

October 2020

WILLIAMSBURG'S

Next Door Neighbors®

VOL. 14, ISSUE 10

PRICELESS

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Healthy Living

Jennifer Kirvan



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Williamsburg has always impressed me as a very health conscious community. Sure, that consciousness is raised now because of the Covid-19 virus, but the people that have always been here are even more determined in the face of this current pandemic. There is no lack of folks we could interview who are dedicated to helping us live long and prosperous lives. I think you'll agree that those we have been able to interview are exceptional examples of committed and caring healthcare professionals.

One very special woman that I admired, and who enjoyed a long and prosperous life impacting the health of our community, is Lois Hornsby. As many of you know, Lois passed away recently at the age of 92. Lois was an incredible woman, deeply engaged in bettering our community as a public education advocate, civil rights champion, and selfless volunteer.

I met Lois shortly after starting this magazine and she provided counseling on what she believed the tone and message of Next Door Neighbors should be. She was also in tune with the magazine, wanting it to have balanced story content of people of all races. I remember telling her that we never knew the race of the person we called for an interview; we could not possibly determine the race of anyone we called from a name and a phone number. We selected them for their fit for the theme we were working on, and skin color or ethnicity was not at all a factor. I felt like this was the best approach because we wanted the personal stories of locals that came from their hearts and minds, something that would resonate with all of us. I think Lois was satisfied with my answer and once she got to know me better and learned a few things about my own beliefs, she was encouraged that the magazine would be a good thing for Williamsburg. Her endorsement and support were invaluable to me.

We were fortunate to be able to include Lois in our February 2008 issue, as shown here. She was a true renaissance woman, tireless in her devotion to her causes. Thank you, Lois, for helping to make Williamsburg a better place to live. NDN



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Support and Resources for Mental Illness

By Kristine Hojnicky

In honor of World Mental Health Day on October 10th, the Williamsburg affiliate of the National Association for Mental Illness (NAMI Williamsburg) will participate in a virtual 5K fundraiser to bring awareness to the Williamsburg community about the resources available for individuals who suffer from mental illness, and the family and friends who support them.

In a typical year, the NAMI Williamsburg 5K team would be participating in NAMI-Walks, a nationwide event involving thousands of participants in over 85 communities

throughout the United States who walk to provide hope and ensure vital, free programs and services are available to the public.

Like many events in 2020, it has shifted to a virtual format due to COVID-19. It's one of numerous adaptations the organization has made over the last several months to continue providing critical mental illness resources to those who need them, according to Jennifer Kirvan, who concurrently serves as the captain of the NAMIWalks Williamsburg team and is the President of the Board of Directors of NAMI Williamsburg.

“One of the things that NAMI Williamsburg does really well is offer free weekly support groups for peers living with mental illness as well as a family and friends support group to help those who have loved ones battling with mental illness,” Jennifer says. “We had to rapidly figure out how we could continue those support groups virtually, and we were thankfully able to do that pretty quickly via the Zoom format.”

Jennifer first encountered NAMI Williamsburg approximately four years ago as she desperately searched for local resources to help



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a loved one with a mental health crisis. She came across the NAMI Williamsburg website, reached out, and began attending one of their weekly support groups for friends and family of individuals with mental health challenges. It became a lifeline of support for her family when they were in need.

“After getting so much help from the organization, I wanted to give back and become more involved. My background includes experience in developing websites and managing social media channels. They came to me asking for help in those areas, and I thought it would be a great fit,” she says. “I was certified last fall to teach the Family-to-Family course, and I still attend the Family Support Group Meeting where I hope to help other families in crisis through sharing what I have learned.”

Jennifer agreed to join the board and served in a marketing capacity until the previous president decided to step down from the position in early 2020. She was encouraged to assume the role and did so enthusiastically with an overall mission to increase awareness throughout the greater-Williamsburg area of the readily available mental illness resources NAMI offers for free.

“The biggest goal of the organization, and a personal goal for me, is for more outreach into the community to let them know we are here. It’s been a little harder this year because our initial plan was to meet with mental health professionals, local government officials, and relevant members of the community to explain our mission, but we’ve continued to find creative ways to promote NAMI Williamsburg and increase awareness of what we do,” she says.

NAMI itself is built upon three main pillars: support, education and advocacy. Jennifer says that the Williamsburg affiliate executes these pillars in ways that most effectively serve the community and its unique needs.

“We advocate for change within the local government, and to fight the stigma of mental illness, we offer our weekly support groups. On the education front, we offer courses that cover a broad look at the current major mental illnesses, their similarities, their differences, information on medications available and current research related to the different brain disorders,” she explains. “It’s a free program that is taught by family members and caregivers of individuals living with mental illness.”

NAMI welcomes volunteers from the mental health and medical community and private citizens alike, and many do get involved like Jennifer did because they are personally affected or have a loved one who is suffering from mental illness.

NAMIWalks is the primary funding vehicle through which these programs are made possible. The fundraiser allows the Williamsburg affiliate to afford to offer free classes, trainings and support groups. Jennifer says in a year that has proven to be challenging for many, these resources are more crucial than ever.

“Unfortunately, mental illness has always had a negative stigma to it. It’s our mission to fight that stigma and show people they are not alone and they are not the only person who is dealing with this. We teach each other that with recovery and support, you can enjoy life beyond a mental health diagnosis,” she says.

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When she's not serving out her duties as the NAMIWalks captain and President of the Board of Directors for NAMI Williamsburg, Jennifer is an Assistant Vice President at C&F Bank, managing performance data and digital metrics for the retail branches. She and her husband are small business owners, operating the 7 Cities Ballroom Studio in the Williamsburg Crossing Shopping Center off of John Tyler Highway, and they are the proud parents to 10-year-old Jackson who is a budding ballroom dancer.

"My husband has been a ballroom dancer almost his whole life and has worked in different studios since he was 18 years old," she says. "He wanted to open his own studio, so that was a goal of ours after we were married. We opened up a studio in the Lightfoot area in 2008, and a few years later, we expanded to our current location."

Most of Jennifer's spare time outside of work and NAMI is spent in and around their dance studio. Pre-COVID they offered private lessons, group classes and dance parties as well as attended ballroom dance competitions up and down the East Coast. With the current restrictions in place, their focus has shifted to private lessons.

"When we aren't dancing, we enjoy walking in Colonial Williamsburg and dining at the wonderful restaurants in the area," she says.

For the Williamsburg native, what has drawn her to the area over everything else is her profound value of family.

"My family is everything. Staying in Williamsburg allowed me to stay close to my parents, my brother and extended family," she says. "Thankfully, my amazing husband was okay with us staying in the area and raising our son here. It's a wonderful place to raise a family, and now we have a dance family and a NAMI family that have rooted us here."

As she looks forward to the October 10th NAMIWalks event, which also falls on the NAMI National Day of Hope, it is Jennifer Kirvan's personal hope that the tight-knit Williamsburg community will come together to support NAMI Williamsburg and those who suffer from mental illness by participating in the virtual 5K.

"Just as our services are open to anyone in our community who needs help, our event is open for anyone who wants to participate and support those in need," she says. "Our support groups are some of the best in Virginia, and we would not be able to continue to offer these wonderful services to members of the community who truly need them without the efforts of our team of volunteers. Going virtual has been an added benefit to many, though we still look forward to when we can meet in-person again."

Jennifer has goals for her work with the organization. "What I hope to accomplish as the president of the board is to let the community know that NAMI Williamsburg is an amazing organization that offers support and education for those who may be dealing with a mental health crisis or for a family member that is struggling with helping their loved one in crisis." NDN

To help NAMI Williamsburg reach their \$7,500 NAMIWalks fundraising goal or for more information regarding the resources they offer, visit www.NAMIWilliamsburg.org or email info@namiwilliamsburg.org.

A portrait of Sonia E. Hepburn, MD, a woman with long dark hair, smiling and wearing a white lab coat over a purple top. The background is a clinical setting with a sink and cabinets.

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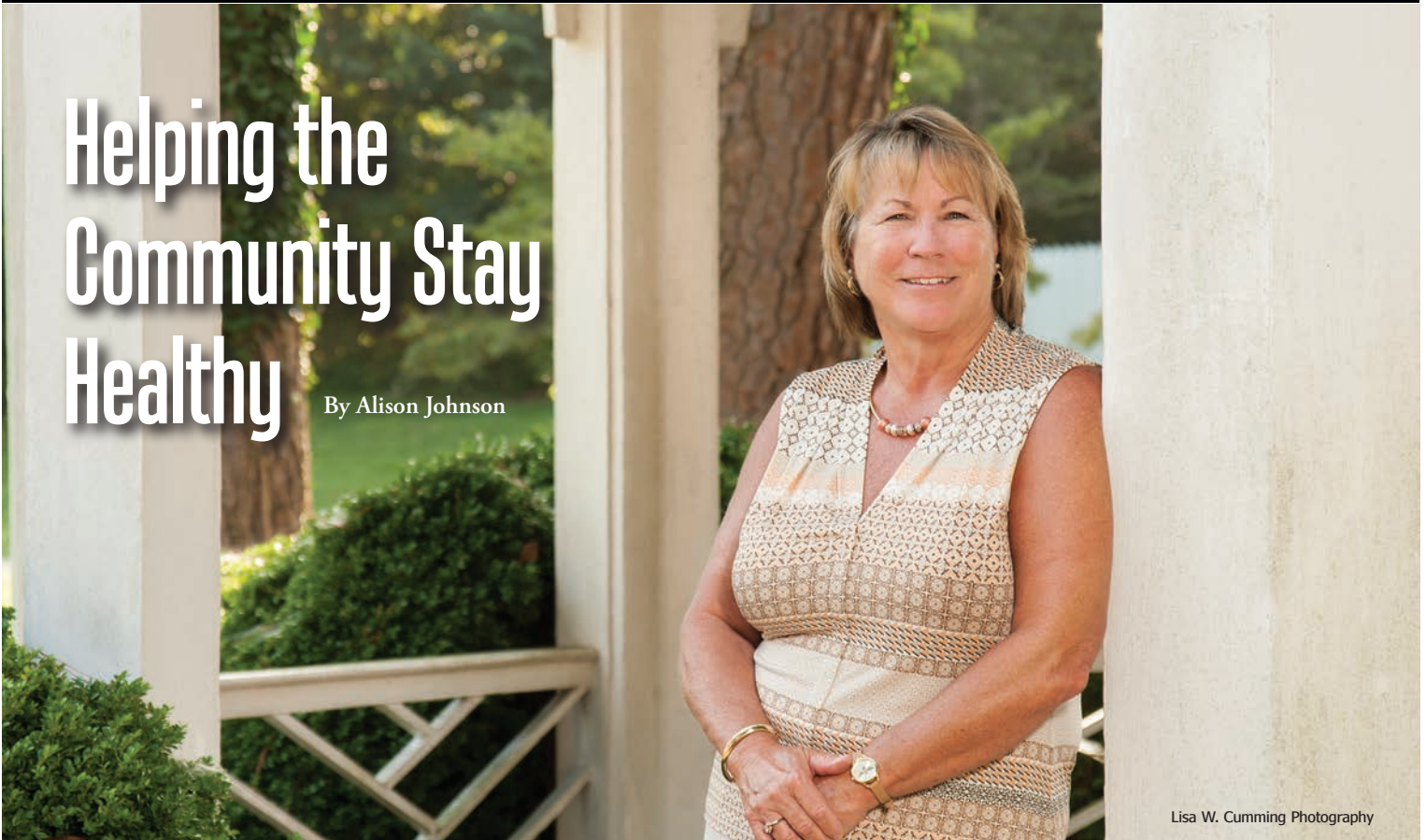
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Helping the Community Stay Healthy

By Alison Johnson



Lisa W. Cumming Photography

Sheri Newcomb always wanted a career that centered on helping others, but she gained true direction and inspiration from a personal heart-break.

After Sheri's older sister, Barbara, was diagnosed with amyotrophic lateral sclerosis, or ALS, Sheri met a recreational therapist who taught Barbara how to continue playing the board games she loved even as she lost the ability to speak or move.

"She could still play Scrabble by blinking her eyes," Sheri recalls. "That meant so much

to her. I knew then that I wanted to focus on recreation therapy and be in the human services field, making lives richer. And my life is certainly the richer for having had her as my sister."

Now Deputy Director of Community Services for York County, Sheri leads the county's Divisions of Children and Family Services and Juvenile Services. She also is chairperson of the Historic Triangle Drug Prevention Coalition and York County's representative to the Colonial Behavioral Health (CBH) Board, both of which also cover Williamsburg and James City

County.

One major ongoing concern for the two organizations is the opioid addiction epidemic, an often-hidden problem that has only intensified during the coronavirus pandemic.

"When people are partying with others and they overdose, someone is there to call for help," Sheri notes. "If they're alone, no one can. This is attacking our young people, often only in their early 20s, and it's hurting so many families."

Awareness among people of all ages is crucial, she says. Local efforts have ranged from talks

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So, why might you need a compound? TW Taylor explains, Commercially available products come in specific dosages and dosage forms that are not always appropriate for every individual. Whether it's you, your child, or your pet you may require a dosage that is not commercially available, you may need a liquid, a lollipop, a cream, or a rapid dissolve tablet, or many other forms that would better meet your personal needs. In addition, many manufactured medications contain dyes, preservatives, animal proteins, and allergens such as gluten, corn, and soy, which can be problematic for many. Maybe, it would be easier to give your dog or cat their medication if it were their favorite flavor. "Giving pills to cats can be challenging," TW says. "We offer medication in a topical form and the cat thinks they are having their ears rubbed. It's a win-win! Happy cat, no

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Call or visit Dr. Meredith Gray Kelderhouse, compounding pharmacist at Williamsburg Drug Company, to talk about individualizing your medications.

Meredith Gray Kelderhouse,
Pharmacist

The newest addition to the Williamsburg Drug Company, Meredith, is no stranger to town, having grown up just over the James River in Surry County. After graduating pharmacy school at the University of South Carolina and earning her license to practice, her internal compass



pointed her towards home, and back to the first pharmacy she worked at as a technician during her school rotations. "It feels like home again," she says.

Meredith was drawn to the science of compounding early in pharmacy school, fascinated by the ability it gave practitioners to build formulations built for specific needs.

Her professional qualifications include one rotation and three courses with the Professional Compounding Centers of America, the largest international professional compounding group.

"For me, compounding is all about helping people who could not otherwise take the medications they need in order to be their healthiest." Her work with animals and pets is equally satisfying. "We are able to come up with unique dosage forms for all types of animals, from dogs to monkeys and lizards. This way the pet can actually enjoy taking his or her medication every day and the owner does not have to worry about getting the pet to swallow a pill or capsule," she says.

Medication may be a fact of life, but there is a lot that Williamsburg Drug Company can do to make it manageable and pleasant for people and animals alike. Call or visit Williamsburg Drug Company at their 1310 Jamestown Road or call 757-229-3560 to talk with Dr. Kelderhouse and learn more.



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with physicians about prescription drug controls to a prevention program called "Hidden in Plain Sight" that teaches parents common red flags and hiding spots in a teenager's room. One example of a hidden location: the bottom of a can of Pringles, with potato chips still stacked on top.

During her varied career, Sheri, 62, has worked with children, teenagers and adults with mental health challenges, emotional disturbances, cognitive delays, substance abuse disorders, and criminal histories. Her work has included hands-on therapy, educational outreach, and support for mental health and addiction services such as those offered by CBH.

"I find it rewarding to see the 'big' picture and the positive work that is being done to help others," she says. "It's wonderful to go home at night and feel like you've touched people's lives and made them even just a little bit better."

The youngest of three siblings, Sheri grew up in Hampton and graduated from Bethel High School; she and her husband of nearly 40 years, Jerry, were high school sweethearts. Initially uncertain of a major, Sheri went into the work-

force and spent eight years as a pharmacy technician. She later was a stay-at-home mother to her children, Matthew and Michelle.

In her late 20s, Sheri enrolled at Christopher Newport University to study Recreation Management. She had long been a sports-minded person, playing tennis in high school and softball in recreational leagues, plus enjoying skiing, hiking, water activities and more.

Then Barbara began stumbling and dropping objects. The family learned that ALS, a progressive and incurable neurological disease, is a diagnosis that physicians only make after ruling out other explanations for symptoms. "I never thought we'd pray for a brain tumor."

Once Barbara had moved in with their mother, Sheri began driving her sister to therapy sessions in Norfolk. "She needed ways to connect and be happy," Sheri says. "Her mind was alert and working right up to the end." Barbara, a mother of two, passed away at age 41.

Sheri decided to concentrate on therapeutic recreation within her major and soon became a board-certified recreation therapist. Her first job was at a psychiatric hospital for youth,

where for eight years she worked with mainly teenagers. As a ropes course instructor, she took them atop trees, down ziplines, and up an indoor rock wall to build their trust and confidence.

"It was a lot of fun and satisfying to watch them make progress," she says. "We had some tough cases, but in recreation we also got to be the 'fun' people. We didn't have a whole lot of problems."

Sheri next spent a decade with the city of Newport News, where she coordinated recreation programs for individuals with special needs. At the time, the city had two popular summer camps for children with emotional disturbances, Down syndrome, cognitive delays, and some physical impairments, which included recreational therapy components.

In addition, Sheri served as a staff liaison to the mayor on the Mayor's Committee for Individuals with Disabilities and was Newport News' Americans with Disabilities Act Coordinator, ensuring compliance with federal legislation.

While working for Newport News, Sheri

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earned a Master of Public Administration from Old Dominion University. She then moved over to York County to manage the Division of Children and Family Services, where programs include Head Start for preschoolers, for 10 years.

“My office had a window that opened up to a playground, so I could often hear children playing and screaming and laughing,” Sheri says. “That was a wonderful sound.” She also became a part-time instructor at ODU.

Sheri assumed her current position about four years ago, taking on complex administrative and supervisory work as well as staff liaison duties for several boards, commissions, and committees. Along with its family programs, the Department of Community Services houses Parks and Recreation, Tourism Development, Housing, and the Virginia Cooperative Extension.

“It’s busy; my days fly by,” Sheri says. “It has stressful moments, of course, but overall, I love it.”

While reaching people is harder in the midst of COVID-19, human services employees are

adapting. For example, the “Hidden in Plain Sight” program, run locally by CBH and the SpiritWorks Foundation, a Recovery Community Organization in Williamsburg, is developing a mobile bus to pass along the same information. More virtual support groups also are available.

“I am blessed to be working with professionals that have pulled together to educate, prevent and advocate to decrease the negative impacts of substance abuse,” Sheri says. “This really is a life and death situation for too many people.”

CBH operates a 24-hour emergency call line and has increased telehealth options. “They’re a huge safety net for our area. They work with whole families and our most vulnerable community members.”

Concerned about residents’ mental health during the pandemic, Sheri encourages limiting news consumption in favor of exercising regularly, talking to family and friends, or getting lost in a good fiction book. She also advocates patience with one’s self and others at a time when emotions tend to run high, noting that anxiety often can emerge as anger.

Personally, Sheri loves long walks and bike rides, trips to the beach and pool, and watching baseball games. When she goes to stadiums in person, usually to cheer for the Baltimore Orioles, her husband knows not to talk too much so she can concentrate on the action.

Most precious, though, is time with her family. Sheri is proud that both of her children followed her into human services, as elementary school teachers, and she is overjoyed to have three grandchildren: Samuel, 10, Evelyn, 6, and Felix, 4 months.

“I treasure family time and making memories,” she says. “The one blessing from this anxiety-filled year is that it slows down the pace. It has given me time to breathe and relax.”

After four decades of helping others grow healthier and reach their goals, Sheri Newcomb has lost none of her drive.

“It takes time to implement change, and sometimes I am not very patient,” she admits. “I am the type of leader that says, ‘okay, let’s do this.’ It takes time to get all the right wheels on the bus so we can move the bus down the road, but when we do, it’s an amazing ride.” NDN



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LARRY TRUMBORE, JR.



Lisa Lee Photography

Supporting A Life's Mission

By Ashley Smith

Larry Trumbore Junior was born in the countryside outside of Philadelphia, Pennsylvania, and entered the U.S. Military Academy at West Point when he was 18. He served as an active duty infantry officer for over a decade, visiting duty stations as far away as Egypt and Korea. While stationed in Fayetteville, North Carolina, he met Kim, an RN at Duke University Hospital. They married while still in North Carolina and soon after returned to Philadelphia so Larry could attend graduate school.

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Prevention also participates in outreach activities. These are present as campaigns and partnerships with other community members. Notable recent outreach campaigns were our Lock and Talk and Tobacco Merchant Education. Lock and Talk were designed to give resources to firearm merchants and help direct troubled clients to professional help when needed. Tobacco Merchant Education is an annual event where we go to every vendor that sells tobacco products and updated them on the change of identity laws and advertisement laws. Our partnerships with community members take the shape of attending health fairs, community events such as Out of Darkness Walk. We are also active with community coalitions such as the Historic Triangle Drug Prevention Coalition, SAFE Kids, and many more.

For information on our work and how to join our training please contact prevention@colonialbh.org. We are happy to organize training or presentations with you and/or your organizations. Given the current state of COVID-19, all our training will be virtual for the foreseeable future.



Colonial Behavioral Health

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Nana Amaniampong



After earning his Master's Degree in Business Administration from the Wharton School of Business, he returned to his alma mater to teach economics. While still at West Point, their first child, Sarah, was born.

Though he enjoyed his Army life, Larry felt that it was time for a change. After 13 years with the military, he entered the corporate workforce in 1993. For eight years, he worked for several Fortune 500 companies. The first, International Paper, led them to Pine Bluff, Arkansas. The Trumbore family enjoyed the state's outdoor beauty and the rural lifestyle. It was in Arkansas that son Matt arrived. Larry continued to work for successful corporations, and after a brief stay in Illinois, where their daughter, Laura, was born, the family settled in Detroit, Michigan.

Larry's career kept him busy, and he founded more than one business during the family's time in Michigan and spent another eight years as an entrepreneur. It was his work with Living Hope International, however, that finally married his business acumen with a noble mission. Despite the success he had found in his career thus far, Larry wanted to have a greater impact on people. As a former CFO for a construction

company, Larry was the perfect fit to be the project manager for Living Hope's orphanage and school. While at church, Larry discovered that they needed someone to oversee the project. After speaking with the board and flying to Zambia to become acquainted with the details, Larry took on the job. Over the course of two years, he oversaw the completion of an orphanage and a school. As he watched heartbreaking scenarios change into stories of hope, it made a strong impression on him. "Changing the course of someone's life in this way has been one of the most meaningful things I've ever been a part of," Larry says.

In the meantime, the Trumbore children had grown up and attended college. Sarah attended Michigan State University and now works as a pharmacist in Oregon. Matt graduated from the University of Michigan and has a career with Epic Systems, a medical equipment company. He is currently in Finland, on assignment for the company. Laura attended school at James Madison University in Virginia and later transferred to Thomas Nelson. She is in nursing and works in the emergency department at a trauma center in Norfolk. Larry and Kim made the decision to leave the frigid

weather of Michigan and settle closer to family in the warmer climate of Virginia. Kim found a position at the Hampton VA Medical Center, but Larry was left wondering what he would do in their new locale.

He reached out to his former department head at West Point and over lunch with retired general Jim Golden, Larry explained that he wanted to do something to help mankind. A couple of days later, Jim called him about a position with a small nonprofit clinic. At first, Larry was reluctant. "I have no medical background at all. I told him, 'I don't even know what a clinic looks like.'" Jim encouraged him to go talk to the board. It was perfect timing. Carol Sale, the incumbent director, had just been hired as President and CEO of the Williamsburg Health Foundation. Larry reached out to Carol and the board of trustees.

After an extensive interview and hiring process, Larry was hired as the executive director of the Lackey Clinic. "I was impressed when I came to interview. The team remained professional, but it was clear they were protecting something they felt very strongly about."

After two years, Larry remains in awe of the incredible staff and the mission of the clinic.



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To him, the best part of his job is his mission of serving God, and he says the professional, dedicated staff make his work so easy. He also credits the board of directors for the guidance and support that they pour into him and the clinic.

As executive director of Lackey Clinic, Larry oversees a staff of 30 medical professionals that offer medical, dental, behavioral mental health and spiritual services to adults between the ages of 18 and 64. They also offer pharmacy services. Last year, the clinic also had 369 volunteers, ranging from specialists to medical residents. The clinic does require a thorough financial eligibility application. Larry estimates that within Lackey's service area of upper Newport News, York County, and Williamsburg-James City County, there are tens of thousands of individuals who qualify for their services. Due to the rigorous screening process, the clinic is able to help hospitals qualify patients for charity care services and even offer many expensive medications through their work with the Patient Assistance Program, which requires drug manufacturers to offer a certain number of their medications to qualified uninsured patients. The clinic's pharmacy program has been essen-

tial for many of Lackey's most critical patients.

Over the past 25 years, the clinic has been a crucial service for many residents, and since the arrival of COVID-19, the access to healthcare they provide has become even more vital. Larry speaks with reverence about the dedication of the staff. "First, I went to the medical director, Jill, and said I want to stay open. She said, 'we need to stay open. Our patients are chronically ill. We can't close.'" With that decided, they approached the staff with the unknowns. Larry recalls, "We said, 'We don't know what will happen, but will you support us if we can stay open?'" The staff was resolute and committed to staying open however they could safely do so. The clinic pivoted to offering telehealth services whenever possible, and though dental services were shut down for a while, they've put protocols in place and slowly started to resume the most critical services. In addition to regular support from the Williamsburg Health Foundation, other donors stepped in to help mitigate the financial burden of the pandemic.

Larry also credits community partners on the Peninsula with keeping them connected to their most vulnerable patients. "There are teams of EMT personnel performing regular

health checks to take blood pressure and check on medicine. Telehealth is helping us break down barriers to care, such as translation services and transportation." The staff is currently working on Lackey 2.0, a new way to deliver healthcare to the most vulnerable. Despite the issues and unknowns caused by the pandemic, the professionals at Lackey Clinic are optimistic about how healthcare will change to better serve the uninsured.

"I continue to be grateful for the community support we receive from Williamsburg and York County."

As the clinic forges ahead into the future, the staff and volunteers continue to dedicate their time and talent to those most in need of their skill. Larry Trumbore reserves his admiration and praise for the people who have given so much. "They could work anywhere, but they choose to be here. They are simply incredible." Though he insists that they are the heart of the clinic, it is Larry's support, determination and leadership that allow them to continue to share their gifts. As Larry says, "At the end of the day, what do you want to be? What do you want your life to count for? I want my life to help others." NDN



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Investing in Healthcare and the Future

By Caroline Johnson



Lisa W. Cumming Photography

From a young age, Dr. Hans Boateng always thought he would be a doctor. Growing up in Ghana and immigrating to the United States to attend college, he was encouraged by his mother to take up this profession. “My mother told me I should be a doctor because I always cared

deeply about the well-being of others,” Hans says.

Another reason was the security it would mean for his family. “Many immigrant parents encourage their children to take up higher-paying professions because in immigrant families, a

child is your retirement plan,” Hans says. “Parents pour their resources into their child so they can be successful and take care of them in the future.”

Though known by many as Dr. Hans, he is a different doctor than he originally envi-

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sioned. After moving to New York to attend college, he enrolled in pre-med courses. Although he excelled academically, he realized he needed a change of environment in order to grow.

While Hans' family were upper-middle class in Ghana, their wealth was reduced by two-thirds based on the conversion rate. He found himself starting from the bottom and working his way up, and he knew that to be successful, he needed to focus on his long-term goals.

With a long-term goal of being a doctor, he sought an environment conducive to advancing his education. "I knew I didn't want to let my mother down, so I began looking at other colleges that would enable me to achieve this goal." His search led him to the top medical-based program in New York, located in Buffalo.

"I did well, but I had to decide whether or not I would be going to medical school," Hans says. "I started to realize it wasn't for me, but knew I wanted to get that title of doctor so my mother would be happy while still staying true to my passion."

Interested in staying in the healthcare field, Hans stumbled upon pharmacy and was sold. He enrolled in pharmacy school at St. John Fisher College, where he would be introduced to the world of investing. Hans met a mentor who urged him to read the book Rich Dad, Poor Dad after learning of Hans' goals for the future, one being financial success. "I'll never forget reading the first page of that book, learning that the rich don't work for money but rather for assets," Hans says.

"I immediately had a mental shift and started studying investment and entrepreneurship while still pursuing my doctoral pharmacy degree," Hans says. "I probably read more books on investment and personal finance than I did on pharmacy!"

With 10 years of schooling under his belt after finishing pharmacy school, Hans wasn't done yet. He began researching how to combine business and healthcare and discovered William & Mary was launching a healthcare path of distinction in their MBA program.

"I wanted to get a degree that would allow me to expand my range of options in the healthcare arena," he says. "I knew that if I wanted to be the CEO of a pharmacy company, the thing holding me back would be that I didn't have an MBA." Ultimately interested in going up in leadership roles, he gladly said yes to his acceptance into William & Mary's program.

Surrounded by students from around the world and being taught by professors who work for top companies, he began to see how his environment could help move him in the direction of his dreams. It was here where he became formally introduced to investing with the Batten fund. "Going back to the idea of the impact assets can have on wealth, I began getting high-level experience in investing," Hans says. "After landing one of the coveted spots in the Batten fund, I became passionate about investing and the stock market." Because he was in the healthcare path of distinction, he analyzed healthcare investments for one of his analyses, giving him experience combining his two worlds. After graduating, he moved to Washington, D.C. to do healthcare consulting where soon after, due to the government sequester, he was laid off along with 90



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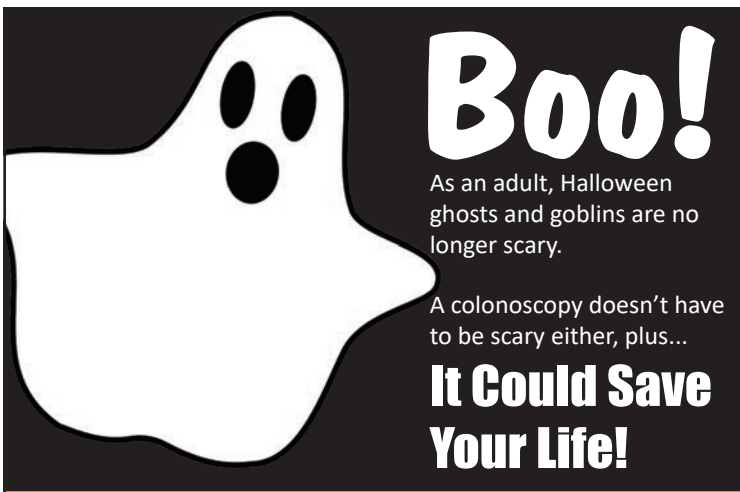
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“It was during that time waiting for my next step that I received a call from my best friend’s sister panicking about her debt,” Hans says. “After talking to her about good debt versus bad debt and walking her through repayment and investing in her future, six months later she purchased a home.” Hans began to realize that many within his generation, along with minorities and immigrants, had no idea how the stock market works.

“I had friends who didn’t understand how money works, with some calling to ask what a stock is,” Hans says. “When it came to immigrants, many know nothing about investing. After all, if their child is their retirement plan, they haven’t thought about investing.” He went to Google in search of an “investing tutor” and was surprised to not find a single result. It was then that he decided to create the first investment tutoring business in the United States, giving individuals access to work one-on-one with him as they learned to invest. Since 2017, Hans’ business, The Investing Tutor, hasn’t stopped growing. Though at the time of its founding Hans was working full time in the healthcare industry, leaving was a decision he had to make. “I saw that my business was growing exponentially and decided I was going to have to let it go or commit to bringing this life-changing service to others,” Hans says. “I took that scary leap of faith to plow forward and launch this business.”

“With my background in healthcare, I naturally gravitate toward healthcare investments,” Hans says. “Healthcare makes up about one-fifth of the entire economy, so it’s not something to ignore while investing.” Since his passion lies in healthcare and investing, he finds opportunities to look at shifts and trends within the world of healthcare. Rather than just speculating when a stock will go up, Hans believes in being as precise as possible, which is one thing he teaches as The Investing Tutor.

“We all want the best in healthcare,” Hans shares. “This means investing in it to get more capital to more healthcare companies and institutions to conduct better research which results in advancements in medication, devices and more.” He believes healthcare impacts everyone, which is why it is an important avenue to consider when choosing where to invest.

Hans has set out to meet his clients where they are, no matter how much or how little they have to start with. “The stock market doesn’t discriminate,” Hans says. “I view the stock market as the greatest equalizer.” To this point, Hans devotes much of his time to serving minorities and immigrants, building the bridge for those who don’t know anything about the field. “My goal is to be the individual who has created the most millionaires among millennials and minority and immigrant communities using the stock market.”

Though he works with individuals across the world, Hans Boateng wants locals to know that investing isn’t as difficult as the financial industry paints it to be. “Everyone is an investor. If you know what stores you like to shop at, what products you like to buy, and what services you like to sign up for, you’re an investor,” Hans says. “My mission is to show people how easy it is to get in, focus on the long-term, set a good foundation and continue that over time.” NDN

JIMMYE LAYCOCKE



Lisa Lee Photography

Tackling Alzheimer's Disease

By Narielle Living

Jimmye Laycock is well known in the Williamsburg area for having been the head coach for the William & Mary football team from 1980 through 2018. His accomplishments when he retired include 249 victories, which rank seventh all-time among Football Championship Subdivision coaches, and winning five Colonial Athletic Association titles. While his time on the football field is legendary, he has decided to spend his retirement in a new competition. He has now taken on the role of Hon-

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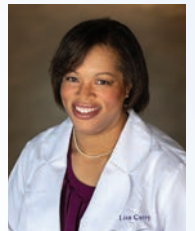
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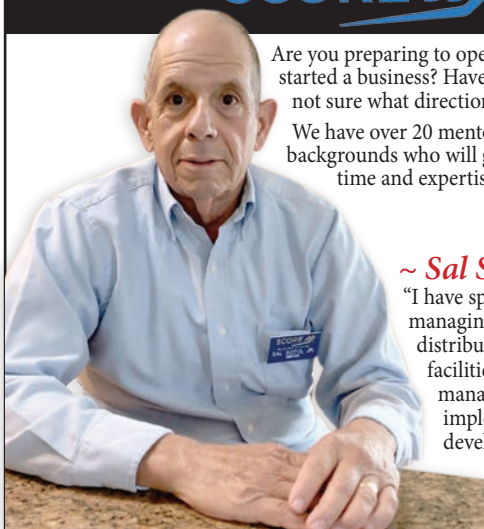
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orary Chair of the 2020 Williamsburg Walk to End Alzheimer's, with his goal to bring not only awareness but hope to the many people facing the ravages of this disease.

Originally from Loudoun County, Virginia, Jimmye played football under two head coaches who ended up being in the Hall of Fame, Marv Levy and Lou Holtz. When attending William & Mary, his experience was resoundingly positive, which guided his decision to accept the coaching position with the Tribe football team. "I had a great experience as an undergraduate at William & Mary playing football. And I had a lot of friends here."

While his work on the field is well known, he hopes that his current role becomes as valued. He recognizes the similarities between being head coach and honorary chair for the Williamsburg Walk to End Alzheimer's. Many of the responsibilities are the same, such as fundraising and public speaking, so Jimmye felt he was a natural fit for this. Plus, because he is retired, he now has more time. "I purposely didn't get involved in any outside charity work [while coaching] because I felt like I was obligated to the school, and I needed my energies to go in that direction," he says. Upon retirement, he thought about where to go next. "I thought, now that I've done all this with William & Mary, it's time for me to look at other avenues to put my effort in, so far as helping fundraising or charity type of things."

He gave it some consideration and decided that the Walk to End Alzheimer's was one of the organizations he wanted to support to try to make a difference. In fact, it is an organization he had considered working with for a long time. For Jimmye, it's personal.

"I had seen [the effects] firsthand when my father had it. This was back in the late 80s and early 90s, and I saw all that." Watching his father struggle with the memory-related issues and his mother having to deal with the associated stress of caregiving made an impact on him. "The issue with my father and with my mother having to deal with the whole thing really stayed with me," he says. Because he understood the profound impact this disease can have on individuals and families, Jimmye saw his involvement as natural. "I contacted [the organization] and said what can I do, I'm available, and one thing led to another."

Jimmye had also started a golf tournament developed to support local charities. He had considered supporting the Alzheimer's association with the golf tournament, but ultimately decided against it. "It's more for just local types of things," he says. For now, the golf tournament will support local organizations such as the Hospice House. But he also wanted to support a larger organization, and the Walk to End Alzheimer's seemed like a natural fit. "I was interested in it and I knew about it. I've seen it. I've seen it firsthand. I've seen what it can do to a person, do to a spouse, and what it can do to the family."

According to the Alzheimer's Association, Alzheimer's is the sixth

leading cause of death in the United States, and more than five million Americans are currently living with the disease. It is estimated that more than 16 million people provide unpaid care for people with Alzheimer's or other dementias. That type of care can wear on a caregiver and create health problems from stress in addition to financial insecurities. Caregiving for any type of dementia is more than a full-time job and can become isolating for family members.

Now, with COVID-19 taking center stage, everything has shifted. First, the Walk to End Alzheimer's has had to adapt their strategy in order to keep people safe and healthy. Barbara Monteith, Development Manager for the Southeastern Virginia Chapter of the Alzheimer's Association, has been working from home since March. "The association is very concerned about health and safety, and since a majority of our constituents are either in a high-risk group

or they are caregivers for someone in a high-risk group, they're being super cautious. So, we will not be going back to the office until there's a vaccine."

In addition, the Walk has gone virtual. Instead of gathering to walk one large route together, participants are asked to walk individually or in small teams of friends or family. Walks will be everywhere, on sidewalks, through neighborhoods, or on trails. A virtual platform,

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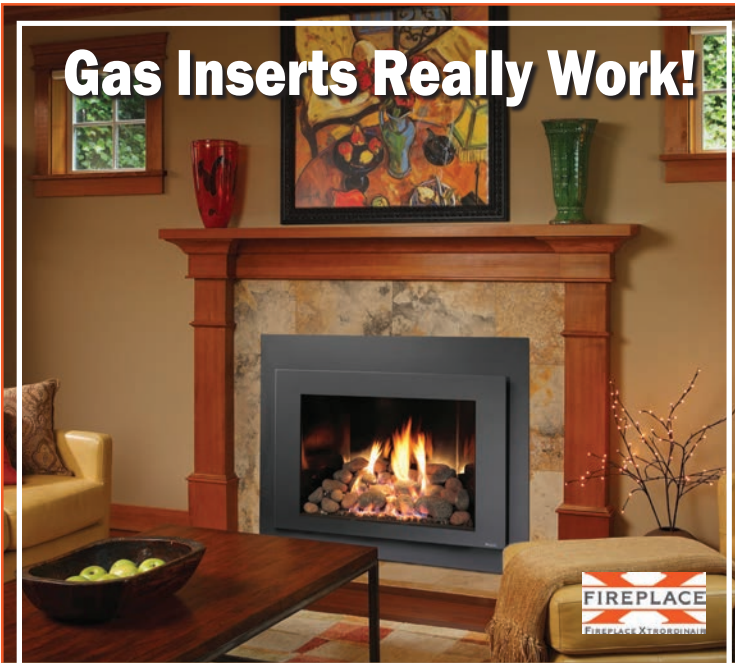
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- 12490 Warwick Blvd, Newport News (757) 594-9890
- Hampton Towne Centre, 7 Towne Centre Way, Hampton (757) 864-0970
- 2098 Nickerson Blvd, Hampton (757) 850-0544

Walk Mainstage, has been created to allow people to have an interactive experience for this event. Walk Mainstage allows participants to hear monthly speakers, engage with other "walkers" and visit with sponsors.

The Walk to End Alzheimer's is being held on October 24 this year and will begin with an online opening ceremony at 9am, followed by the walk at 9:30am. There will then be a Promise Garden ceremony from 10am to noon, followed by a celebration party at 6pm, both of which are also online.

Shifting to a virtual walk is a key component of keeping caregivers and family members healthy at this time. According to a fact sheet released in May 2020 by the Alzheimer's Association, COVID-19 poses unique challenges for people living with dementia-related illnesses. Caregivers may receive less or irregular outside assistance, adding to already-high levels of caregiver strain.

Because of the current health situation, the Alzheimer's Association has pivoted to offer support groups and educational programs online. What was already an incredibly difficult journey has become more so. People whose loved ones are in assisted living facilities can't visit them in person and haven't been able to do that for months. Because of those factors, the support that caregivers need has increased. Currently, anyone needing support for Alzheimer's or a dementia-related illness can call 1-800-272-3900. This number is staffed 24-hours a day, seven days a week.

Jimmye says that this phone number is a critical support for caregivers. "I saw it with my mother," he says. "You get to a point where you are at your wits end, and you just don't know what to do. You just throw up your hands, but the ability to call somebody who understands your situation and can listen is very beneficial."

Retirement for Jimmye has been an adjustment. "All of a sudden, you've been driving full speed, and you come to a complete stop." He says that unlike some people who gradually phase out of a job and might cut back to only working several days a week, he simply stopped working. "As a head coach, your day is very regulated." Accustomed to working for 12 to 14 hours a day, seven days a week, retirement was a big change. But he has begun doing things he loves and has thrown himself back into working, this time as a volunteer.

His advice for people facing retirement is simple: "Don't jump into anything right away. Find out who you are and what you want to do. I think so many people are scared of not having something to do that they take something right away when they retire."

It was always clear that Jimmye Laycock was not the type of person who did things to put himself in the limelight. Instead, he purposefully did things for others. He held back, wanting the accolades to go to others, his players, his team, his school, and now the people in the fight against Alzheimer's. NDN



Lisa Lee Photography

Home Care

A mission of Love

By Lillian Stevens

Williamsburg is an extraordinary place to live, a vibrant and diverse community. So, it's no big secret that many older residents also find this area a wonderful place to spend their retirement years. For those with a strong desire to age in place at home, there are local organizations and businesses ready to help make this possible. Debra Foord, a registered nurse by profession, and her husband Brad, own Agapé Home Care, a business that offers a variety of non-skilled, non-medical, personal care services designed to

accommodate that growing population.

"It's not surprising that many seniors choose to retire here," Debra says. "But sometimes their relatives live far away and just aren't aware that their loved one might be struggling with day-to-day activities. When they check in by phone, they hear that everything is fine when, in fact, it really isn't. Eventually, the day comes when a neighbor or friend sees the mail piling up and calls their friend's daughter who, of course, thought everything was okay."

Debra's goal is straightforward: to help seniors maintain independence in their own home for as long as safely possible. Toward that end, she works closely with her team of personal care aids, nurse aids, and certified nurse aids and companions to set up the level of care needed.

"When we receive a phone call that someone needs help, our scheduling manager conducts an initial interview to get a good idea of specific needs," she says. "One of the nurses or I will go

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out to meet with the client and family. Once in the home, I get a brief medical history, along with their specific needs and desires.”

“I meet them where they are, on their own terms, Once I’ve done a detailed assessment, and I know the level of care and their personal desires, my scheduling coordinator, who is very talented and absolutely the best at making matches, gets involved.”

Debra keeps the family involved, encouraging feedback and input as a whole.

“I tell them about Agape and what we do, and they tell me more about themselves and what their needs are. The client chooses the schedule they desire, and we go from there.”

Care providers help with an array of services from bathing and dressing to laundry and light housekeeping, meal prep and errands like medical appointments and grocery shopping. Some clients require as little as an hour and a half a week, where others might need help 24 hours a day, seven days a week.

“We provide variable hours and days,” Debra says.

Debra and Brad launched Agape Home Care in 2007. The business is based in James City County in McLaws Busch Corporate Center.

“We are in the category with companion, homemaker, and personal care,” Debra says. “Medicare does not cover what we do, but a long-term care policy does. We also service seniors through the Peninsula Agency on Aging and the Veterans Administration.”

The business was really her husband’s idea. Knowing his wife’s passion for people, he encouraged her to consider starting her own business in Williamsburg.

“Brad really did all of the leg work to get the business up and running,” she says. “He has another full-time job, so I wasn’t sure he’d be able to do it because a lot of groundwork is involved. We are not a franchise; we started from scratch.”

It took about a year and a half. When it came time to select a name for their endeavor, Debra didn’t hesitate: Agape Home Care. Agape is a Christian term referring to the unconditional love of God for mankind. “I have been a Christian since I was 16 years old,” she says. “So, I have heard that word many times and was familiar with it. Agape fit like a glove, so naturally we went with that name.” At the beginning of each day, Debra and her staff have one objective: to determine a client’s needs and develop a plan to accommodate those needs. Even in these pandemic times, perhaps especially in these pandemic times, her sole hope is to ease a client’s burden and bring peace in the midst of fear.

Her professional mission mirrors a personal mission, and that is to treat people with unconditional love and compassion to the best of her ability.

“I consider it a divine inspiration from God,” she says. “At the end of my day, I am filled with such joy when I feel I’ve made a difference in someone’s life. It’s what I set out to do not just for our clients but for our family and friends also. It’s the little things that matter, whether that means dropping a meal off at someone’s door or taking time to FaceTime. I think the most important thing we can do each day is be kind to each other and do our best to help others and make the world a better place.”



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It's times like these that show us what we're made of. When we must be strong and show up for our children, our parents, our community in ways we never expected.

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Ever since she was a little girl, Debra wanted to help other people, especially the elderly. “I have always had compassion for people,” she says. “Even as a child, if I saw someone with a walker or in a wheelchair, I always felt drawn to go over and talk to them. I believe one reason I’m drawn to seniors is because I had such a great experience with my grandparents and great-grandparents too.”

After the death of her great-grandfathers, Debra remembers spending weekends with her great-grandmothers.

“PawPaw would drop me off with one of my aunts to stay at my great-grandmother’s house. I’m sure she was in her late 80s and I was maybe nine or ten. We weren’t babysitters, but we’d visit them for the weekend so they wouldn’t be alone. There was so much love, and I know that those experiences shaped what I love to do now.”

The Louisiana native married at a young age. Debra and her husband Brad have four children, nine grandchildren, and have been married for 42 years.

“Soon after we were married, we started our family,” she says. “The children came fast, and my life revolved around them.”

Once they were teenagers, Debra had an epiphany that she would need to get a career. She had her heart set on nursing, so she studied and trained to become a registered nurse, focusing on cardiac medicine and also the central nervous system.

Debra’s nursing career spanned 18 years at Riverside Regional Medical Center where she worked in a variety of capacities from floor nursing to neuroscience and surgical services.

“I really enjoyed floating to different floors, learning new specialties and meeting folks from all walks of life,” she says.

The pace was unyielding, though, and today Debra has found a perfect fit with running Agape Home Care.

Early in 2020, of course, the first cases of Covid-19 were emerging in this country, and in the middle of March schools and businesses started shutting down. Agape stayed the course, equipped with all of the PPE their employees needed and education from the CDC to provide safe care.

“We provide services to seniors and people of high risk,” she says. “Even without a pandemic, we know that their immune systems can be compromised. For that reason, I always have a lot of PPE on hand. When COVID hit, I was ready.”

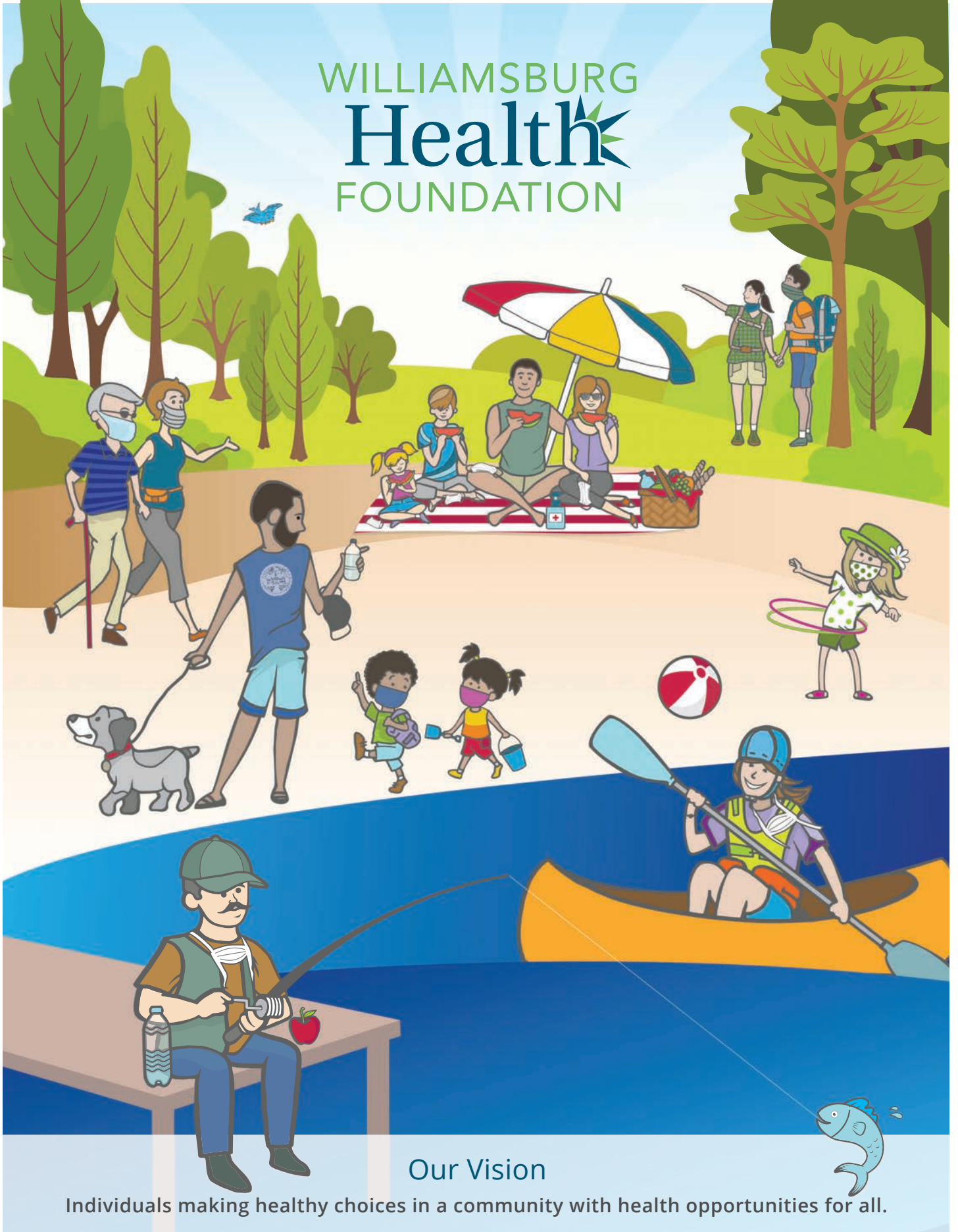
There are strict safety protocols in place while working with each other and while serving their clients. The pandemic did not shut down Agape, although some clients did ask to pause services.

“A lot of our employees have taken care of the same person for a very long time,” she says. “So those clients weren’t afraid to continue services. Now, we are busier than ever.”

These are challenging and uncertain times, but for Debra Foord and her staff, the takeaway is just knowing that they make a difference in the lives of the people they serve every day.

“We honor God and people in our personal life and in our business life. We have a phenomenal staff, we all love people, and are all very rewarded by helping others. It’s a work of the heart.” NDN

WILLIAMSBURG Health FOUNDATION



Our Vision

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



An Introduction

This report from your local health foundation shares accomplishments for the year 2019. Publishing this report in *Next Door Neighbors* magazine allows us to reach nearly 44,000 households with details about our efforts to improve the health and well-being of everyone living in Greater Williamsburg.

Carol L. Sale, RN, MSN
President & CEO

First and foremost, 2019 was a year of change. We want to thank all the organizations and individuals in our community who worked to expand Medicaid to an additional 4,455 individuals in our area who needed and qualified for this new health coverage. (An additional 1,170 were added since 2019 through July of 2020).

Second, during 2019 we brought a sharper focus and significant financial investment to building the capacity of nonprofit organizations in our community to do the good work that they do.

We were delighted to fund access for 100 local organizations to Catchafire.org, a web platform that provides the skilled volunteers and pre-scoped projects that are critical to nonprofit success. The response was overwhelmingly positive, with nearly \$500,000 in projects and consulting calls completed by 50 organizations. We are pleased to say that the effort has been renewed for another year.

We also invested in the Nonprofit Management Institute, a joint venture between NetworkPeninsula and Thomas

Nelson Community College to provide ongoing education and certifications for nonprofit staff and board members. That program continues to strengthen local nonprofit leadership in 2020 and beyond.

Third, as a means of building our own toolbox of funding capabilities, our Board of Trustees approved two new policies connected to *Impact Investing and Advocacy*—policies that give us new options for using our funds in partnership with other funders to invest in transformative projects beyond traditional grantmaking.

As you will see in the pages of this report, in 2019 the Williamsburg Health Foundation made grants of nearly \$5 million. As always, we ask you to be part of our vision—a vision of individuals making healthy choices in a community with health opportunities for all. How? By supporting a local nonprofit organization through time or money; by making healthy choices for yourself, encouraging healthy behavior by example; and by advocating for the health of the community as a whole.

And, now, a few thoughts on 2020 . . .

... About 2020

The COVID-19 virus did not threaten our community until 2020. But we would be remiss if we did not acknowledge the tremendous creativity, flexibility, and effort that so many people, especially frontline caregivers, have shown since this March. Greater Williamsburg organizations collaborated to provide daily necessities and to deliver healthcare.



A handwritten signature in black ink that reads "Louis F. Rossiter".

Louis F. Rossiter
Chair, Board of Trustees

To give partner organizations maximum flexibility to meet their most immediate needs and challenges related to COVID-19, we unrestricted over 2.5 million dollars in existing grants. We have also assisted with collaboration and communication so organizations in the community can avoid duplication of effort and achieve evermore strategic and equitable distribution of resources.

We look forward to sharing a full report on our COVID-19 work of 2020 in next year's

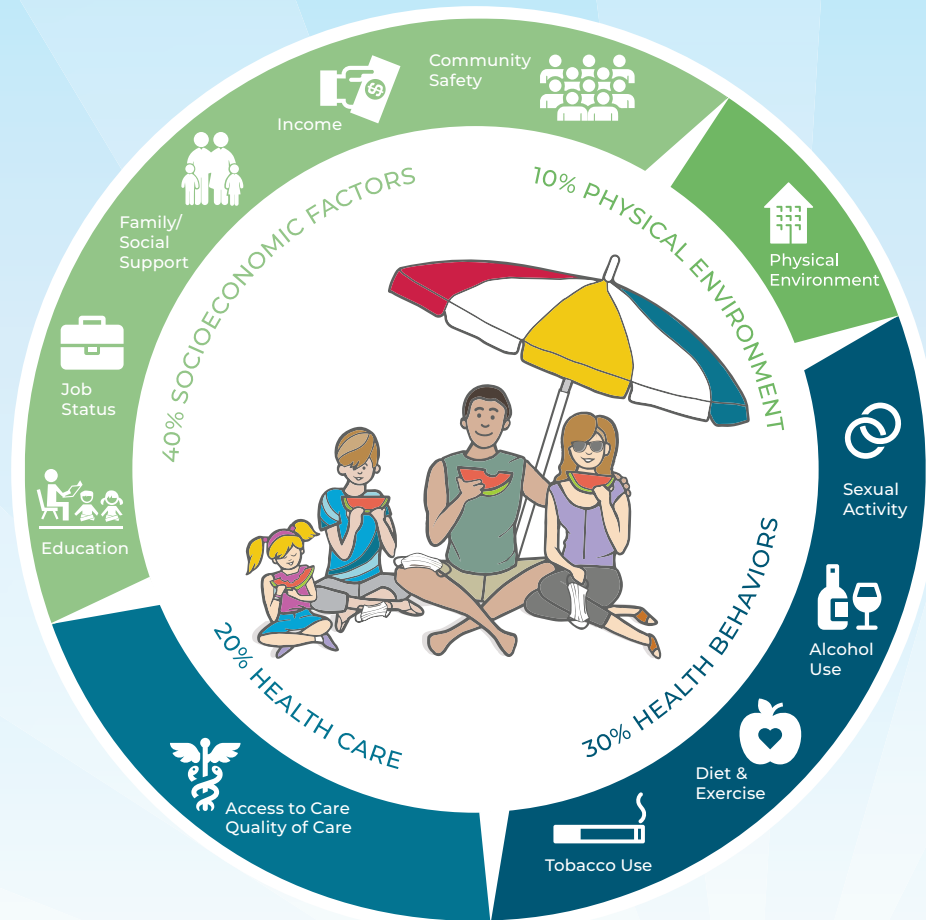
Report to the Community. We will also celebrate the resiliency of our community with a video coming to www.williamsburghealthfoundation.org in October. Please stay tuned.

Until then, please wear your mask to protect those around you and yourself; and be well.

— CLS & LFR



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HIGHLIGHTED IMPACT OF MEDICAID EXPANSION IN GREATER WILLIAMSBURG 2019 Annual Awards

On October 30, 2019, the Williamsburg Health Foundation hosted over 150 people at our annual awards breakfast to highlight the impact of Medicaid expansion on the community. Our guest speaker was Commissioner S. Duke Storen of the Virginia Department of Social Services which oversees Medicaid enrollment.



S. Duke Storen
*Virginia Department of Social
Services Commissioner*

The event gave special recognition to local departments of Social Services for their work to enroll residents of Greater Williamsburg in health insurance.

In a video featured at the breakfast, local Medicaid recipients, social workers, and healthcare executives all explained the impact of Medicaid expansion from their perspectives.

Beth Shisler, a Williamsburg-area mom and medical aide who suffered with debilitating migraines, used her newly acquired Medicaid to see physician specialists. "I found out I was allergic to gluten and soy and yeast," she said. With a diagnosis and maintenance medications, Shisler can now control her migraines. "I'm more capable, and so much happier," she said.

Lynette Diaz, a social worker with James City

County noted "when individuals are able to receive the care that they need, there's less incidence of a ripple effect of other needs. What we see in our work, is that if the physical health and the mental health is being addressed it lays the foundation to be able to address things like employment and housing stability."

Mary Slade, RN, a home-visiting nurse with the City of Williamsburg, pointed out that if parents have access to healthcare, they "feel better, they have greater energy to take care of their children. The children are sick less, the children go to school more, and they get to participate in outside activities. It just creates a more vibrant community for everyone."

To watch the video shared at the annual awards, visit youtube.com/user/WburgCommunityHealth





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
<hr/>		
Child Development Resources <i>cdr.org</i>	Breastfeeding: Building Confidence and Competence	\$ 6,000
	Infant & Parent Program	\$100,000
	Parents As Teachers (PAT)	\$ 84,000
<hr/>		
City of Williamsburg	Child Health Initiative	\$260,000
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James City County	Child Health Initiative	\$275,000



Grants for Access to Healthy Food

Community Housing Partners <i>communitypartnersva.com</i>	Mobile Food Pantry	\$ 5,000
<hr/>		
Peninsula Agency on Aging <i>paainc.org</i>	Nutritious Noontime Meals	\$65,000
<hr/>		
Virginia Peninsula Foodbank <i>hrfoodbank.org</i>	Mobile Food Pantry: Fresh Produce Program	\$ 25,000
<hr/>		
Williamsburg House of Mercy, Inc. <i>williamsburghouseofmercy.org</i>	Mobile Food Pantry	\$ 12,000



Assessing How We Work: Grantee Perception Report

Early in 2020, WHF engaged the Center for Effective Philanthropy, a national organization helping funders to assess and improve effectiveness and impact, to complete a grantee perception report. Our goal was to better understand our work from the grantees' point of view so we can more effectively support grantee partners. A confidential online survey resulted in candid feedback.

The report revealed potential areas for growth. We learned our lines of communication need to be enhanced to increase trust, mutual respect, and understanding. Going forward, we will communicate more consistently and meet more frequently with all grantees.

2019 Grants Awarded

Grants for Wellness Promotion



The Arc of Greater Williamsburg <i>thearcgw.org</i>	Fitness Program	\$ 30,000
Bacon Street Youth and Family Services <i>baconstreet.org</i>	The Bridges Project	\$ 36,000
One Child Center for Autism <i>onechildcenterforautism.org</i>	Kids' Night	\$11,500
Williamsburg Soccer Foundation <i>williamsburgsoccer.com</i>	Virginia Legacy Community Partnership Program	\$ 20,000
Williamsburg-James City County Public School Division <i>wjccschools.org/academics/ship</i>	School Health Initiative Program (SHIP)	\$670,000

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>	Greater Williamsburg Aging and Disability Resource Center	\$ 70,000





Grants for Advanced Primary Care

Angels of Mercy Medical Mission <i>angelsofmercyclinic.org</i>	Chronic Care Collaborative	\$85,000
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>oldetownemedicalcenter.org</i>	Chronic Care Collaborative	\$250,000
	Improving Diabetic Self-Management through Health Coaching	\$ 20,000
	Support for Clinic Operations	\$450,000



Grants for Behavioral Healthcare

Center for Child & Family Services, Inc. <i>kidsandfamilies.com</i>	Neurofeedback Counseling Program	\$ 13,000
	Multicultural Counseling and Outreach Program	\$ 40,000
Colonial Behavioral Health <i>colonialbh.org</i>	Chronic Care Collaborative	\$175,000
	Greater Williamsburg Child Assessment Center	\$271,000
	Intensive Outpatient Program (IOP)	\$ 50,000
Elk Hill Farm, Inc. <i>elkhill.org</i>	Elk Hill's York County School-Based Mental Health Program	\$ 15,000
Postpartum Support Virginia, Inc. <i>postpartumva.org</i>	Greater Williamsburg Maternal Mental Health Coalition	\$8,000
William & Mary School of Education , New Horizons Family Counseling Center <i>education.wm.edu/centers/newhorizons</i>	Youth and Family Counseling Program	\$95,000

Assessing How We Work: Grantee Perception Report

The report suggested that WHF possesses a deep understanding of Greater Williamsburg, and that our funding priorities reflect the needs of area residents. Perhaps our greatest strength is the proportion of grantees that report benefiting from non-monetary assistance such as facilitated collaboration, research, professional development, and more. We thank the organizations that made completion of this survey a priority.



2019 Grants Awarded

Grants for Medication Access



Rx Partnership <i>rxpartnership.org</i>	Access to Medication Program (AMP)	\$ 25,000
	Chronic Care Collaborative	\$ 35,000
Virginia Health Care Foundation <i>vhcf.org</i>	Greater Williamsburg Medication Access Program (GWMAP)	\$378,000

Grants for Access to Healthcare Services



The Doorways <i>thedorways.org</i>	Basic Operating Support	\$ 15,000
Foundation For Rehabilitation Equipment & Endowment (FREE) <i>free-foundation.org</i>	F.R.E.E. of Williamsburg	\$ 26,000
Greater Williamsburg Heartsafe Alliance <i>heartsafewmbg.com</i>	Greater Williamsburg Heartsafe Alliance	\$ 30,000
Literacy for Life at the Rita Welsh Adult Learning Center <i>literacyforlife.org</i>	Health Education and Literacy Program (HEAL)	\$ 55,000
Peninsula Agency on Aging (PAA) <i>paainc.org</i>	RIDES Program	\$120,000
Williamsburg Area Faith in Action <i>wfia.org</i>	Medical Transportation	\$ 50,000





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



Grants to Build Agency Capacity

NetworkPeninsula <i>networkpeninsula.org</i>	Nonprofit Management Institute	\$ 30,000
One Child Center for Autism <i>onechildcenterforautism.org</i>	Capacity Building	\$ 20,000
Williamsburg Area Faith in Action <i>wfia.org</i>	Support for a Development Director	\$ 28,000



Small grants, research and evaluation, and annual awards

Small grants, research and evaluation, and annual awards	\$341,397
--	-----------

TOTAL AMOUNT OF GRANTS AWARDED FOR 2019 **\$4,966,897**

Access Williamsburg: One Call for Older Adults



A partnership between the Peninsula Agency on Aging (PAA) and the Williamsburg Area Transit Authority (WATA), Access Williamsburg empowers adults over 60 and individuals with disabilities to access fully coordinated transportation scheduling. Instead of calling around, individuals make one call to 757-920-5800. We are proud to have helped with Access Williamsburg—an important step toward utilizing community resources efficiently, reducing duplication of services, and supporting aging in place.

WHF Financial Summary

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. 2019 program-related expenses increased by \$400,000 over the prior year, including \$4.97 million in grants to local nonprofits.



Sola Moniz
Chief Financial Officer

Summary Statements of Financial Position (in thousands)

As of December 31

	2019	2018
TOTAL ASSETS	\$128,500	\$116,600
Liabilities: Grants and Other Accounts Payable	700	600
Unrestricted Net Assets	127,800	116,000
LIABILITIES AND NET ASSETS	\$128,500	\$116,600

Summary Statements of Activities (in thousands)

Ended December 31

UNRESTRICTED REVENUE AND GAINS (LOSSES)

Investment Income and Gains (Losses), Net of Fees	\$18,300	\$(3,100)
EXPENSES		
Community Grants	5,000	4,800
Program, General and Administrative Expenses	1,412	1,400
Federal Excise and State Tax (Benefit) Expense	88	(100)
	6,500	6,100
CHANGE IN NET ASSETS	11,800	(9,200)
NET ASSETS, BEGINNING OF YEAR	116,000	125,200
NET ASSETS, END OF YEAR	\$127,800	\$116,000

Assessing our Impact

Here are some quick facts and figures on outputs from grants made in the calendar year 2018. We use facts like these as just one part of our ongoing work to understand and assess our impact on the community. Not all our work can be quantified, but we believe this information helps illustrate one aspect of our community impact. *Note: While this publication is our Community Report for 2019, these facts are from 2018 because of time lag for data gathering and aggregating.*



CHILD AND FAMILY INTERVENTION

900+ people served



14,395 encounters  **1,716** hours

BEHAVIORAL HEALTHCARE SERVICES



500+ people served



19,528 hours of assessment or therapy



ADVANCED PRIMARY CARE

6,800+ people served



45,538 patient visits

MEDICATION ACCESS



2,500+ people served



41,941 30-day filled prescriptions

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.



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MICHAEL SCRUGGS



Creating a Healthy Community

By Dawn Brotherton

Lisa W. Cumming Photography

The tragic loss of his wife in 2010 spurred Michael Scruggs to learn more about how nutrition and exercise can affect cancer and other diseases.

Immediately following her death, Mike was having a hard time getting going, so his two sons bought him a membership to the YMCA. He realized how much he enjoyed his time in the gym and wanted to learn more about health and fitness. "I got into nutrition, and I found that sixty percent of all cancers are directly related to nutrition and lifestyle," Mike says.

"The thing about fitness is to change your lifestyle, you have to enjoy it. It has to be fun. So, you have to find something to build a program around to make a lifestyle out of it."

Then Mike discovered mud runs.

Think of running an obstacle course after a heavy rain, thick and slippery with mud. And there's typically beer at the end. Mike's first race was in Arizona with his son. "There was a gentleman in his mid-seventies. He had on a Long John top and bottoms. He wore knee pads and elbow pads, and they were duct taped," Mike

says. They saw him at the end of the race, and Mike was inspired. A year later, he decided to try another one. That's when he uncovered Spartan Races.

Although he had been going to the gym regularly, Mike found he was unprepared for his first Spartan Race. "It went from a free-for-all muddy race and drinking beer to if you fail this obstacle, you have to do the thirty-burpee penalty," he says. Both his sons were college athletes, and they decided to take on the Spartan challenge together. Mike even got certified as a

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Spartan coach. "They have a very holistic program, and from that holistic program, I built a wellness program that I'm running now. It helps prevent cancer, heart disease, diabetes, and obesity."

In addition, Mike travels the country and coaches people in preparation for Spartan races. Even when he isn't working, Mike volunteers for Spartan Racing, learning to set up the courses and build obstacles. He has built a course in the Williamsburg area that he uses to teach people how to climb ropes and jump walls. "There's a method to the madness," Mike says in assurance.

Mike says Spartan Racing is slowly opening back up with many COVID-19 restrictions in place. This includes no spectators, social distances of six feet from the beginning, and staggered starts. "[Spartan Racing] is actually working on making this an Olympic sport."

This year, Mike was scheduled to complete a Spartan Ultra, which is a 30-mile race with 70 obstacles. It typically takes ten to twelve hours. Because of the coronavirus, it was canceled, so he has added a new challenge. Next year, Mike is taking six months to hike the Appalachian Trail. He turned 60 this year and plans to make

this trip on his own, blogging about his experience as he goes. "I'll be doing my Spartan exercise every morning. I'm also a whole food health specialist, so I'll be talking about how you can actually do it without using packaged foods."

Fitness and sports have always been important to Mike. He played soccer for Walsingham Academy. He graduated from Lafayette High School, then attended Longwood University where he continued playing soccer along with baseball and wrestling before graduating with a financial management degree and a minor in economics.

After college, he moved to northern Virginia looking for a job. "I grew up in the construction and real estate industry, and I worked in construction up in northern Virginia while trying to get a corporate job. After several years up there, I called my dad, trying to get some money to go back to grad school," Mike said. His dad was in real estate and construction and told him if he came back to help him with a new project, that would be his grad school. Mike came back to Williamsburg and did get his graduate degree in urban planning and real estate evaluation from Virginia Commonwealth University.

When his two sons showed an interest in

soccer, Mike was determined not to be a dad sitting on the sidelines. He coached in the local area with the Williamsburg Soccer Club and at the high school level for over twenty years. Both of his boys went to college on soccer scholarships.

One would think that all of the training, coaching, and working full time in real estate as he has for the past forty years would be more than enough for Mike. But it wasn't. In 2015, he started Elite Health & Fitness, incorporating mind, body, nutrition, and lifestyle changes.

As a personal trainer, he works with his clients individually and is always available by text and email. Together they identify the line in the sand, things the client is unwilling to give up or the maximum amount of time they are willing to dedicate to healthier living, then move that line a little further in the right direction. Little changes can make a big difference in their overall health. Mike recognizes that kind of attention can be costly for some and maybe even too costly for those who need it the most. From that thought process, Healthier U was born.

Healthier U is a nonprofit organization to help entire families adjust to a healthier lifestyle together. Mike acknowledges that most



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people have to have a little skin in the game to appreciate the true value of the program and to stick with it, but the nonprofit will subsidize a large part of the cost with a graded-scale based on income. "We are set up with our focus on obese children, and we're looking to help young families and single mothers. The added benefit is that if you have diabetes, heart conditions, or Alzheimer's, it has great positive benefits," he says.

Their goal is to start with 150 families per year, which would affect over 400 people. "Nationwide, sixty-four percent of all deaths in the United States are directly related to health, nutrition, and lifestyle choices." If Williamsburg follows suit, with a population of approximately 125,000 people, that's a lot of people who would benefit from this plan. "It's an education program, so everybody's going to be different." With a 120-day program, the hope is to identify the worst nutritional habits and replace them with healthier choices for the entire family to make it easier for the results to stick. They will be reaching out to schools, medical clinics, and social service healthcare agencies, but he suspects most of his business will come through word of mouth.

"When my wife passed away, my kids were typical teenage kids. Now they're both health nuts. They have that big salad every day, they eat their steamed vegetables and they limit their meats. It wasn't something that I had to tell them; I instilled it in them. I'm proud of them. They don't do exactly what I do, but they've taken it, and they made it their own."

That's what Mike wants to pass on to other families through Healthier U.

Michael Scruggs also feels it's important to come together as a healthy community, even with the coronavirus ruling our movements. Being outdoors leaves plenty of room for social distancing. "Starting the weekend after Thanksgiving up through New Year's, every Saturday morning we will do a Colonial Williamsburg walk where we meet at Merchants Square and walk down to the capitol and around Colonial Williamsburg, looking at the door decorations. Just to get people up and off their couch and out walking." NDN

To participate in Saturday walks after Thanksgiving, meet in front of the William & Mary bookstore at 7:45 on Saturday mornings. All are welcome to join at no cost.

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KRISTINA CARTER



Lisa W. Cumming Photography

Physical Therapy Healing

By Dawn Brotherton

Kristina Carter went from college gymnast to Clinical Director for the Advanced Specialty Center at Pivot Physical Therapy. Not all at once, but it's a fairly common transition for competitors to go into physical therapy. "I was an athlete, so I saw a lot of other people get injured, and the rehab process was intriguing. Thankfully, I never got injured, but I saw plen-

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ty of other people who did. And while it was terrible, it was interesting at the same time," Kristina says.

While in college studying kinesiology and exercise science, she competed in floor, balance beam and vault for Illinois State University. At four foot eleven inches, the uneven bars were not in her repertoire. Although she had competed since she was very young, she knew gymnastics was not going to be her career. "I was interested in helping people, and I loved anatomy."

Then she met her husband, Andy, who was in the Illinois State graduate program as an athletic trainer. She states with assurance that she never faked an injury to get his attention. "It is funny, that question comes up more often than you would think."

After graduation, they married and returned to Williamsburg, where Andy had attended William & Mary for his undergraduate degree. Kristina worked for Tidewater Physical Therapy, now Pivot Physical Therapy, while she took classes to get into the physical therapy program at Old Dominion University. Once she got in, she continued to work for Tidewater during

breaks from school. When she graduated in 2006 with her doctorate in physical therapy, she was an easy full time hire for the company.

Although a job offer for Andy brought them to Virginia, Kristina is very happy here. She grew up in Chicago so she truly appreciates the warmer weather. "I like the mild winters. I do like seeing snow, though; I love snow days. But you can also spend a lot of time outside most of the year."

But it's more than simply escaping the cold that endeared her to Williamsburg. She enjoys being part of a small community where she can run into people she knows at the grocery store or sporting events. She says that was not something that happened living on the outskirts of Chicago. Still, she has family in Illinois and makes a point of seeing them when she can. She is especially close to her younger sister with whom she used to practice gymnastics in their basement when they were little. Thanks to social media and the world of text messages, they stay in contact across the miles. "She's probably the person who knows what I'm doing literally at all times," Kristina says.

Her two boys, Spencer, 10 and Drew, 7, are

more into basketball and baseball than gymnastics. Throw in Boy Scouts and Kristina keeps busy outside of work with games and volunteering for the troop. As if she didn't have enough going on, they recently got a new puppy, meaning they have been forced out of the house during the pandemic. The time spent walking the dog and releasing its energy outdoors is good for the whole family. Although she doesn't compete anymore, she is still keenly interested in keeping fit. She used to do a lot of running, but now she is going to Orangetheory to have some "me" time.

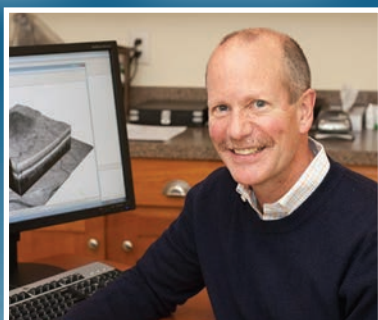
Physical therapy is a specialty requiring continuous education on the latest techniques and progress in the field. Although she works with a variety of orthopedic issues, Kristina specializes in treating people who have Parkinson's disease or who may have concussions. "Anything neurologic in nature comes my way. People who have had a stroke or have Parkinson's disease or vertigo, they come to me," Kristina says.

She also does dry needling, mostly for athletes. "It sounds terrible, but it doesn't hurt. It feels strange, but the needles are so tiny, you

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can't even really feel them go into your skin." She explains the needles are the same as acupuncture, but the idea is a little different. She goes directly to the source of pain, inserts the needle, and moves it around to relax the muscle.

As work at home has become a necessity, Kristina cautions people to maintain good posture in front of the computer. "We've been seeing a lot of people who have been working from home and have left their office where it was set up perfectly for them with their laptop and footrest, with their arms and body in the right position. Then people started working from home, and maybe they're working from their couch or their bed or a chair that's not working well for them. We've been seeing more neck pain, shoulder pain, and back pain," she says.

"We're a private practice, independent, with no affiliation, so we get referrals from doctors or people who have been here before. Or in my case, with the neurologic type rehab, these people aren't getting one hundred percent better if they have a progressive illness, so they'll come off and on over the course of many years

in a row. Just to get a tune-up, as we like to call it."

Pivot also offers direct access, meaning patients don't need a doctor's referral to visit them. "I see a lot of the older population where falls or fear of falling is a big problem. A lot of family members may be concerned about their balance, so those people might come to me to get exercising strategies. Sometimes that means physical therapy; sometimes that means exercises to do at home, and then they come back for their reassessment."

Kristina credits their repeat clients and referrals to the homey atmosphere at the clinic and the fact that they get to know their patients well. As the director of many specialty groups, her favorite thing is the assortment of tasks she gets to do. "Because I'm seeing such a variety of patients, each day is different," she says.

In September, Pivot Physical Therapy relocated their hand therapy office to the Williamsburg office on Ironbound Road so they can offer all of the services in one place. That specialty now also falls under Kristina's umbrella. Certified Hand Therapy includes everything from fingers to shoulder, providing

support for ailments such as arthritis, carpal tunnel, or fractures. There are fewer than 6,000 hand therapists nationwide, so Williamsburg is fortunate to have them in our backyard.

Kristina is proud of the fact that Pivot physical therapists offer their expertise in the profession to interns from across the country to give them hands-on experience. "We have several people who have specialties and the confidence to help the next group of physical therapists coming through."

Even though many sports have been put on hold for the time being, Kristina points out there are still ways to stay healthy. During this time of isolation and quarantine, she recommends walking as a great stress reliever and exercise, but she advises against the tendency to slip on flip flops to go out. "Take the time to put on shoes and socks. Lace those shoes up, then go for the walk." Wearing the wrong shoes can cause your feet, ankles, and knees to get sore.

From dry needling to improving daily life for her patients, Kristina Carter feels the satisfaction of helping people through physical therapy. NDN



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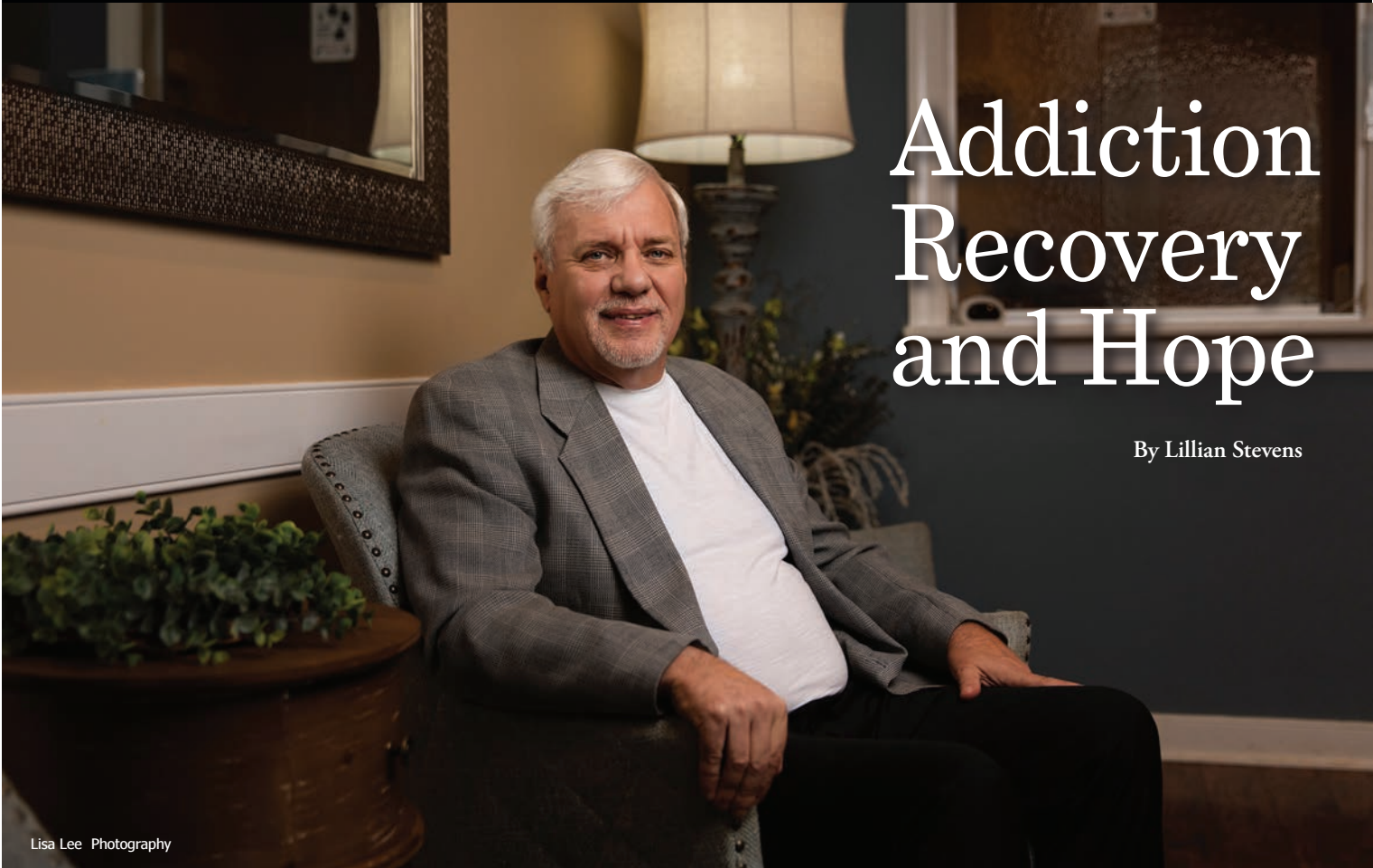
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DR. DOUGLAS BROWN

Addiction Recovery and Hope

By Lillian Stevens



Lisa Lee Photography

Those who struggle with the disease of addiction know it is a daily fight, sometimes hour by hour, always ever constant. It is non-discriminatory and without mercy.

Through the Addiction Recovery Center of Virginia, Dr. Douglas Brown and his colleagues are dedicated to treating patients who suffer from the disease, while opening up the minds and hearts to all who have been touched by it. The Center offers an intense office-based

outpatient treatment program that combines medication assistance with counseling.

"I have a real interest in this," Dr. Brown says. "Addiction has hit our family big time, so I suppose you could say that has given me more empathy and compassion."

Generally, he tries to avoid using the word 'addiction' because he believes it's a word that can sound insulting and even demeaning. "Instead, I use words like substance use or abuse or

alcohol use or abuse."

For the past 12 years, Dr. Brown and his team have worked diligently to help people free themselves from the grip of substance or alcohol abuse and reclaim their lives. "We have a very experienced and caring staff," he says. "There are seven counselors, four medical providers, including myself, two physician assistants, and one nurse practitioner."

His wife, Gloria, works alongside the team

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as well.

"Gloria is a registered nurse, but she's also our patient advocate and the voice you hear when you call us. This is something we are both very particular about. Someone who needs us is almost always going to find someone at the other end of that phone line when they call." Gloria mans the phone beginning at 5 a.m. and generally answers up until 10 p.m.

"I think that's one thing that has made this program really personable," Dr. Brown says. "People know we are accessible, and that they can get in touch with us."

When he co-founded the Center with Laura Cisewki, program administrator, Dr. Brown says that their vision for the Center was shaped by a personal philosophy toward helping patients.

"I knew I didn't want to be the kind of doctor's office where you go in, get a suboxone prescription [suboxone being a brand of buprenorphine which is used to treat patients who have used opioids], and receive no follow-up. Instead, I wanted to be involved in the behavioral aspects as well."

Delving into the behavioral aspects via counseling can reveal a lot. After all, no one sets out thinking how much fun it would be to develop a substance abuse disorder.

"There can be co-occurring illnesses," Dr. Brown explains. "We see adults who were undiagnosed with depression or bi-polar disorder back when they were 13 or 14 years old. Bipolar symptoms, when you're young, can present as depression."

It's very common for an adolescent who may be depressed, or who may be exhibiting early signs of bipolar disorder, to self-medicate. By the time they reach adulthood, it can be the primary coping tool in their toolkit.

"Maybe these individuals started self-medicating with alcohol or marijuana. Then they advance to harder drugs. I see people with substance use and alcohol abuse issues, and their lives are broken down. Their relationships are strained, and they may have financial and legal problems."

Dr. Brown says that stabilizing those patients with co-occurring illnesses is of utmost importance. "I tell them that we are here to help them, and this can be turned around."

About five years ago, the Virginia Department of Medical Assistance Services formed a program called Addiction Recovery Treatment Services (ARTS). Patients in the ARTS program have full medical insurance coverage, so their visit and counseling services are fully paid for, and their medication is also covered.

"The program requires them to come weekly for medical visits and counseling for the first three months," Dr. Brown says. "Where possible, those appointments can be scheduled on the same day. We are open Monday through Saturday of each week. Patients who do well progress to bi-weekly and eventually monthly visits. Once their drug screens are negative for four consecutive visits, we can progress to monthly visits."

Dr. Brown sees many types of substance abuse illnesses, but opioids are an epidemic in this country. He is trained and certified in buprenorphine treatment by the American Society of Addiction Medicine,

In order to begin buprenorphine treatment, a patient must be experiencing active withdrawal.

Dr. Brown explains that if a patient has a high level of another opioid in their system, buprenorphine will compete with it and knock the opioids off the receptor sites in the brain, essentially blocking the reward center, and create instant withdrawal.

“If you are already in mild to moderate withdrawal, buprenorphine will make you feel better, not worse. The buprenorphine is combined in a pill with another medication called naloxone, which blocks the effects of opioids.”

The idea is to slowly bring the patient to a place of physical comfort and psychological well-being over months, if not years, using medication but also counseling in order to work through psychological barriers that may exist.

Originally, the goal was to help patients be off of their medicines inside of 18 to 24 months, but over time Dr. Brown has revisited that timeline.

“We used to think it was a great philosophy to wean patients off these medications within 18 to 24 months,” Dr. Brown says. “But we find it doesn’t always work that way. Some patients will stay on buprenorphine treatment for the rest of their lives, and that’s okay.”

Still, what if someone wants to be drug free, including the drugs that are so helpful in recovery?

“There’s a certain medical wean that we follow,” he says.

There is a starting dosage which can be decreased very slowly over time. Once a patient is weaned from the buprenorphine, and to further assist long-term success, Dr. Brown introduces monthly injections of naltrexone [vivitrol being a “brand” of naltrexon]), a drug which blocks opiate receptors in the brain to suppress any craving for opiates. That treatment usually lasts for a period of one year or so.

Helping patients with alcohol and substance use disorders is certainly challenging, but Dr. Brown and his colleagues find great reward in supporting those as they progress in their recovery.

Unfortunately, the coronavirus pandemic has made the climb a steeper one for many.

When the pandemic hit, there was only a short time to find a telemedicine platform. Additionally, the Center had to implement some pretty strict measures.

“Everyone was working from home,” Dr. Brown says. “The exception was when a new person came in, or when a patient comes in for a vivitrol shot or non-contact urine drug screen. When that is required, there are no more than two people in the waiting room at any one time, each distanced a minimum of six feet apart.”

Safe distancing aside, there is also the threat of relapse.

“So many of our patients were dealing with stress in their lives already,” Dr. Brown says. “And on top of that, there is new stress. Maybe it’s the loss of a job or the struggle to feed their families. The impact has been great.”

Drug Enforcement Administration law requires face-to-face contact with patients, but once the pandemic hit, Dr. Brown says that the DEA revised that to include telemedicine. “Telemedicine is still face-to-face, but in some situations where patients have no access to the internet, we are allowed to connect via phone.”

Pandemic notwithstanding, Dr. Douglas Brown finds this community to be a very special one and says he can’t imagine living and practicing anywhere else. The native of Schenectady, New York is a proud transplant who loves living here. He was originally recruited years ago to work at Riverside Regional Medical Center in Newport News.

He and Gloria make their home in Providence Forge. Though they are empty nesters, they have 14 grandchildren who live here locally, and a great grandson who lives in Florida. NDN



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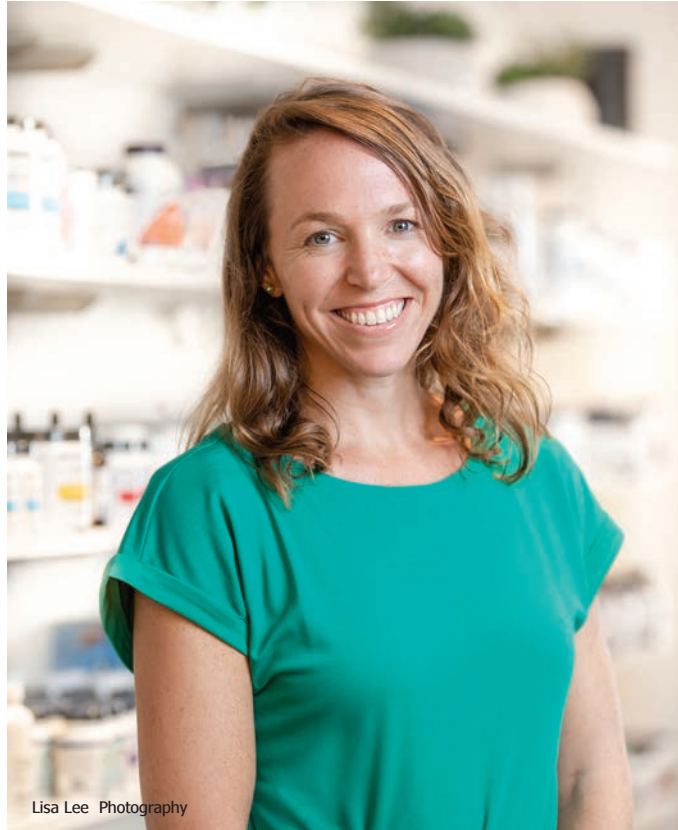
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A Prescription for Health

By Brandy Centolanza



Lisa Lee Photography

When Jaime Reid, a pharmacist at Williamsburg Drug Company, was in college, she shadowed several female pharmacists who were able to successfully balance their career with family life, which inspired her. “They enjoyed their jobs, and they were very encouraging and

made me realize that I could also do both,” Jaime says.

Jaime, who grew up in Pasadena, Maryland, has worked as a pharmacist for a dozen years. She felt destined for a career in the health field early on.

“I was always interested in health and in science and biology,” Jaime recalls. “I saw being a pharmacist as more than just filling pills in a bottle. It’s more about the patient interaction, answering their questions and building relationships with them and acting as a liaison

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between them and their doctors.”

Jaime graduated high school in 2000, then went on to earn a degree in biology from Towson University in Towson, Maryland. She went on to receive a Doctor of Pharmacy degree from the University of Maryland School of Pharmacy in Baltimore. She has primarily worked with independent pharmacies ever since.

“I knew I wanted to work at an independent pharmacy because I felt with an independent pharmacy you can build better relationships with your patients,” she says. “I love making a difference for people.”

Jaime and her husband, Jessie, whom she met while living in Towson, relocated from Maryland to Williamsburg in 2016 after Jessie took a job as a blacksmith with Colonial Williamsburg. Jaime was hired on as a pharmacist at Williamsburg Drug Company soon after settling into town.

Williamsburg Drug Company has been a Williamsburg institution since 1895. The company is a full-service pharmacy with two locations. Jaime works from the newest location on Jamestown Road, which opened roughly a year ago after Williamsburg Drug Company was named a nationally accredited compounding company.

Jaime started out filling prescriptions for patients at Williamsburg Drug Company and getting to know them as they came in multiple times a month. Her job evolved as she began addressing other concerns that her patients had.

“Some of them wanted to know why they are fatigued, why they keep having headaches, or what they should do about anxiety or other issues,” Jaime says. “I wanted to offer them advice for a more natural, holistic approach to their problems.”

Jaime became an American Academy of Anti-Aging Functional Medicine (A4M) practitioner and now focuses more on discovering the root cause of a patient’s illness and not just treating symptoms.

“There is so much more that can be done beyond medication,” Jaime says. “I wanted to be able to educate people about what to do outside of a prescription.”

Williamsburg Drug Company implemented a new program with Jaime at the helm as a consultant, meeting with patients to provide a variety of testing to determine what the true problem is and then working with them to remedy the condition.

Dubbed “A Path to Health,” the program starts with unique testing based on a patient’s symptoms. A patient could be feeling under the weather for numerous reasons ranging from nutrient deficiencies and stomach functions to food sensitivities or issues with inflammation or hormones. Patients receive test results through a secure online portal and then follow up with an individualized consultation with Jaime. She offers personalized recommendations for health improvement, which may include prescriptions, supplements, retesting, and follow-up appointments with Jaime or the patient’s physicians.

“I want to be able to give them what their body is lacking so that they are feeling better,” Jaime says. “I am really enjoying my job right now. I feel like I am finally able to be the pharmacist I always dreamed of being. I get to spend more time with my patients and it has been so rewarding.”

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Jaime has also been enjoying working closely with her patients' doctors to come up with the best possible solutions for curing what ails them.

"I think having that communication with their doctors is what helps our patients the most," she says.

The ages of Jaime's patients run the gamut from children to the elderly. She consults with children with special needs, young athletes who are trying to be the best they can be, and middle-aged men and women who aren't feeling like they once were as well as senior citizens. Her days consist of consultation appointments, filing reports, assisting patients with supplement and product choices, and making follow-up phone calls.

"I like to check in on my patients, see how they are doing and make sure they are feeling better," she says. "I also want to be able to give them other options if something isn't working."

Jaime has been especially busy throughout the COVID-19 pandemic, as the pandemic has made many patients realize that they should be

taking better care of themselves.

"March was our biggest month as people wondered how they could keep safe," Jaime says. "They were asking us what they should do to stay safe or what they should take to stay safe. I think the pandemic has really driven people to be healthier."

Staying fit and healthy, both mentally and physically, is just as important for Jaime on a personal level. When she is not treating patients, Jaime likes to take care of herself by running. She grabs her running shoes and heads out the door five times a week, usually early in the mornings. Sometimes she'll take her children along.

"Running is my saving grace," Jaime says. "I also like coffee, so if I am not running, I am hanging out at a coffee shop."

Jaime also relishes spending quality time with her husband and their four children: Evelyn, 12; Catherine, 10; Andrew, 8; and Silas, 5. The family also has a German Shepherd, two-year-old Curo.

"We are outdoor people, so you can usually

find us hiking or hanging out on the James River," Jaime says. "We have a huge garden, which is keeping us busy at the moment. Our dog is pretty cool, too. I also like watching my kids play sports."

As if that weren't enough, Jaime also enjoys reading and serves on the board of Providence Classical School, where her children attend classes.

"We love living in Williamsburg because it has such a small-town feel," Jaime says. "I love it when we run into someone we know when we are out. We see people we know quite often. We go downtown to Duke of Gloucester a lot because it is just beautiful. I love walking up and down it just for the fun of it."

As Jaime Reid continues working as a pharmacist, she hopes to learn as much as she can about the field in order to improve the health of her patients. Eventually, Jaime would like to finish her certification with the American Academy of Anti-Aging Functional Medicine as well as possibly travel and give speeches in order to educate other pharmacists. NDN



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AARON THOMPSON



Lisa Lee Photography

Community Health

OLDE TOWNE MEDICAL AND DENTAL CENTER

By Paige Brotherton

Even in the midst of one of the greatest medical crises of our time, Williamsburg has some good fortune coming its way. As the world of medicine is on everyone's minds, it's more important than ever to remember those whose access to healthcare is limited. Fortunately, our community has found a great resource in the Olde Towne Medical and Dental

Center to provide care for all members of the region, while the Center has found a wonderful new leader in Aaron Thompson.

Aaron has a wealth of experience in his field, but his journey to this point crossed over many other pursuits as he searched for his calling. When he first arrived at Hampton University in 1991, medical administration

was the furthest thing from his mind. Instead, an entirely different skill brought him to the university in the first place.

"Music is my life, essentially," Aaron says. "My parents really instilled the fact that I was going to be well-rounded." This initiative began with piano lessons in grade six but didn't stop with one instrument. When Aaron was

chosen for a Hampton University scholarship, it was his talent on the trombone that stood out, along with his incredible passion for music and his determination to maintain his skills. “I didn’t want to be the individual who, when they had matured later in life, said, ‘I wish I had continued playing the piano,’ and so I continued to play, even to this day.” In the university band, Aaron quickly rose to the rank of trombone section leader, then to vice president, and finally drum major, a very important leadership position in the music world. “Drum major was one of the most challenging, difficult, but rewarding experiences that occurred throughout my college years,” Aaron says.

When he wasn’t honing his leadership or music skills, Aaron was working academically to earn his mass media major and go into broadcast journalism. “I had dreams and visions of being the next Tom Brokaw or Tom Bernard on television and being a prime-time anchor, but life changes things sometimes.” By the time he graduated, Aaron had jumped

into the medical industry, beginning at Pfizer Pharmaceuticals in Charlottesville.

Aaron is married, and in 2003, his world shifted. His son, Aaron Michael was born, and Aaron felt all of his priorities shift. “With him, of course, your focus changes, and your goal in life is to raise a healthy, well-adjusted child, and Aaron Michael is just that,” Aaron says. “From there, Charlottesville became the greatest city in the world for us as it was the perfect place for us to raise kids.”

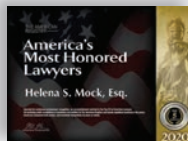
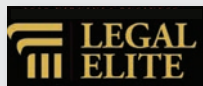
But as much as he loved the atmosphere of Charlottesville, Aaron was excited when his promotion to Hospital Representative created an opportunity for change. “We always wanted to come back to Tidewater,” he says. “We have a lot of friends here, and our roots were here from college.” Aaron settled in the Village of Westminister and found the neighborhood to be extraordinarily welcoming, meeting with neighbors who became friends.

Born in Detroit and raised in Ann Arbor, Aaron has been a University of Michigan fan his entire life. Even hundreds of miles from

his hometown, he bonded with his neighbors over their mutual love of The Game, the football game between rivals Ohio State and University of Michigan that fans look forward to every year. Despite his neighbor’s support for Ohio State, the two families found they still had plenty to celebrate together. “Every Saturday after Thanksgiving, we would have a joint tailgate and invite people in the community, friends, and family,” Aaron says. “We did that for seven years.”

Meanwhile, Aaron continued to excel in his professional life, finally finding his true calling in healthcare administration. After working with the consumers, the pharmaceutical companies, and the hospitals, he realized that serving the community began with a strong network of support and leadership. “Therein lies my true passion for healthcare: the underserved and uninsured individuals who, for whatever reason, needed healthcare services that weren’t privy to them,” Aaron says. His journey kicked off with a position at Capitol Area Health Network, which opened his eyes

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Helena S. Mock has served the legal community in the Hampton Roads area for 20 years. Designated an Accredited Estate Planner® by the National Association of Estate Planners & Councils, she has been named seven times to Virginia Business’ Legal Elite list, and recognized by SuperLawyers Magazine as a Virginia Rising Star in 2007-2008 and a Super Lawyer from 2013-2020. She received the Martindale-Hubbell Client Distinction Award in 2013 and 2015, and the 2016 Client Satisfaction Award from the American Institute of Legal Counsel. She constantly strives to be the best she can be for all those she serves within our community, and she would love to do her best for you.

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to the vast array of need in the region. “We’ve dealt with not only the uninsured but we’ve dealt with individuals who needed a sliding scale so they could get their healthcare, individuals who had commercial insurance, and individuals who were homeless. The motto was never turn anyone away.” He and his team strove to ensure that one’s health did not depend on one’s ability to pay for a check-up.

Having finally settled on his career path, Aaron decided it was time to get his MBA to further his knowledge in such an important field. Even amid the pandemic, he plans to graduate this April from Virginia Commonwealth University with his Executive MBA with a concentration in healthcare administration. With this bright educational endeavor underway, Aaron was approached by someone offering another opportunity, on National Nursing Day no less. Eager to continue serving his community, Aaron sent in his resume. “I went through a rigorous process of interviews and was fortunate enough to be offered the position to be the Executive Director for

Old Towne Medical and Dental Center.”

Beginning a new role, especially one centered around medicine in the midst of a pandemic may seem like a daunting task, but Aaron has years of leadership to fall back on and is hopeful for a smooth transition and a bright future. “I’m on a listening tour right now,” he says. “I wanted to take the first sixty days to meet individually with everyone and learn what makes people tick, learn what developmental areas people are working on, and learn what concerns they have.” An organization must be strong before it can strengthen the community around it, so he is first focusing on how he can bolster the Center’s best qualities and prepare it to accommodate the region in the face of unknown obstacles. “When you start a new position and you come into the company, culture is the first thing I focus on,” Aaron says. “Culture eats strategy for breakfast.” Making sure his employees feel comfortable and listened to is a top priority for him. “I’m a firm believer in having an open-door policy where if there’s a concern, no matter

how big or small, I tell my team, please don’t internalize it.”

Every company has a different operating style, and the Olde Towne Medical and Dental Center is no different. Though it is not as large as some of the other organizations Aaron has worked in, its employees have a wealth of knowledge built on years of experience that he finds invaluable. As for settling into a new environment and connecting with his team, Aaron has a plan for that too. “We start with the mission; if individuals believe in the mission, then everything else can fair very well.”

Outside of his daily mission to reach every resident in need of healthcare, Aaron Thompson enjoys time with his family: his wife, Deborah; his son, Aaron Michael; his daughter, Sumintra; and his labradoodle, Varkley. There are plenty of activities to occupy his time, from juggling to shoe shopping and, of course, playing piano. After all, that’s what health administration is all about: caring for the community so its members can spend more time doing the things they love. NDN

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HEALTHY WOMEN

By Harmony Hunter

In 1898, after long and difficult years working in a drafty, repurposed medical dissection shed in France, a Polish emigrant illuminated a novel future for science, women, and health with a new element that would be called “radium,” named after the Latin word for “ray.” In time, this discovery would lead to the use of radiology and x-ray technologies to diagnose and treat battlefield injuries quickly, and future innovations steered the substance to even subtler views of tissue, muscle and bone.

History soon would enshrine this scientist among the greatest minds in the world, and those who have benefited from her genius are counted in thousands and millions. She was, of course, Marie Curie. Curie’s influence is felt today in Williamsburg through the conduit of Dr. Janae Johnson. As Director of Breast Imaging for the Tidewater Physicians Multispecialty Group Imaging and Breast Centers, she makes

daily use of Marie Curie's legacy of science and discovery.

Dr. Johnson pursued her undergraduate education at William & Mary, then earned a Master of Science Degree in Anatomy and Doctorate of Medicine from the Medical College of Virginia (MCV). She would go on to complete a radiology residency and breast imaging fellowship at MCV after a brief internship in between. Almost since the beginning of her medical training, Dr. Johnson was drawn to the use of radiology and the applications for imaging and detecting abnormalities and cancers.

When the time came to choose a specialty, Dr. Johnson remembers the moment in medical school when she knew radiology would be her calling. She says, "I was drawn to the OBGYN realm of things. We went through breast imaging on one or two of the days during OBGYN rotation, and we got to shadow some breast radiologists. And I loved it. They just spent so much time interacting with patients, but then they also did the breast biopsies

and they were giving results. I thought that was just a really neat sort of focus of women's health care. It was an offshoot of radiology that was very focused."

This immediacy of care and direct patient contact feeds Dr. Johnson's passion for her vocation and keeps her excited to go to work each day. From the near-instant image feedback to the diagnosis and treatment, she can be present at every stage and see firsthand the results of her efforts. "I went into radiology just to do breast imaging. It's very specialized, what I do. Every day is breast imaging. So, you know, screening mammograms are done pretty much the same everywhere. But then if you get called back or if you have a lump, we almost always do same-day biopsies [at TPMG]. It really enables us to sort of walk these patients through from the very beginning of the process. It's a very fulfilling job. I love it," she says.

Dr. Johnson's enthusiasm for her field goes beyond the process and outcome: her heart is in it for the patient population that she's focused

on. Early in her life, she worked for an HIV clinic to study new treatments. In the early days of the disease, these drug trials could have a tremendous impact on the quality of life for patients. "We were sort of on the forefront of a lot of these medications. It really went from this illness where people were getting really sick to where they could be treated and have these great, great outcomes and really live full lives." If this sentiment sounds familiar, yes, this is the connection between Dr. Johnson's drive to help underserved patient cohorts and, ideally, deliver them the most immediate care and results possible.

As much as Dr. Johnson gives to her patients, she insists that they give her even more in return. Her joy in connecting with the women she meets each day never diminishes. Immersed in a patient population that might historically have been underserved, she takes great satisfaction in using her talents to benefit women. "Working with a group of women is so amazing because it really does span all age groups and all

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socioeconomic groups. I get such great exposure to so many different people. So honestly, I don't ever have a day that's the same; never. I can't tell you how much I learn from patients constantly about just everything: life, relationships, food, travel."

Advances in the field mean that Marie Curie's work is in continual evolution in doctors like Dr. Johnson's hands. Three-dimensional mammograms, called tomography, allow practitioners to see images in cross sections, finely isolating minute features. Magnetic Resonance Imaging, or MRI, was once rare but sees new prevalence now in the detection of cancers and planning for surgery. In short, Dr. Johnson says, "We're just getting better at detecting breast cancer earlier and more completely characterizing it pre-surgery. One in eight women get breast cancer. It's common, but it's also something that is treatable the large majority of the time."

After medical school, life took Dr. Johnson to many regions. Following decades spent liv-

ing and working outside the Tidewater, she traced her steps back to Williamsburg when her family was new and she accepted her job at TPMG. She now rides point, herding a bustling household of four children and two dogs through their days. When she started her family, she remembers thinking of Williamsburg as an ideal place to raise her kids. "I remember saying it would be awesome to be in a place like where I had grown up, where you just ride your bikes to the pool and have a very outdoor centered or just a very carefree kind of childhood," she says.

Though the constraints of the COVID-19 era have somewhat curtailed time spent biking to friends' houses and play dates at the pool, the family has leaned in to the limitations and discovered some new, socially distant spaces to explore. "We've done a lot more local travel. I think it's really enabled us to explore a lot more of our area around here. We've rented Airbnb farmhouses. We've gone up into the mountains of Virginia, we've gone to the mountains

of North Carolina. We've actually done some mountains in Tennessee. We've been able to go out and do a bunch of hiking and exploring more locally which has been, I think, really great for us because there are so many things around here we really hadn't taken advantage of," she says.

Dr. Johnson and her family have found happiness in their Williamsburg home and community, relishing local attractions and those a little further afield. Her wish for everyone is that they do not put off their annual mammogram screenings. She says, "It really doesn't take very long to get a mammogram. You're in and out in like fifteen minutes. Obviously, the experience differs for everyone. But I would say, speak out or speak up if you're nervous. If you've had a bad experience in the past, just talk to the technologists during the exam and let them know. We all walk into the room with different levels of anxiety and different things that we're bringing in. It's not a bad process, and it makes a huge difference in women's lives." NDN

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



INTERMEDIATE

SEPTEMBER 2020
 In the Neighborhood
 Photo Challenge





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NEW TOWN CONDO
\$169,900

Just the right size, 1 BR, 1 full BA, large deck, new carpet, HW floors, HVAC system, less than a year old, HWT in 2011. All the conveniences of living in New Town. Walk to everything! Call today!



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FORDS COLONY
112 Walton Heath

5 BR • 5 BA • 5225 sqft • 675,000
Custom brick home backing up to nature preserve. Southern style veranda overlooking woods. Master bedroom on 1st floor, Kitchen with island, sub-zero fridge and freezer. Sought after 3 car garage and work room.

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1304 QUEENS CROSSING

La Fontaine

2 BR • 2BA • 1162 sqft

Walk in to this charming condo and say Welcome Home! Fresh neutral paint, beautiful hardwood, stainless appliances and beautiful granite! Tiled Baths. Pull down floored attic for additional storage. This charming condo is ready for YOU!!! Offered at \$167,000



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Buyers Are Looking and Inventory Remains Low ...

*If you are thinking
about selling, I would
be happy to help!*



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Governor's Land
4 BR | 3 BA | 4,143 Sq Ft

Elegant all-brick Ron Curtis-built home | Spacious kitchen with maple cabinets & center island | First floor MBR and additional first floor BR | Expansive media room with wet bar | Oversized 3-car garage | \$689,000



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22401 PINWOOD ROAD
3 BR • 3 BA • 3,267 sqft

Gorgeous custom Colonial Open floor plan, picturesque riverfront community

Kitchen w/ granite, opens to unique great room & living/dining room Two 1st floor master BRs w/ separate BAs Handicap accessible 1st floor plus concrete wheelchair ramp, \$420,000

Check out the website:
22401pinewoodroad.info



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4+ BRs 3 1/2 BAs and over 4,050 sqft
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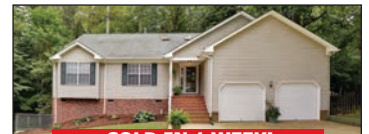


Denise
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SOLD IN 1 WEEK!
Let Me List & Sell Yours!

WILLIAMSBURG BLUFFS
106 Lamplighter Place
4 BR | 2 BA | 1,942 sqft

Charming, transitional style home on quiet cul-de-sac. 1st floor MBR suite plus 2 other BRs on 1st floor w/2nd full BA. Large loft overlooking great room & 4th BR on 2nd floor plus attic storage. Light filled 2 story great room w/gas FP opens to kitchen & DR. Deck overlooks peaceful woods & fenced yard. Large basement opens to exterior or garage. \$295,000.



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