-5107 for questions.

Hey Neighbor! JOIN MASTER GARDENERS

Ongoing

The VCE Master Gardener Program is currently accepting applications for its 2020 Training Class! The entirely community-based volunteer program has been providing high-quality horticulture-based programs for James City County and Williamsburg for over 20 years, with guidance and leadership from Virginia Tech and the Virginia Cooperative Extension. We welcome residents of Williamsburg, James City, New Kent, and Charles City Counties to become part of our educational programs and events. No experience necessary! Classes meet Tuesday and Thursday mornings, from 9 am - 12 noon, January 7 - March 26, 2020. For application and more information, please visit us online at www.jccwmg.org or call the VCE office at (757) 564-2170.

Hey Neighbor! NEW PARKINSON'S SUPPORT GROUP

Ongoing

Led by Dr. Lyzette E. Velazquez of Riverside Neurology and Sleep Specialists. Dr. Velazquez offers a free, well-round monthly discussion featuring, in addition to herself, experts in the field, including physical therapists, dieticians, home health care workers, psychologists and more who will provide education information useful to anyone who interacts with the disease. Fourth Tuesday of each month, 2 pm, at Riverside Doctor's Hospital Williamsburg, 1500 Commonwealth Avenue, Conference Rooms A&B. Open to the general public. Parkinson's patients, caregivers, health care workers, interested community members.

Hey Neighbor! GRÖVE 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! THE ARC NEEDS DRIVERS!

Ongoing

The Arc of Greater Williamsburg is seeking additional drivers to transport clients to evening activities and programs in our beautiful, handicapped accessible vehicles. Paid and volunteer positions are available! Activities are conducted 7-9 pm. CDL license is not required. DMV and background checks will be conducted. For information please email: pam.mcgregor@thearcgw.org. Visit our website at thearcgw.org.

Hey Neighbor! OSHER COURSES & LECTURES

Ongoing

The Osher Institute at William & Mary concludes its 28th year of lifelong learning with nearly 178 courses, activities and one-time-lectures, ranging from the arts to American and world history to technology to contemporary issues and more. Visit www.wm.edu/osher to review courses and lecture topics and sign up for a membership and register for courses. Members may register for up to eight courses and an unlimited number of activities and one-time-lectures each semester. Your membership is a ticket to learning about the world, engaging with others who have diverse life experiences, and enjoying the social sides of life. Questions? Call (757) 221-1506 or email us at osher@wm.edu. We will be happy to help, and we look forward to meeting you too.

Hey Neighbor! THE WILLIAMSBURG ROSE AND THISTLE - EMBROIDERY

Ongoing

This chapter of the Embroiderer's Guild of America meets the second Tuesday of each month (except June and December) from 10 am - noon at King of Glory Lutheran Church at 4897 Longhill Road in Williamsburg (Room 313). All types of hand embroidery are encouraged and visitors are welcome. Bring your stitching and meet other area stitchers. For information, contact Jennifer Reed at (202) 200-1369 or

Hey Neighbor! COMMUNITY OF FAITH MISSION TO HIRE FOR UPCOMING SHELTER SEA- SON

Ongoing
JOB TITLE: Executive Director. This position is responsible for the successful leadership and management of all projects and tasks related to shelter operations. The shelter season is seasonal with more hours required between October-April. During the winter shelter season some evening hours will be required. Minimal summer hours.
JOB TITLE: Shelter Manager (3 days/week). This position is responsible for all tasks related to shelter operations and reports to the Executive Director. Employment period is mid-Oct thru mid-March, with winter shelter site hours of 5:30-9:30 commencing mid-November. This position is for three nights per week, with one of the nights being a Friday or Saturday. Paid training is provided.
JOB TITLE: Substitute Shelter Manager. Are you interested in being a shelter manager on a substitute basis to cover shifts as needed? Paid training is provided. For more information, please visit <http://www.cofm.info/employment>.

Hey Neighbor! JOIN MASTER GARDENERS

Ongoing
The VCE Master Gardener Program is currently accepting applications for its 2020 Training Class! The entirely community-based volunteer program has been providing high-quality horticulture-based programs for James City County and Williamsburg for over 20 years, with guidance and leadership from Virginia Tech and the Virginia Cooperative Extension. We welcome residents of Williamsburg, James City, New Kent, and Charles City Counties to become part of our educational programs and events. No experience necessary! Classes meet Tuesday and Thursday mornings, from 9 am – 12 noon, January 7 – March 26, 2020. For application and more information, please visit us online at www.jccwmg.org or call the VCE office at (757)564-2170.

Hey Neighbor! DONATIONS NEEDED

Ongoing
Foundation for Rehabilitation Equipment & Endowment (F.R.E.E.) is in need of gently used shower chairs, tub transfer benches, grab bars, rollators, transport (lightweight) wheelchairs, manual wheelchairs in all adult sizes. Bariatric wheelchairs and rollators are especially needed. To donate, contact Diane Harrah, Program Assistant, F.R.E.E. Williamsburg Chapter, (757) 707-4741. 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 related equipment and bathroom transfer aids. If you or someone you know is in need of equipment call (757)707-4741 or visit our website at www.free-foundation.org. Find us on Facebook at F.R.E.E. Foundation of Virginia.

Hey Neighbor! WILLIAMSBURG EAGLES

Ongoing
The Williamsburg Eagles Aerie 4548, a nonprofit group that gives back to the local community, is located at 113 Palace Lane in Williamsburg (behind Jose Tequila's and Rocco's). We are a member's only bar/restaurant similar to the Moose Lodge with some differences. We have two sides of our building. One non-smoking restaurant and one closed off smoking side. We just completed a renovation of our nonsmoking side and would like to get some exposure to try to get back the non-smokers to our club and increase our membership. A couple of fun facts about the FOE Eagles: 1904- Eagles make the first public plea for Mother's Day; 1935- Eagles played prominent role in the passing of the Social Security Act; in 1985, blooming from a strong relationship with member and entertainer Danny Thomas, the Eagles became the first organization to top \$1 million in donations to St. Jude's Children's Research Hospital. Call Kevin Mallory for more information: (757) 259-6868.

Hey Neighbor! WILLIAMSBURG AMATEUR RADIO CLUB (WAARC)

Ongoing
The Williamsburg Amateur Radio Club (WAARC) meets every month on the Second Tuesday at 7 pm in the Community Room of the JCC Library on Croaker Rd.

Vast opportunities to enjoy amateur radio and perform public service to the community. Members meet for breakfast every Saturday. Visit us at k4rc.net or email to info@k4rc.net for more details.

Hey Neighbor! VOLUNTEERS NEEDED, WILLIAMSBURG FAITH IN ACTION

Ongoing
Faith In Action relies on volunteers to help keep seniors living independently in their own homes. Volunteers transport care receivers to doctor's appointments, the grocery store, bank, pharmacy, etc. Volunteers also provide in-home services such as care giver support, visits, and light chores. Faith In Action offers a flexible schedule for its volunteers. If you have a few hours to dedicate to someone who may need to get to a doctor's appointment, or just enjoy a friendly visit, then we have the place for you. If you are interested in volunteering, call the Williamsburg Faith In Action Office at (757) 258-5890.

Hey Neighbor! JAMES CITY COMMUNITY CHURCH

Ongoing
"A Door of Hope" No matter where you are on your spiritual journey, we're glad you're here. James City Community Church is located at 4550 Old News Rd., Williamsburg. Services: 9 am (nursery provided) and 11am (birth - 5th grade programs provided). Come join us and feel free to participate as much or as little as you feel comfortable. We also offer Celebrate Recovery every Friday at 7 pm. Visit our website at www.jccchurch.com to learn more about JC3.

Hey Neighbor! BIBLE STUDY IN NORGE

Ongoing
Not getting enough from your Bible study or church group, then perhaps you should join us at the Williamsburg library in Norge every Monday at 6 pm to get your biblical questions answered, such as what happened in the garden concerning the two trees, or what happened between Adam and Eve and the serpent (that is to say the devil), or why isn't Cain in Adam's genealogy or where did Cain get his wife from, or did Adam and Eve really die the day they ate the for-

bidden fruit from the tree of knowledge, and what was that fruit? or such questions as what is the mark of the beast 666 and what does it mean and oh yeah what about the unforgettable sin and have I committed it, so (757) 253-00172 or (757) 604-6649 .

Hey Neighbor! VOLUNTEER WITH JCC PARKS & RECREATION

Ongoing
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@jamescitycountyva.gov or call 75-259-5403.

Hey Neighbor! LEARN MORE ABOUT HOS- PICE 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, 4445 Powhatan Parkway, Williamsburg VA 23188. www.williamsburghospice.org. Caring for people at the end of life, comforting the bereaved and empowering others to do the same.

Hey Neighbor! LOCAL FARM ANIMAL SANCTUARY

Ongoing
Life with Pigs Farm Animal Sanctuary in Williamsburg rescues farm animals that get to come and live out their happily ever-after here. We currently have a calf named Winnie who just arrived and has some mobility issues. She drags her back legs when walking and while she currently seems to be doing great, we are seeking a solution so that once she reaches full weight, she can continue to be mobile into old age. We also have another calf named Jenna who was born infertile, 4 turkeys, 7 chickens, and 3 pigs (who sleep on the couch inside often with a chicken in diapers on their backs). For more informa-

tion, contact Ryan at Life with Pigs Farm Animal Sanctuary, (219) 331-6204.

Hey Neighbor! **TURF LOVE PROGRAM** Year-Round

The Turf Love program is offered by the Colonial Soil and Water Conservation District to JCC residents who wish to grow and maintain a healthy lawn while protecting our surrounding environment. Through this program, homeowners can request a visit from a trained Virginia Cooperative Extension James City County/Williamsburg Master Gardener, known as a Lawn Ranger, who discuss the importance of environmentally-friendly lawn care, and the potential for environmental issues that stem from not maintaining a healthy lawn, with each homeowner. Each homeowner will also receive a certified nutrient management plan, which is specific to their lawn maintenance needs, goals, and surrounding environment; decreases the risk of environmental harm from routine lawn care; and often provides an economical benefit from reduced costs associated with over-application of nutrients and over-watering through irrigation. To learn more about this program, please call (757) 645-4895.

Hey Neighbor! **BIRD WALKS WITH THE** **WILLIAMSBURG BIRD CLUB** 2nd and 4th Saturdays

8-10 am. On the second Saturday of every month, the Williamsburg Bird Club leads bird walks different parks in the Williamsburg/James City/York area. The second Saturday is at a different park each month. Please check the calendar at williamsburgbirdclub.org to find where these walks are held. On the fourth Saturdays, the walks are always held at New Quarter Park. Join them for upcoming walks to observe hawks, eagles and songbirds that live in the area year round and those that migrate in, out or through the area. New Quarter Park is located at 1000 Lakeshead Dr. in Williamsburg near the Queens Lake Neighborhood. Exit the Colonial Parkway at Queens Lake and turn right. Travel a short distance to Lakeshead Drive and follow the signs to the park. Meet in the parking lot. Bring binoculars or borrow some from the office. Free and open to the public.

Hey Neighbor! **VOLUNTEER WITH** **WILLIAMSBURG C** **COMMUNITY GROWERS**

Ongoing
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, or sign up at <http://signup.com/go/EFuuFjo>. Visit www.growwilliamsburg.org and follow us on Facebook and Twitter!

Hey Neighbor! **VOLUNTEER WITH JCC** **PARKS & RECREATION**

Ongoing
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@jamescitycountyva.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 for more information.

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, hoier 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! **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

Hey Neighbor! **WOMAN'S CLUB MEETING -** **COME JOIN US!**

Ongoing
The Woman's Club of Williamsburg-GFWC is a group of women with many different talents and interests who have banded together to enrich the quality of life for citizens of our community, all while

having fun and forming life-long friendships. We meet monthly for a short business meeting and to enjoy lunch and fellowship. We welcome prospective members at any of our meetings! Please email Lori (lori@womansclubofwilliamsburg.org) if you'd like to join or attend a meeting or to get more information about our activities. Upcoming meeting dates are Oct. 24, Nov. 14, Dec. 19, Jan. 23, Feb. 27, Mar. 27, Apr. 24, May 22, and Jun. 19. Meetings start at 11:15 a.m. and are held at Ford's Colony Country Club, 240 Ford's Colony Drive. Visit us online (www.womansclubofwilliamsburg.org) or on Facebook ([@thewomansclubofwilliamsburg](https://www.facebook.com/thewomansclubofwilliamsburg)).

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. Stu-

dents 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. We need to raise approximately \$25,000.00 to finish the current class of 5 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! **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 information.

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! **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! **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! **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 details at norgedepot.org.

Hey Neighbor! **HEAD START OPEN ENROLLMENT**

Ongoing

Williamsburg James City County Community Action Agency's Preschool 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! **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.cnpvcva.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! **ZOTO ZEN SERVICES**

Sundays

On Sunday mornings from 10 -12 am, we offer a formal Soto Zen service which includes sitting and walking meditation, sutra chanting, and a discussion period (with tea/coffee and snacks). On Tuesday from 6-7 pm, we offer sitting meditation and study group. There are also designated hours on Monday, Wednesday, and Thursday when we are open for you to join in silent meditation. Please see the practice schedule at www.whitecloudzen.com for details and fully updated schedule. Feel free to call Dr. Joseph Garcia at 912-677-3076.

Hey Neighbor!
listings can be found
online at:

WilliamsburgNeighbors.com

Williamsburg's
**IN THE
NEIGHBORHOOD**
photo challenge

**7-11
CONSTRUCTION
ON
POCAHONTAS
TRAIL**

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

Enjoy!

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

SEPTEMBER 2019
In the Neighborhood
Photo Challenge



ADVANCED



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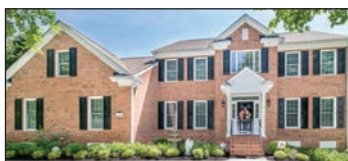
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121 BASTILLE COURT

The Carriage Homes at Williamsburg Commons
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