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WILLIAMSBURG'S

# Next Door Neighbors<sup>®</sup>

VOL.10, ISSUE 10

PRICELESS

Discovering the people who call Williamsburg home

## Healthy and Wise

**Steve Flanary**



Turn to Page 38 for  
Williamsburg Health  
Foundation's Report  
to the Community.

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The health issue of Next Door Neighbors is always one of my favorite issues. I suspect it is because, as I age, I find myself paying more and more attention to my health. We all know how it is; in our youth most of us take our health for granted, in our middle years we appreciate it but do little to advance the quality of it, and in our later years we are often forced to obsess about it a little.



Not everyone, of course, and that is the beauty of this issue. To find that we have so many dedicated and energetic people in our community who are so knowledgeable about maintaining or restoring health is reassuring. It is interesting when you consider that the person next to you at the grocery store, or in the theater, or in church may have held another's vital organs in their hands that very day, or might have spent their day consoling and caring for someone in decline, or may have carefully planned for the nutrition that will go into your child's school lunch next week, or in any other number of ways contributed to the health and well-being of our community.

I find it equally curious that, while we awe at our lack of understanding of the vastness of outer space or the depths of our oceans, that ignorance pales in comparison to what we still do not understand about the bodies we occupy and how to maintain them. Fortunately, there are thousands of brilliant people around us, good neighbors, who serve as explorers, tour guides, interpreters, and companions as we continue on this journey of life and seek the healthiest approach to making the most of the trip. Enjoy. NDN

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*In the September issue of Next Door Neighbors, Elizabeth Mead was referred to as "Dr." This is not correct. Next Door Neighbors regrets the error and any inconvenience it may have caused.*

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## COMING CLEAN Celebrating Recovery

By Linda Landreth Phelps

Like most boys as they're growing up, Steve Flanary's idea of a successful man was modeled by his father. "So, just like him, I became a businessman, a deacon and an alcoholic," he says.

Steve speaks of his childhood with mixed affection and pain. "I was born and raised in Williamsburg and have lived here all my life," says Steve. "It was a small town where everyone's secrets were well kept, but alcohol was a way of life. Mom loved and protected Dad, and we were all enablers," he remembers. "Dad was the breadwinner, so our survival de-

pended on secrecy."

Steve grew up using alcohol to deal with deep feelings of inferiority. In the late 1960s his older brother, Mike Flanary, was a standout, a star. His was a tough act to follow, and Steve was told he wasn't like Mike.

"Being me, that hurt, and I used what I had learned to pretend to be something I desperately wanted, which was to be important." He admits to being dishonest about accomplishments, telling half truths, exaggerating and inflating himself. "I didn't understand until I was much older that a half truth is a whole

lie."

Steve drank throughout high school, using his newly grown mustache to pass for 21 and buy what he wanted for himself and his friends. Eventually his buddies grew out of their wild ways and dropped away from Steve. "I drank to get drunk, so, ironically, the very thing that made me popular at one time meant I was alone."

He was a heavy social drinker when he fell in love, got married, and had two beautiful children. He'd tried to be honest with his wife, but says, "I didn't know how. In the first five

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years of my marriage, both my parents died without us coming to any peace about the past or things I'd done wrong. I was carrying around a huge satchel full of old hurts, destructive habits and hang ups. I felt like if I was totally honest, my marriage would be over. The irony is that it ended anyway."

Steve admits that he drank even more to cope with his own pain and that of his children, and said things about his ex-wife that were not true. "I tried to make myself look better, and it only made me feel worse. I was 40 years old, had no wife, no father, no real relationships because I had lied to everyone, including God."

During this period, he began running competitively. It became another addiction and a way to excuse drinking because he could still get up in the morning and run faster and farther than almost anyone else. "I was doing marathons and 10Ks, not winning every race, but always winning the party. On the outside I looked happy, but on the inside I was dying."

At the same time, Steve was in denial. He associated with successful people who had

similar habits, so he convinced himself that he could be one of them. His life was drinking, running, sailing his boat, and selling insurance, but not enough to sustain his lifestyle. Then he met the woman who would help change his life.

"We met at the Queen's Lake pool in 1996, where the average single's age was probably 70," Steve says with a laugh. "Patti was different from the start. We fell in love, and nine months later I rushed her into marriage before she could discover I wasn't good enough."

Six years younger than Steve, Patti is also a Williamsburg native. She became a Christian when she was 14 and grew to be a woman of great faith, as her proud husband tells it. "Soon we will have been married twenty years, of which, she'll tell you, seventeen have been good."

"Three years into our marriage, my wife insisted we go to counseling. The counselor said, 'Well, if you don't think it's a problem, why not just drink on weekends?' Being a Friday, I agreed. I lasted until Tuesday."

Patti left and went home to her parents. Steve was alone again. "The pain of losing the

woman I loved exceeded the desire for alcohol, so I quit, cold turkey."

That weekend, on a hike in the mountains with Patti, Steve confronted his real self. "I had been dishonest with many people, but the most egregious thing was defrauding God. I'd served a church, been a deacon and elder, but I'd done it all for myself, when all He wanted was a relationship with me. My wife and I prayed God would remove my desire to drink, and, miraculously, He did."

Forty days later, Steve's world collapsed. He returned from a scout camp weekend to an empty, foreclosed home. Patti wrote a note saying she loved him but couldn't live with him until he got well.

During pastoral counseling at Williamsburg Community Chapel, Steve was opening up and being brutally honest, coming clean at last, and instead of rejection he found loving acceptance. "Dishonesty creates a barrier between you and your creator, so it was the beginning of the journey that I was intended to have all along," he says.

Steve started putting truth in his life, but there was pain in that truth. "As I was told,

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eventually everybody has to sit down at their banquet of consequences, and I had a full buffet before me.”

Despite losing the house and car, Patti was encouraged with Steve’s transparency and progress in every area. They reconciled, renewing their vows. He was honest with his creditors and began making amends and slowly rebuilding his shattered life, working for a friend at his drive-in restaurant, happily serving soft ice cream for \$8 an hour. A year later, Steve lost that job when his friend sold out. Soon he was given a chance to be part of the startup team for an upscale restaurant. “God opened that door. I went from Fat Boys to Fat Canary in one leap. The best thing I had going for me was I loved to cook, and I didn’t yet know enough to have many bad habits,” he remembers with a laugh. Happier than ever before, he worked hard, learned fast, and was eventually promoted to kitchen manager. He stayed with them for five years, until the next door opened.

His life was on track with his marriage and vocationally, but he still had a lot of changing to do. “The real problem wasn’t drinking; it

was a lifetime of anger, resentment and dishonesty. The only solution was to reboot and allow Jesus to heal me from within.” Steve, with tears in his eyes, says, “Recovery is a person, recovery is Christ, and I was experiencing things with him that I never had before.”

Steve joined a small, informal support group of men with similar issues, which eventually became a Chapel program and evolved into Celebrate Recovery. This is a Christian twelve-step program which Steve and Patti have led for ten years.

Steve is continuing his healing journey through his work at the Chapel’s nonprofit Community Café, where he heads the Food Service Ministry. The Café is sometimes called the best kept secret in town, but is steadily growing in popularity. It serves the community with delicious breakfasts and lunches Tuesdays through Fridays and Sundays, and because of the cluster of cars and tables outside, is often where people in the most need enter the Chapel. Steve is right there to greet them, direct them to the right office, and feed them.

Celebrate Recovery meetings are always

preceded by a tasty communal meal. Helping others is part of the recovery process; he and his staff are not just making sandwiches, they’re serving love. “When you start caring about others and their hurts, habits and hang ups, it means you’re getting well,” he says.

Steve Flanary says he is a blessed man today. He’s healthy and running better than ever. Now when he runs, he has nothing to hide, nothing to lose. Against all odds, he has a fully restored marriage and relationship with his grown children. Along the bumpy way he’s earned what he once craved, the community’s respect. The difference is that this is now incidental. Steve says, “I find my worth in Christ. Because God loved and saved me, now I can respect myself.” NDN

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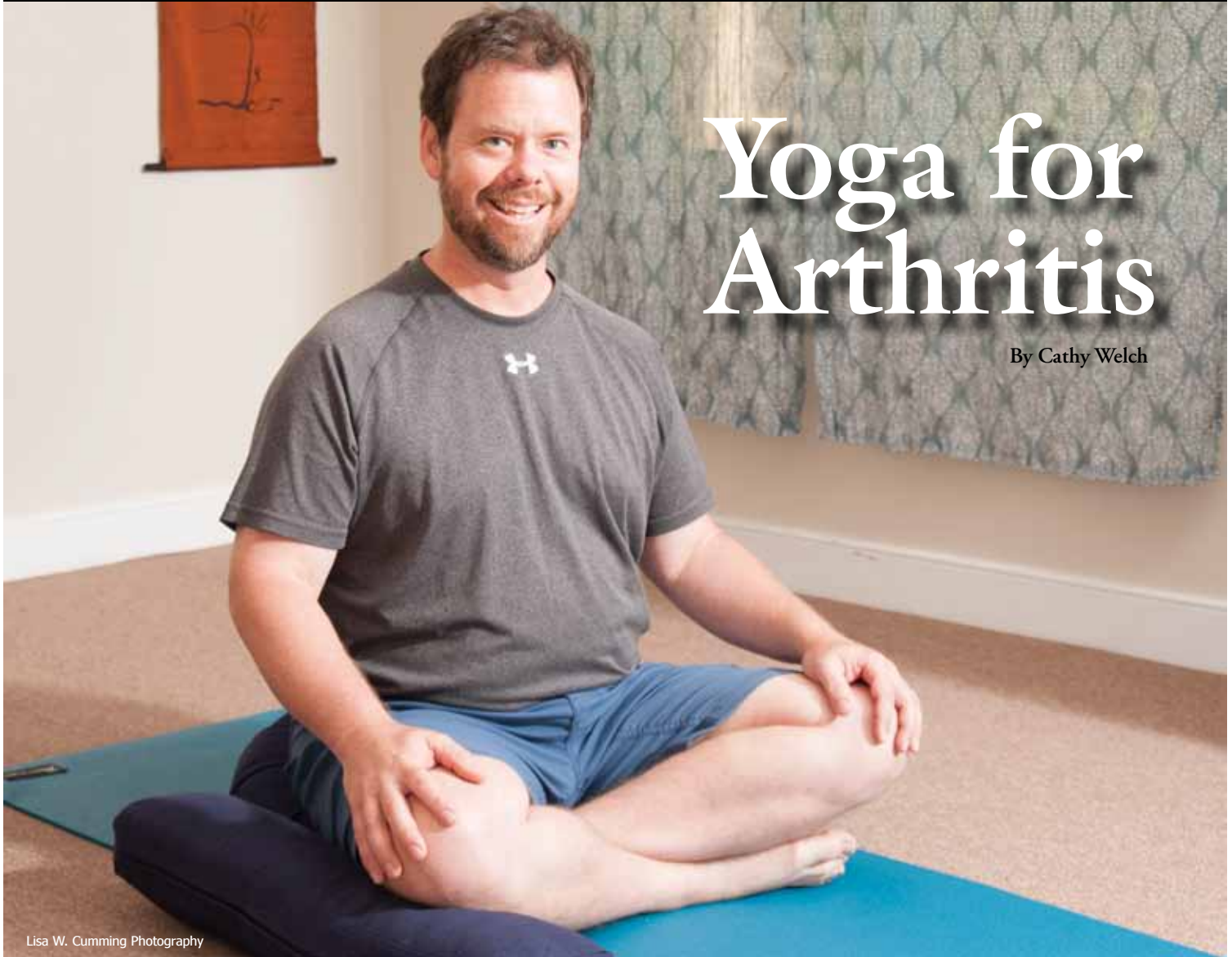
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# Yoga for Arthritis

By Cathy Welch



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Ben Thacker Gwaltney grew up in Smithfield, across the river from Williamsburg. His fascination with the workboat culture, his education and his victory over arthritis has defined his life's path. He graduated from the College of William & Mary with a Bachelor of Arts in religious studies. After marrying Susan

Thacker, the couple moved to Atlanta where he earned his Master of Divinity at Emory University.

Ben and Susan have a 14-year-old daughter, Sophie, and an 11-year-old son, Amos. Susan taught reading education as a continuing education course for teachers with the University

of Virginia after their family moved to Charlottesville. Ben worked for Virginia organizing engaging volunteer citizen groups to imagine what they would like to improve in their community, then empowering them to accomplish their goals. "It's exciting and extremely demanding work," Ben explains. "I got really



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# Combatting Dry Eye Disease

By Dr. Gregory Schultz, OD, FAAO, ABO

I have been in practice 21 years. One thing is clear to me. Dry eye disease is significantly under diagnosed and under treated. This is why I have made treatment of cornea, dry eye and ocular surface disease a cornerstone of my practice.

**Dry eye syndrome (DES)** is one of the most common ocular disorders we face. If you are looking carefully, you will find it in several patients every day. What makes the diagnosis a tricky one is that not all patients have symptoms. On the other hand, some people have a multitude of symptoms that can range from being a minor nuisance, to completely debilitating and disruptive to their daily living. Symptoms can range from excessive tearing, burning, itching, eye redness, blurred vision, fluctuating vision, foreign body sensation (grittiness) and even pain. In the worst-case scenario, scar tissue may set in causing permanent loss of vision. The cornea and ocular surface actually become desensitized in Dry Eye Syndrome. So the cornea "feels less", therefore many people don't even know they have it. The danger in that is the ravages of dry eye are not always reversible.

I have a patient that was mismanaged for years, when she came to me in tears for a second opinion. She feared she was going blind. Her vision had slowly declined over the years and she was only in her 50's. In one eye, her vision had dropped to 20/400 with her glasses. She was understandably distraught. In addition to her vision loss, she did not have a single moment in her entire day when she did not suffer from pain and unrelenting irritation.

We assessed her problems and began an aggressive treatment plan that required multiple therapies and procedures.

It took about a year to heal her using every possible treatment modality available. It helped us greatly that she was a very compliant patient. I'm happy to say this persistent and very committed woman is now symptom free 90% of the time. Her vision has improved to 20/40 in her

worse seeing eye, not perfect, but ten times better than before. She will unfortunately have some loss of vision from permanent scar tissue. This scarring formed from years of previously unsuccessful therapies falling short of what she really needed. Dry eye disease is not an entirely benign condition. Many patients view it as nothing more than a nuisance, but actually it can become debilitating to some and cause permanent vision loss in others.

To treat this disease process comprehensively, I make sure I am up-to-date on all the latest diagnostic technologies and treatments for dry eye by committing to courses

were often for second and third opinions. I had three years of corneal specialty training in one practice, where I was tasked with dry eye research.

This experience afforded me the chance to participate in diagnostic and therapeutic/pharmaceutical trials specifically for dry eye. I was a sub-investigator in 13 clinical studies and primary investigator in a study for an artificial tear that ultimately became available to the public as **Optive**. We have quickly become the experts in Williamsburg to see when traditional therapies like artificial tears are not helping.

In addition to my experience, it's the newer diagnostic and treatment technologies that truly sets us apart. My practice has invested in every diagnostic and therapeutic modality available for the treatment and management of dry eyes.

Most recently, we have invested in a certified tear chemistry laboratory called **Tear Lab**. We are the only certified **CLIA Laboratory** (Clinical Laboratory Improvement Amendments) in Williamsburg for this highly sophisticated tear chemistry testing. Our clinic can now take a micro sample of your tears and chemically evaluate it in seconds, which can help make a more accurate diagnosis when other testing may show nothing abnormal, thus making our diagnostic sensitivity and capability superior.

We also have the ability to perform the first and only rapid in office test that detects **MMP-9 (Inflamma Dry)**, an inflammatory biomarker that is consistently elevated in the tears of patients with dry eye disease. Our **CLIA lab** certification allows us to do this test on site, getting same day results. One of the new therapies we offer is **amniotic membrane placement**.

This tissue actually comes from the amniotic membrane of human placenta. Consenting mothers donate the placentas used to prepare this membrane after cesarean section births. The innate properties of amniotic membrane make it ideal for wound healing and tissue regeneration in the eye. What makes this so special is that amniotic membrane tissue contains collagen, special healing proteins, and growth factors that promote and accelerate healing and tissue regrowth. The procedure is indicated in the treatment of neuro-trophic keratitis (often caused by filamentary keratitis, dry eye

syndrome, corneal exposure (from plastic surgery complications), and recurrent corneal erosion. It has been particularly useful in my patients with **Sjogren's Syndrome** who suffer with severe dry eyes.

The greatest advance in treatment of dry eye syndrome has been a fairly new procedure called **Lipiflow**. Eye Center of Virginia has more experience with this procedure than anyone on the peninsula. We have offered **Lipiflow** for nearly two years and many people in Williamsburg have undergone the new procedure. I have been amazed at the success of the procedure in our patients.

The procedure addresses a problem that doctors have not adequately addressed for decades. The tear film surface, when healthy, is made up of an oil layer secreted by our meibomian glands. This lipid layer should have a consistency similar to baby oil. The problem many dry eye sufferers have is their oil has become too thick and pasty and therefore cannot be ejected from the gland under normal blinking. This is termed **Meibomian Gland Dysfunction (MGD)**.

Therefore, in these patients, the oil layer is lacking or absent resulting in a tear film that is unstable and evaporates too quickly. The procedure uses a "thermal pulsation" device to heat up the eyelids (melting these oils), massage them, and then express out the thick heavy meibum secretions that block and clog these important glands.

Patients have been impressed with the results. I ask every patient after the procedure how they feel. Those previously with symptoms universally see improvement and in many cases feel 50 to 100% better. In our patients the data suggests that the procedure has a 95% patient satisfaction rate; meaning 95% would do it again to get the same result or tell a friend or family member to do it.

What many patients and even doctors may be unaware of is that 60 to 80% of dry eye sufferers also suffer from this **Meibomian Gland Dysfunction** or MGD. This condition is best treated with the **Lipiflow** procedure.

I am astonished how many people come to us who have tried everything and are still miserable. These patients are suffering with MGD 80% of the time. When I get a referral for a second opinion, this is the piece of the puzzle that is often missing. We offer the best treatment for this at Eye Center of Virginia in Williamsburg.



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tired and decided to go, though I still manage their database part-time.”

Ben and Susan returned to Williamsburg in 2004. She relocated to the University of Virginia’s Hampton Roads Center. Ben’s story is a longer one.

He had his first arthritis flare in 1997 after a month in Mexico teaching in a language school. While there, he contracted a salmonella-like illness. “Three days later, I got up and my knee was the size of a grapefruit,” he says. “I got out of bed to walk on it and fell on the floor because it hurt so bad.” Ben’s original diagnosis was Reactive Arthritis which is a rare form of the disease formerly labeled as Reiter’s Syndrome. “Back in 2011, I was on all my meds and still had a strange flare,” he explains. “It acted more like the flu, and I could barely get out of bed for six weeks due to fatigue.”

He was re-diagnosed with Rheumatoid Arthritis. Each arthritis flare consisted of a few months of intense pain which required him to walk on crutches or be wheelchair bound. The flares lasted up to six months. He began to take Humira® shots which he continued for a few years. “I had almost no side effects from it,” he

explains. “The shot hurts, but it works.”

Ben’s arthritic limitations left him unable to do vigorous exercise, so he looked around for something he could do. He found a gentle yoga class and continued in this class twice a week for two years whether he was in a flare or not. “The teacher knew enough to keep me from hurting myself,” he explains.

He earned his certification in yoga teacher training at his yoga studio, Body Balance Williamsburg. It really helped him and he was getting stronger. He also had not had any flares. He became a substitute yoga instructor for six months while in training. During this time, he narrowed down the branch of yoga he would enjoy teaching. “I realized that I liked teaching people who are busted up; people who are in pain from an injury, have arthritis or are just really out of shape.”

That is when he turned from teaching more energetic classes to gentle yoga instruction. He continues to anchor his own yoga practice in more athletic classes while he can. Around the same time, Ben got into meditation at his rheumatologist’s suggestion. Stress is closely tied to arthritic flares. “I can cause a flare in

myself with anxiety and stress,” Ben says. “The meditation really helps.”

A few years ago, Ben began studying meditation and attending retreats. Today he teaches through Metta Yoga & Meditation. His classes include Very Gentle Yoga, Chair Yoga, Yoga for Arthritis and Chronic Pain and Meditation Chill: Tools for Calming. Class benefits include: increased strength and energy, flexibility, balance, a greater ability to relax and manage stress, more efficient breathing, reduced anxiety/depression, improved positive feelings, and reduced symptoms from many chronic disorders.

Recently, students from his Yoga for Arthritis class wanted to continue with Ben after their eight-week class ended. Originally, many of these practitioners had trouble getting up from the floor because of their knees. They moved on to his Chair Yoga class.

“They’ve been with me for almost a year, and I’ve got them doing the most difficult standing poses I can come up with,” he explains. “They’re that strong, and I’m glad to be doing this with them.”

A year or so ago, a dermatologist discovered

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The advertisement is a collage of images. The top left shows a wooden fence with a large oval sign for 'COLEMAN NURSERY' featuring three stylized trees, with a row of pumpkins in front. The top right shows a variety of colorful flowers, including yellow and red mums. The bottom right shows two signs: one for 'FARMER'S MARKET' with a 'FRESH PRODUCE' logo and another for 'COLEMAN NURSERY' with the tree logo. The bottom left is a white text box with promotional text.

a small spot of skin cancer on Ben's back, causing his rheumatologist to take him off Humira®. "Once you have any cancer the protocol changes," he says. "Almost all biologics like Enbrel, Remicade and Humira® suppress T white blood cells."

T cells attack tumors to either kill or hold them in check. As their functioning is critical, cancer patients must cease taking Humira and similar medications. "I'm on Rituxan infusions twice every four months now," he says. "The side effects suck and it doesn't work as well. Three months out of the year, I am dealing with the side effects of Rituxan. If it ever stops working, I don't have anything else to go to."

Ben keeps up his yoga workouts to fight his spine's inclination to fuse. "I do yoga, either teaching or taking, six times a week," he says. "I'm in so much motion that my bones don't fuse."

At present, Ben has been using yoga and meditation to manage his arthritis for 15 years. About a year ago, he joined fellow yoga and meditation instructor, Amy Anderson, to create Breathing Space, a nonprofit organization bringing these practices to a broader section of

the Williamsburg community. "I'd walk around and see people limping, in obvious pain and moving slowly. I knew they had arthritis," he explains. "I would think, 'This is really hurting their quality of life, and I can do something to help, if they have the time and commitment.'"

Knowing the expense of yoga classes is out of reach for a significant section of local citizens, the nonprofit writes grants to pay their instructors and provide free or sliding fee scale classes. The group is currently working toward teaching classes with Peninsula Agency on Aging and with respite care at Williamsburg United Methodist Church. "Then yoga becomes accessible to anybody who can make it to class," Ben explains. "That's what excites me about Breathing Space."

Ben enjoys living close to William & Mary. "And I love living between two rivers, the James and the York." In addition to teaching yoga and meditation, Ben is a boat builder/restorer. In 1997/98, he built his first 12-pound canoe with a wooden skeleton and fabric skin. He could carry it with him to paddle and fish in ponds and other bodies of water.

"I just kind of learned from books, honest-

ly," he explains. "I'd been around boats a whole lot growing up. I was fascinated with the traditional workboat culture, fishing, crabbing and all that stuff."

Ben has tried to scale his boat work back as he puts more time into yoga and meditation instruction. "But I keep a hand in it. Most days I'm at home puttering with kayaks and canoes. I restore other boats under 20 feet if I like the looks of the boat. I mainly just won't touch an ugly boat."

Ben enjoys walking around Colonial Williamsburg and attending local events. He likes to fish, kayak, paddle and take his kids tubing behind the motorboat. His family vacations on the Outer Banks and on Maine's offshore islands. "Rockfish are my thing," he says. "Here, we are a spawning ground for rockfish. It's a juvenile population that is too small to keep, but not too small to catch."

Ben Thacker Gwaltney is fully dedicated to practicing and teaching yoga. "It keeps me from having to get operated on," he explains. "Maybe I'll hit an age where that has to happen, but I'm going to postpone it as long as I can." NDN



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# Aging with Grace

...and in place

By Lillian Stevens



Lisa W. Cumming Photography

Dorothy Whitfield lives each day to its fullest. Also, at 96, the petite nature lover very much enjoys living independently in the house that has been her home for the past 24 years.

It's always fun to interview the community's older citizens, but walking into Dorothy's tidy home in James City County is like stepping into a kinder, more genteel time. Hers is a cozy but elegantly appointed home where inviting, comfortable furniture shares space with family heirlooms and mementos, including a portrait from the late 1880s of her grandfather.

Appearances can be deceiving, however, as

this refined, gracious lady loves nothing more than getting her hands in the dirt and being in nature.

She finds it convenient that much of her own property is a resource protection area (RPA), which means she's supposed to leave it alone. And that's just fine with Dorothy, who says that she enjoys the surprises that come each spring as flowers she didn't plant begin to bloom.

"I like native plants. So my whole yard is quite natural. I especially enjoy the columbine and wild petunias that have come up in my driveway."

Almost every day, Dorothy finds something to do outdoors, whether it's picking up branches in the yard, or pulling a weed that she doesn't particularly care for.

"There's always something to pull up or snip off," she says cheerfully. "Simple minded tasks like weeding are enjoyable to me."

Over the years, her hobbies have included traveling the world, birding and being in nature. Unfortunately, her traveling days are behind her. "Travel while you can," Dorothy suggests. "Because you will come to a point when you can't. I miss traveling but I'm so thankful

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# Maggie's Journey

Maggie Sheppard's family started with CDR even before her birth, when her family learned that she had Down syndrome. Over the three years that Maggie was at CDR, therapists met weekly with Maggie and her family in their home. In addition to speech and language therapy, the staff focused on developing and fine-tuning her motor skills.

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Maggie’s mom, Nancy

Through CDR’s parent group, Maggie’s mother met and developed friendships with other parents whose children were receiving services through CDR. “We credit CDR with being a place where developmental theory is put into action. CDR helped make Maggie the person she is today,” says Maggie’s mother.

With Maggie’s personal dedication, hard work, and loving support from her family, she is now an active participant in choir, martial arts, academics, and sports. She earned the President’s Education Award for Outstanding Academic Achievement in the fifth grade, and her creativity continues to shine through in everything she does.

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Maggie, age 2, at CDR



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that I don't have any aches or pains."

It's a lifestyle she enjoys, and she has no intention of changing in the near future. Other than a tonsillectomy and another minor operation in her younger years, she has never even been sick. She doesn't eat much meat, nor does she subscribe to any particular diet or health regimen. Dorothy doesn't even wear glasses and she still drives her own car.

"I have voluntarily taken the driver evaluation test four times," she says. "So I feel confident about my driving. I don't drive much beyond the greater Williamsburg area, though, but everything that I need is right here within the area."

The longtime member of the Williamsburg Bird Club is also active in the local Native Plant Society and volunteers her time at Williamsburg Botanical Garden at Freedom Park. "For years I have done some volunteer work there," Dorothy says.

What are her secrets to living such an abundant life?

"Oh, I don't know if there is a secret," she says with a hearty laugh. Genetics might play a part, as Dorothy's older brother lived to be 92 and her father lived to be 86. "That was in the 1950s when people didn't always live to be 86!" she exclaims.

Dorothy admits that she has been very active most of her life. Growing up, she defined the seasons by sports (for instance, fall was football season; spring was baseball season) and was a dedicated hockey player, even playing hockey in college. While she isn't strict about her diet, it does include a lot of fruit, which she loves, as well as some nuts and dark chocolate.

"Of course, when I was growing up, nuts and chocolate were supposed to be bad for the complexion, so I felt deprived of them. Now, they are supposed to be good for you – and I find that I like them very much."

Dorothy grew up in Millburn, New Jersey, amidst the backdrop of the Great Depression. The busses to school cost money, so Dorothy and her older brother walked to school.

"When I was in grammar school I lived only a block from school," she says. "But it was a steep hill! Of course, junior high and high school were a little farther than one block from home. I walked two miles round trip each day, to get to school."

Dorothy first came to Virginia as a student at William & Mary. "There was a girl who graduated from my high school about three years ahead of me. She came here to W&M and liked it so I decided that I would too."

She enjoyed her time at William & Mary and in 1941, Dorothy graduated with a degree in sociology. She smoked cigarettes in college and admits to having taken a drink or two. She still enjoys a glass of wine, but not every night.

After graduation, Dorothy moved back north where she took an administrative job in a law office in Newark, New Jersey. At the same time, a lifelong friend was working at Princeton University, after having graduated from Wellesley College.

"My friend heard about a job that was opening up in the Office of Population Research," Dorothy says. "That was an office that dealt with a combination of economics, statistics and sociology."

She got the job. So, in 1943, Dorothy moved to Princeton, New Jersey, where she spent the next 15 years working at Princeton. This is when the travel bug first bit.

"I flew to Rome for a conference related to work," Dorothy remem-

bers. "Getting there was not so simple because it was during the McCarthy era. Finally, I received my documents proving that I was not a suspicious communist. That was an interesting trip. On the return flight, I was traveling with friends from work."

"Those were the days when on a plane, one was served free vodka!" she adds.

Dorothy would go on to spend another 15 years at the university, moving into a new role as secretary to the president, prior to retiring. As she contemplated where to retire, Dorothy visited the Eastern Shore of Maryland where her brother was building a house. "He planned to retire there on the Eastern Shore, and I had decided that I'd like to make a change, too."

Instead of moving to the Eastern Shore, however, she returned to Williamsburg, her old college town. In the years since retirement, Dorothy has continued to travel extensively.

She never married. "I guess I avoided a lot of stress," she says with a chuckle.

"I have taken about 15 Elderhostel trips," she says. "Of course, now they have changed their name to 'Road Scholars.' Some of my trips were bird trips, and most trips were within the States, visiting places like Florida and Texas."

Over 25 years ago, Dorothy met a friend at an Elderhostel in Alaska. The two keep in touch.

"She is ten years younger than I am, and lives in Rhode Island. We were put together as roommates in Alaska, and have taken many trips together since then."

Outside of the states, Dorothy's travels have taken her to places like the Galapagos Islands (a particular favorite), China, Australia, New Zealand— even Russia where she enjoyed a boat trip from Leningrad to Moscow. Her last trip abroad was about five years ago, when she traveled to Copper Canyon, Mexico by way of Baha, California.

Her travel days in the past, Dorothy continues to look forward.

As it turns out, choosing to retire in the greater Williamsburg area turned out to be a great decision on her part, not the least of which is because of non-profit agencies that make aging in place a reality for many residents. One such agency is Faith in Action.

"Faith in Action has been very good for me," she says. "I have participated in their program for about three years."

Volunteers from Faith in Action will check on program participants, help them with tasks ranging from running errands to changing furnace filters or smoke alarm batteries, or even driving folks to medical appointments.

Dorothy still does all of her own cleaning, although she jokes that rest periods are getting longer and the work periods shorter. Clearly having a sense of humor and a positive outlook have been essential to her longevity.

"Actually, I'm afraid I'm a little negative," Dorothy confides. "I hate to admit that, but even yesterday when I went to the doctor for my checkup, I was certain that my pulse and blood pressure were up. But when they tested mine, both were good."

As fall approaches, Dorothy Whitfield looks forward to participating in Williamsburg Bird Club meetings and activities. As the days grow shorter and the bird population swells, whether because of storms or migration or both, it's a safe bet that she and her yard will be ready. NDN

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## HELP FOR MENTAL ILLNESS

By Rachel Sapin

To an outsider, Corey Trench has a pretty normal life. He has known his wife since they were 19. They met while attending the College of William & Mary. When Corey graduated, he went on to work as an environmental consultant.

“My work involved toxic substance research, policy and management, coming up with strategies to protect the environment and human health,” he recalls. “I worked for corporate America, designing management systems and programs. While I graduated with a Degree in Biology, my familiarity with psychology and behavioral disorders was limited.”

When Corey had to pick up his 21 year old son from a university in Upstate New York, psychology became the focus of his life.

Corey has three sons, and it was his youngest that began to struggle with addiction driven by mental illness. When Corey and his wife brought their son back to Williamsburg to live



Lisa W. Cumming Photography

with them, they felt completely alone.

“For two to three years, we meandered. We were trying to find help. Our son longed to get on with his life and return to the real world, working, doing something,” Corey remembers. “If somebody has heart disease or they break their arm or contract cancer, there’s a system for

providing comprehensive care. With serious mental illness, remedies are neither exact, nor defined. Each person responds differently. The care system itself is under severe duress.”

The family had visited therapists and talked to psychiatrists with little success for their son. Corey says his sister-in-law, not the professionals, helped the family discover the National Alliance on Mental Illness, or NAMI. The nation’s largest nonprofit, grassroots mental health education, advocacy and support organization says it’s dedicated to building better lives for the millions of Americans affected by mental illness.

After visiting NAMI’s website, Corey learned he lived less than three

blocks away from the nonprofit’s local support group that meets every Tuesday evening at the St. Stephen Lutheran Church in Williamsburg.

“I can’t possibly express the relief that I found there,” Corey says of the support he received through the nonprofit’s family-to-family program and support group meetings. “Within

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the group setting, we help each other, privately and confidentially. We create a virtual neighborhood of understanding and support.”

Today, Corey is a board member and co-facilitator for NAMI. He says going through NAMI’s 12-session family-to-family program for family members and friends of people living with mental illness completely changed his relationship with his son and what and how he thought about mental illness. He better understood his son’s struggle and courage to endure.

“I was one of those people who thought, most of his life, he had no exposure to mental illness, and it had nothing to do with me. When it hit close to home, I was stunned by the complexity and frustrating nature of the subject.”

Today, Corey describes his role with his son, who is now 27, as a caregiver who is helping his son on a long road to recovery.

“At NAMI we say, there is always hope. You are not alone. We are there for each other. We understand. No explanation is required. To the rest of society, everyone knows someone who endures this challenge. All we ask is for acceptance and understanding.”

Corey says that his youngest son had experienced substance-abuse issues dating back to high school, but that before NAMI, he never associated his son’s tendencies with mental illness.

“At NAMI, we’re not experts, but you learn that in 30-40 percent of cases, substance abuse and mental illness overlap,” he says. “For different reasons, people have breaks with reality or experience mood disorders. They may even find themselves at odds with the law and the criminal justice system. Temporary hospitalization is inevitable.”

For the past two years he has been buried in the subject of mental illness. “The connection for me is problem solving. Mental illness presents the ultimate problem demanding solution,” he says, relating the work he does today to his

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former work as a consultant. "Mental health is such a grand human mystery; it's almost like studying the universe. As I started getting into it, I realized that I had friends and family who knew about the cruelty of mental illness. It was all around me and yet I just didn't see it. Once I did, I began reaching out to people."

Corey today is a passionate advocate for talking about mental illness in an open and humane way. He has written letters to the editor of the *Daily Press* regarding the redevelopment of Eastern State Hospital and has advocated designing and developing a community there that integrates permanent residential life, work life, social life with access to health care. Within the community, he has also given speeches and testified on the subject.

"What I have learned is that our society has a great fear of mental illness," he says. "That fear manifests itself in denial and inaction. We seek silver bullets, convenient and expedient medications and therapies. Too many of those who are suffering are homeless or reside in jails."

Jails have increasingly served people suffering with a mental illness since the 1970s, shortly after the "deinstitutionalization" movement took place. During the 1960s, when the mistreatment of persons in state mental hospitals started to gain national attention, many state institu-

tions were shut down in favor of community-based, outpatient programs.

"We haven't dealt with this problem barely at all," Corey says. That's why he says he is an advocate for creating more housing for people determined to recover as well as opportunities that allow them to work and interact with members of society rather than live isolated or in assisted living facilities.

Corey is currently part of a group of Williamsburg-Tidewater area families, who all met through NAMI, in the early stages of developing a housing community for themselves and their loved ones.

"The model we are employing is called cohousing - a system of neighbor-living devised in Denmark in the 1970s," Corey explains. "There are over 160 communities in the U.S., with from 50 to 80 families living in each. Residents thrive privately, independently, collaboratively."

The cohousing community might also feature a Fairweather Lodge. This approach was researched and developed by Dr. George Fairweather in 1963. The "lodges" combine a residence and employment with a system of self-governance and accountability. Each residence has an external coach known as a lodge coordinator, who helps keep a household on track. Fairweather created the lodges after research

showed that people with serious mental illnesses were less likely to return to a hospital when they lived and worked as a group rather than individually.

Corey has visited six Fairweather Lodges in Pennsylvania. His oldest son, a film editor in Los Angeles, and several W&M film students helped make videos documenting the 31st Annual Fairweather Lodge Conference last September.

Most recently, Corey started working with the William & Mary School of Business, Field Consultancy Program, part of the school's MBA program, to develop and adapt the cohousing approach to mental health care to support Williamsburg and other Virginia families.

"NAMI Williamsburg and our families are very excited about this. A team of second-year MBA students, supported by two executives and a faculty advisor, will be conducting a five-month project for us," Corey says.

Corey Trench urges all parents in the Williamsburg area who feel they are suffering alone from a child's mental illness to attend a NAMI meeting. "You can come in and know you're going to be with people who care about you. That you're not alone" he says. "Everybody in that room has been through the exact same experience you're having." NDN

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## HELP FOR THE **UNINSURED & UNDERINSURED**

By Gail Dillon

In today's fast-paced society where medical appointments are being squeezed into ever smaller windows of time, the Angels of Mercy Medical Clinic is dedicated to taking things a little slower. Jeff Black, Executive Director of the clinic, says the patient-focused non-profit health center is designed to improve people's daily lives and reduce visits to the emergency

room. It is primarily for uninsured and underinsured residents of the Williamsburg area and though currently the clinic serves patients "in the hundreds," Jeff hopes that they will continue to expand to serve more.

"The need is great," he says. "Right now there are 14,000 greater Williamsburg residents that still do not have health insurance,

and thousands more are underinsured, meaning they have health insurance but are unable to pay for their annual deductibles, co-pays for doctors' visits and the cost of their medicine."

The clinic began in 1997 as a rural health clinic conceived by Jeff's mother, Jeanne Black, who is a nurse practitioner. She had been working at a busy managed care facility outside of

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Richmond but was weary of trying to give quality medical care to her patients in 15-minute increments and decided to take a risk. She had already more than proved her mettle as a single mother who raised two boys on her own. "I lost my dad at a young age," Jeff says. "I was three, my brother was six. Mom decided not to remarry but instead dedicated her life to her career as a nurse, while raising both my brother and myself."

Jeff graduated from Bethany College in 1994 with a double major in Religion and Psychology, and soon after, his mother told him that she wanted to open her own clinic. "I felt like this was my time to give back to her," Jeff says. He has dedicated nearly 20 years to developing the clinic with her and keeping it running.

As a 501(c)(3) non-profit healthcare corporation, "Angels" depends on grants and donations to provide medical care by appointment two and half days a week. The Williamsburg Health Foundation is their largest supporter, having provided more than 1.3 million dollars in grant funding since 2003, but many other organizations and individuals have contributed over the years. Currently there are two full-time employees and 20 to 25 volunteers,

including pre-med students from William & Mary who contribute their time and energy throughout the year. "We all wear many hats," Jeff says with a laugh.

Jeff points out that one of the original and continuing champions of the clinic is a diminutive nun named Sister Berenice, who for many years, taught English at Walsingham Academy, then served as the Director of St. Bede's Social Ministry before "retiring" as a Chaplain for the Angels of Mercy. He says Sister Berenice, who recently turned 100, was instrumental in naming the clinic because she asked that the word "Mercy" be used as an homage to her own Order of the Sisters of Mercy whose founder had a close relationship with Florence Nightingale and the nurses she worked with during the Crimean War. They were also called Angels of Mercy. "So many prominent members of this community were taught by Sister Berenice," Jeff notes. "She is just a phenomenal lady."

His passion for the clinic is almost palpable and he nearly bursts with information to share. One of the things he and his mother are most proud of is the groundbreaking Diabetes Program, which came about as a result of a \$25,000 grant they received from Bruton Parish Epis-

copal Church in 2002. The following year, the Williamsburg Health Foundation adopted the program and began supporting it. Many of the clinic's patients struggle with diabetes and the ensuing ailments that often come with it such as hypertension and high cholesterol.

"In May of 2015 we became the first safety net clinic in Virginia to reach Diabetes accreditation," Jeff states. They treat numerous other conditions as well, and have a modern lab to take care of most routine blood work. "Even though we've excelled in diabetes, we've seen the entire gamut, from hypertension to high cholesterol, to everything from Hepatitis C, asthma...also cancer, seizure disorder, the list goes on and on. You wouldn't believe how many chronic diseases and/or conditions exist."

Following the health model created by Dr. Thomas Bodenheimer is perhaps the hallmark of Angels of Mercy. Bodenheimer recognized that 15-minute medical appointments were not meeting most patients' needs and developed a four-part plan that promotes a team-care model.

"The appointment actually begins days before the patient even comes," Jeff explains. "We get out their chart and see that this patient is

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due for his or her hemoglobin A1C test, for example. Then when they get here, we have a health coach come, and then they begin assisting with medication reconciliation, and a lot of times, they'll need the help of one of our nurses." He says it's not uncommon for a patient to come in with a bag full of old medications.

Next, the patient is seen by the doctor or nurse practitioner, and depending on the circumstances, he or she might also work with a nutritionist, a personal trainer or a mental health counselor.

"This is how our model is different," Jeff says. "It integrates things that ordinarily a patient wouldn't get from a regular primary care visit."

The third part of the clinic's health model is the post-visit, which Dr. Bodenheim refers to as, "closing the loop." This is when the patient asks any remaining questions and receives follow-up information such as nutritional pamphlets.

"We're improving the health of our patients, and we're keeping them out of the hospital, we're reducing hospitalizations, reducing unnecessary emergency room visits, and we're getting them back to work," Jeff says.

Lastly, the patients receive a follow-up phone

call to check on the patient and take care of any remaining issues.

Another above and beyond service they offer is a depression self-assessment. "It's a proactive approach," he explains. "By having each of our patients fill out one of these, we've found that 35 percent of all patients have some level of depression, most of it mild to moderate but still, it's there. We have to keep a watchful eye on it." The clinic has gone through some shaky times, most recently in 2012 when it nearly closed due to lack of funding. Jeff calls it a "near death experience." It was a 10-year low in donation levels. "That was a huge challenge." But things turned around dramatically in 2013 when a retired IBM executive named Bill Teale joined the clinic as the Board Chair. Soon they were in the black again, and the threat of closing their doors became a distant memory.

In addition to his commitment to the clinic, Jeff is also a dedicated husband and father. His wife, Marilou, is a physical therapist at Sentara Healthcare, and the couple has two children, Michael, who is eight and RoseMarie, who is three. The family enjoys fossil hunting and bike riding along the Virginia Creeper Trail, among other outdoor activities. Jeff is a devout

Catholic but emphasizes that anyone is welcome at the clinic. He often thinks about his father and wonders what his dad would make of his and his mother's labor of love, this clinic. But as much as he wishes his father were still alive, he has too much work to do to wallow for long. For example, they are striving to raise enough funds to hire a second nurse practitioner and they are about to receive a new group of William & Mary volunteers who will need training. There are always phone calls to place, paperwork to fill out and referrals to make. His mother even makes house calls when she can. Chuckling together, he and his mother recall one of Sister Berenice's classic comments that nicely sums up the Angels of Mercy Medical Clinic: "The pay is lousy but the benefits are out of this world."

It is clear that "Angels" is a constant work in progress, and Jeff Black wouldn't have it any other way. "My wife married a medical missionary," he says, noting that the term "missionary" typically conjures working in a third-world country. "But the work is here. The studies are showing that more than one in 10 people living in the greater Williamsburg are at a poverty level." NDN



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# Fulfillment in Work and Life

By Lauren Plunkett

Marcia Grubbs-Weiss smiles when she talks about her personal life and career. Marcia is a Licensed Professional Counselor and has an advanced certification in drug and alcohol counseling nationally and internationally, obtaining her Masters of Arts in Professional Psychology from Georgia's Argosy University at 53 years old. She proves the attainment of your ideal career can happen at any age. She is married with four stepchildren and five step-grandchildren. The capstone to Marcia's hap-



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piness professionally and personally is pursuing what she loves.

Marcia's choices define her career path. She decided to leave her job as director of marketing and training at a technological firm and set her career on a new trajectory after adhering to a friend's advice. Marcia's discussions with her friend, who coincidentally is a counselor, motivated her to think about what her career would be. The friend asked, "If money, time and excuses weren't there what would you do?" Marcia's answer, "I like helping people," manifests in her choice of therapy as a career.

A part of Marcia's counseling focus is military counseling. She has experience interacting with military veterans and active duty military. Her brother served in the Air Force during the Vietnam War era. Marcia was a director of a residential substance abuse treatment program in a women's prison and many of the guards were military veterans. During graduate school, Marcia helped veterans when she assisted with those affected after 9/11. Currently, she works at Colonial Psychiatric Associates of Williamsburg. This position allows Marcia to help military members through predominately one-on-one counseling.

"A lawn mower can create a noise that mimics the sounds heard in combat," she explains. "Military members may have to re-learn to relax. They can be hyper-vigilant and always on guard." Also, the change in family and marital relationships when a military service person returns may prove problematic. "Intimacy needs to be reconstructed, like building back a bridge, in a marriage or relationship." She assists her clients with the dynamics of transitioning from active military status to civilian life. "Re-entry and re-integration," she describes, is often challenging after returning home from deployment. The difference in environment and situations can be jarring for her clients. She explains that there can be a disconnection between family members and their military counterparts. "A military person is used to structure, a just-get-it-done mentality. A spouse is not." Her insights illuminate the difficulties some military service members can have when returning to their previous civilian lives.

Military members can serve in potentially combative and dangerous conditions which may cause psychological and physical effects. "When a military person is down range (deployed in a military zone) someone may be blown up in front of them, behind them or anywhere around them, and even if not in the same squadron, that trauma has an effect," Marcia describes. Impact from such an experience can cause hyper-vigilance to transfer into non-threatening situations. "I worked with a military wife who knew better than to walk into a bedroom and startle her husband. He suffered a trauma which caused him to automatically react as if he was in eminent danger," she says.

Marcia expresses the difficulties her clients may have transitioning home after deployment. "Addiction can show up, such as increased drinking and drug use, or other risky behaviors," she reveals. Military persons could potentially succumb to destructive behaviors resulting from the situations they encounter when serving. Marcia has a great deal of respect for her clients. "Their sharing of their military related experiences touches me. I honor that," she says. Marcia's open mindset

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allows her to establish a connection with her clients and help them.

“There has been a lot of shame about therapy in the military. It is often perceived as weak. Their code of honor is to be strong and handle things,” Marcia states. Members of the military can be resistant to seek help through counseling. She challenges this by providing a supportive and confidential environment for her clients, in person. Marcia is conscientious of her client’s privacy. She does not compromise the trust of her clients and keeps their information confidential. “People are not going to trust someone who is not authentic, especially in the military,” she says.

Marcia suggests organizational resources for the military. “One example is Military One Source which provides 12 free sessions and does not report it up the chain of command,” she says. She identifies with the reservations of her clients and commits to making progress with them in a productive and trustworthy manner.

Passionate about her work, she explains that the process of becoming a counselor is two years of graduate school, a practicum (internship) and four years of supervision. “I’m a bit of a Type-A personality,” she says chuckling. “In two years I did my graduate work, internship and supervision while single, working and owning a horse farm.” Her dedication to fulfill her requirements shows how eager she was to become a counselor. “I get to know people. They trust me with secrets they wouldn’t tell anyone else. That sounds corny, but it’s incredible and humbling for me to realize it,” she says.

Marcia believes in having a well-balanced life where she is equally devoted to others’ mental health as well as her own health. “You have to take time to take care of yourself,” she says. Marcia wears a Fit Bit when she works out. She enjoys bike riding and eats a healthy diet. She omits gluten and processed sugars, but indulges with dark chocolate. She meditates, exercises and has a mini gym in her house. She has a strong affinity for nature and is an animal lover. She owned a horse farm when she lived in Georgia. Her family is active and exercises as well.

She uses her humor to diffuse tension in therapy sessions. “If patients are really angry I give them options,” Marcia says. “One of the coping tools that they can use at home is to quack like a duck. If you are quacking, you can’t say anything to hurt anyone or say something you can’t take back. Also, it is hard to stay mad if you are quacking like a duck.” Marcia suggests laughter as a coping mechanism. “If you think you’ll laugh about something 10 years from now, start now.” Her two key components for happiness are a healthy lifestyle and laughter.

Marcia aspires and achieves. She became a Licensed Professional Counselor at 53 years old, with focused concern for the struggles of her military clients and a never ending willingness to help them. She’s lived in many places including New York, Miami, Chicago, Boston and cities in California and Georgia. She has a talent for seamlessly engaging people in conversation with her attitude of understanding, humor and compassion. For her own healthy life, she blends work and relaxation. Marcia Grubbs-Weiss found her calling in counseling, promoting progress and improvement in her clients. NDN



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# BETTER HEALTH COMMUNICATION

By Naomi Tene' Austin



With one toddler and two preschool aged children, a typical day in the Martin household is always lively. “Things can go from calm to chaotic pretty quickly,” says Andrew Martin. “Usually when I get home things are relatively calm, but it’s never too long before Sarah, two-and-a-half years old, starts fuss-

ing, and Bryce, five-and-a-half years old, starts running around the kitchen table, and Alyssa (four-years-old) begins chasing him.” Quick to credit his wife, Rachel, for her exceptional ability to bring calm to chaos, he notes that her proficient multitasking skills were at least partially honed by her experience as a teacher.

Andrew, who himself, has spent the majority of his career working with children as a social worker, does not take for granted the impact that their career training has played in their method of child rearing. “We definitely make an effort to raise our kids to be respectful of people, to be nice to people, and to love and

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accept people's differences," he says. "We make our kids say sorry to each other if they've hurt each other, and that's really to instill a sense of empathy."

Originally from Philadelphia, Andrew has always been fond of Williamsburg. "When I was in middle school, my 8th grade field trip was in Williamsburg. My parents chaperoned, and we spent 3 days exploring Busch Gardens, Colonial Williamsburg and The Pottery. I never envisioned that I would one day live here," he says. Now, he couldn't imagine raising his family anywhere else. "I love this community. I feel like it really has been a family-oriented, open community. There's a lot of diversity here from people having different backgrounds to being different races and cultures. It's really a melting pot, and that's a huge strength," he says. In addition to the diverse culture, he and his family also enjoy the many amenities that the area has to offer. "There is plenty to do from Busch Gardens to Water Country and even all the different parks in the county."

Having recently assumed a new role as Outreach Coordinator for Williamsburg's Literacy

for Life Program, Andrew's focus is centered primarily on the organization's Health Education and Literacy (HEAL) Program. The ProLiteracy award winning initiative seeks to increase health literacy among participants, giving them the necessary tools to understand and take responsibility for their own healthcare decisions. Largely funded by the Williamsburg Health Foundation, HEAL takes a two-pronged approach to bridge communication gaps between healthcare providers and their low-literacy patients. "The goal is to teach patients how to better communicate with their doctors, while helping medical professionals to effectively communicate with low literacy patients from all kinds of cultural backgrounds," he says.

His passion for serving others was developed at an early age. Watching his father, who was an Episcopalian priest, serve and work with people, had a big influence on Andrew.

"I knew early on that I wanted to help people, though I didn't want to become a priest," he says. "Social work was a natural fit for me." The Catholic grade school he attended in

Philadelphia had a strong emphasis on service. Andrew recalls walking the city streets with his class and passing out sandwiches to homeless people. "When I was in high school I volunteered at a nursing home," he recalls. "I would wheel them out, pop in a VHS movie and then help them back to their rooms. It felt good to feel like I was making a difference."

Prior to his current role, Andrew spent fourteen years rotating through various positions in the field of social work after obtaining his master's degree from Virginia Commonwealth University. Once he actually got into his field, Andrew quickly discovered the reality of the work was different from the study of it.

"I completed an internship so I had a glimpse of what it was going to take but I also think I was so new that I was naïve to think I could help everyone and break through and change people's lives," he says. "When you're actually doing it day in and day out, taking work home with you, dealing with deadlines, processes and procedures, it becomes very real."

He has worked in roles spanning from



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Child Protective Services (CPS) to Foster Care, to working with an independent non-profit consulting firm to help older youth learn independent living skills. "I came into the field of social work just as there was a shift in child welfare from keeping children in foster care to helping them really find a family that they can call Mom and Dad, or at least someone they could relate to." His extensive experience in social work, mostly in Richmond, was both challenging and fulfilling.

Andrew recalls one of his more rewarding experiences with a young girl who was in foster care. "This particular young lady was a teenager when I met her. She was having a hard time really just knowing who she was, which is normal at that age, but with everything she had experienced, it was a real challenge for her." Now, in her twenties, the young lady is thriving as a youth advisor for the same program that she came through as a teenager. "Those are the rewarding experiences," he says.

His current role with Literacy for Life is a complete career shift from his prior jobs. Still, his background working with the public and

liaising with agencies and businesses actually transfer perfectly into his new job. For Andrew, the decision to take his career in this new direction was an easy one. "When I interviewed, I quickly picked up on the positive energy of the team and collaborative work environment they nurtured," he says. "Joan Peterson, Executive Director of Literacy for Life, really has been the guiding force. She has a very clear vision and that reflects in the entire team."

In addition to developing partnerships with local businesses to promote HEAL, Andrew coordinates community outreach for the Work Skills Program. "With a grant from the Department of Education, we have committed to providing OSHA (Occupational Safety and Health Administration) training as well as ServSafe training and our learners have really taken advantage of those offerings," he says. With food service being such a vital part of the local economy, the Work Skills Program serves a great purpose both for learners who can use their certifications to better market themselves and for business owners who benefit from a greater pool of qualified candidates.

Andrew makes no qualms about the fact that his job as Outreach Coordinator is to build a self-sustaining pipeline of learners as well as great business partnerships that he'll eventually work himself out of the role, at least as it currently stands.

"A year from now, I would like to be at a place where I have such great relationships in the community my job actually evolves to connecting clients with jobs and resources based on my relationships with local businesses," he says.

An additional perk is that his office, located at the College of William & Mary's School of Education, is a relatively short commute from his home in Toano. "This is the first time since 2005 that I have had a twenty-minute commute to work," he says. Andrew has a lot to be happy about these days. He lives in a community that he loves, his vibrant young family keeps him on his toes, and by helping people take better care of themselves and become more self-sufficient through his role with Literacy for Life, he has discovered a new way to fulfill his lifelong passion for service. NDN

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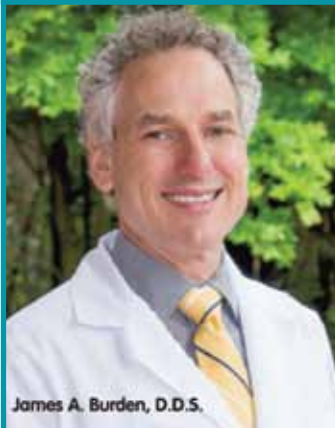
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# Making a Difference in the Alzheimer's Community

By Lillian Stevens

Douglas Panto's chosen profession is very personal. Two decades ago, he found himself in a caregiving role, helping a loved one in his family who suffered from dementia.

Today, Douglas is the Education and Family Services Coordinator for the Southeastern Virginia Chapter of the Alzheimer's Association. The organization's mission is, in part, to eliminate Alzheimer's disease through the advancement of research, and to provide and enhance care and support for all affected.

When his grandparent was diagnosed, Douglas was serving as a field medic in the Air Force.

"I had a medical background," he says. "But what I didn't have was a basic understanding about dementia and how to be a good caregiver for my grandparent."

In order to expand that role within his family, Douglas took early retirement from the

military and sought a job in town that would dovetail with his family's reality. As a medic, he could have worked in any number of medical environments, but he chose Eastern State Hospital.

"I took a job in the Geriatric Department at Eastern State," he says. "I thought if I could experience dementia from a professional standpoint, it would help with my home situation. I

wanted to learn as much about this as I could." Sadly, his grandparent passed away, but the legacy of caregiving remains steadfast, as evidenced by the career path Douglas chose. After leaving Eastern State, he worked in a director capacity at an assisted living facility. While he has been with the Alzheimer's Association for 12 years, the Southeastern Chapter has been helping those in need for some 30 years.



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With a main chapter office in Norfolk and three branch offices, their reach covers a 7,400 square mile area. The goal of the organization is to provide help for today and hope for tomorrow for those living with Alzheimer's disease and their families. They offer educational classes, monthly orientations, support groups, and fundraising activities.

"As a family counselor and the Peninsula representative, part of my job is to go out into the community and educate people about Alzheimer's disease," Douglas says. "My hope is to get them to talk about it. By talking, we can help remove the stigma associated with dementia, particularly Alzheimer's."

Alzheimer's disease is a form of dementia, but not all dementia is Alzheimer's.

"There's a huge difference. Dementia is a word basically meaning loss of mind. Alzheimer's is one disease that causes loss of mind. When someone is diagnosed with dementia, it's important to try and find out what type it is."

Prior to reaching an Alzheimer's diagnosis, doctors basically have to rule out all of the other types of dementias because there is no specific test for diagnosing Alzheimer's.

"Each of the other different types of de-

mentia can be diagnosed and each has its own treatment plan," Douglas says. "Testing is extensive, but you want to be treating the right disease. That way, you can anticipate future progression and have the right medications and resources. However, everyone is different and getting correct diagnoses may not be as easy for some people as it is for others. There are reversible types of dementia too. If it's reversible, of course, you want to know."

Unfortunately, not all facilities take the time to educate families as to what is happening to their loved one upon diagnosis, like what to expect as the disease progresses and how to handle certain challenges as they arise.

"Alzheimer's is a disease, not a condition. If you think about it, just 15 years ago we weren't even calling it Alzheimer's disease. We were calling it senility or hardening of the arteries. We now know that Alzheimer's is not a mental disorder. There are medications, but they treat symptoms and are not disease modifying."

In his role as a family counselor, Douglas meets with families once they receive that life-changing diagnosis to offer education about the disease itself, caregiving tips, and to provide links to resources.

"Alzheimer's can progress very slowly, so

we want to help families deal with the symptoms and their loved one's condition at that very moment, and discourage them from setting expectations that are too high. Meet your loved one where he or she is at right now. In time, they might not remember who you are, so don't quiz them. Also, don't expect them to remember how to do certain things that they knew how to do in the past. Remember, they are struggling with their own understanding. You don't want to set them up for failure."

That might sound like a lot of "don'ts" but there are a lot of "dos" as well.

Families are encouraged to take advantage of the many resources that are available to them via the Alzheimer's Association and other organizations in greater Williamsburg. "We have such a great community here," Douglas says. "There are communities, especially in rural areas that just don't have the abundance of resources that we have here."

For instance, there are peer-run support groups, as well as organizations like Faith in Action that provide a myriad of services to those in need. There are also home health companies that offer companion services, places where families can find respite care, whether for an hour or two or a day.



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“There are even support groups where families keep track of other families, which is really cool, because it becomes a network for people to reach out to each other,” Douglas says. “People don’t always realize all of the resources out there. I just want to get the word out.”

What’s more, many of these resources are absolutely free. That doesn’t keep some from offering to pay, though. When that happens, Douglas encourages them to support the Association’s fund-raisers, the biggest of which is annual Walk to End Alzheimer’s.

As a tax-exempt, 501(c)(3) nonprofit, donor-supported organization, the Association is able to offer its programs and services through contributions from individuals, corporations and foundations.

Douglas has no doubt that there will someday be a cure. “Part of our mission is to find that cure,” he says. “We do that by raising money and awareness, advocating for research, and getting families involved in drug trials or treatment trials.”

Just last month, the Alzheimer’s Association was a participant in the Alzheimer’s Association International Conference (AAIC) which convened in Canada. AAIC is the world’s largest forum for the dementia research commu-

nity. Over 5000 researchers, clinicians, care providers and students from over 70 countries gathered to network and discuss the latest dementia study results, theories and discoveries.

“Basically this conference brings together experts from all over the world sharing their research. That is real advancement toward finding a cure. We now understand more about the disease than we ever did – but the only way we will be able to cure the disease is to find something that is disease modifying. We’ve been focusing on the symptomatic side but we are getting closer every day to stopping it altogether.” It’s not an easy job but Douglas finds it extremely rewarding.

“I know that I am making a difference every day, in my community,” he says. “I hear it and see it in the families we deal with. When I participate in the annual Walk to End Alzheimer’s, I always see so many of the families we’ve helped in the past. It’s great to see them, and to know you’ve made a difference in their life, that you were there for them. That is what keeps me going.”

Speaking of keeping going, Douglas has another important tip for caregivers: take care of yourself too.

“No matter whether you are caring for

individuals with dementia or other serious diseases, being a caregiver is stressful. So, it’s important to take care of your own health. If possible, have someone watch over you. If you know the signs of caregiver stress, you can take better care of yourself in order to take care of your loved one.”

These are lessons he learned decades ago. It was a challenge, at times, because the family didn’t live in one place over space and time. Douglas’s father served in the United States Air Force, so the self-described “military brat” grew up on the West Coast, in Arizona and California.

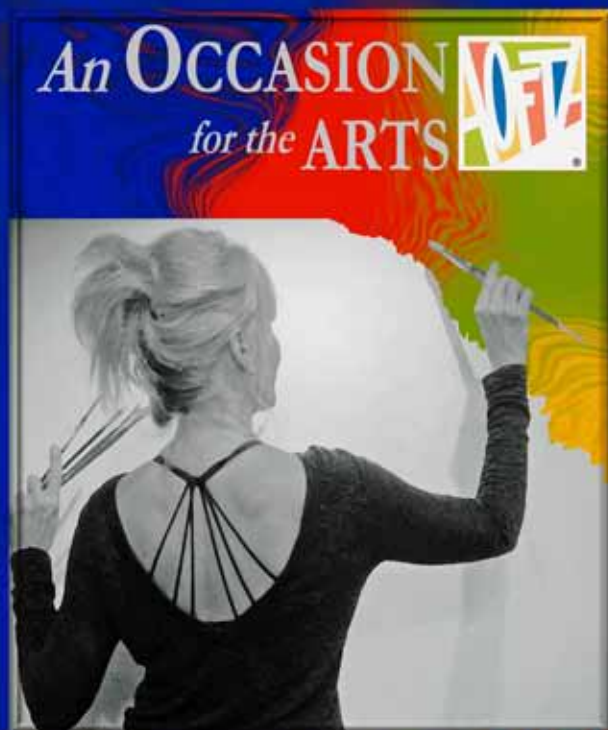
“I wanted to be just like my father,” he says. “I was fortunate to have that opportunity to serve. In fact, my two sons are in the Air Force now. I’m very proud of them. They, too, wanted to follow in their father’s footsteps.”

While his military service may have brought him to Williamsburg, it’s the people and sense of community that keeps him here.

“Plus, you guys have seasons and greenery here,” he says with a laugh.

All joking aside, Douglas Panto wants to reinforce the message that there is support, and there is hope. “Families don’t have to go through this journey alone.” NDN

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# STUDENT CENTERED PSYCHOLOGY

By Alison Johnson



Lisa W. Cumming Photography

One of Karen DiNuzzo's greatest joys as a psychologist is to find the strengths inside every child she helps. She never wants anyone to be, or feel, defined by a learning disability (LD) or attention deficit hyperactivity disorder (ADHD).

Karen, a School Psychologist who has moved from public schools into private practice, aims to uncover the why of each client's struggles. That takes some digging. ADHD and LD have many possible causes, from hereditary factors to environmental influences, and can co-exist with anxiety, depression or other mental health issues. Symptoms also can change with age; physical restlessness in a young child, for example, might evolve into more risk-taking behaviors in a teenager.

Karen's individualized therapy plans often combine in-office counseling, positive behavioral supports at home, medication and regular exercise, along with plenty of attention to self-esteem.

"Many of these children with academic challenges are intelligent youngsters who lose sight of their personal gifts," she says. "Make sure they remember their gifts. I'm such a believer in helping them to find their loves and passions so they can put their energy toward those."

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In the past, Karen has worked as an in-school psychologist in Northern Virginia, a private tutor and an adjunct instructor at Christopher Newport University and several community colleges. She holds a Master's Degrees in Education (Special Education) and Psychology (School Psychology) from George Mason University and is a Licensed School Psychologist and Nationally Certified School Psychologist.

Karen's varied professional background, not to mention her experiences as a mother of three, has given her great empathy for her clients and their families.

"ADHD and LD are not purposeful behaviors," she stresses. "Specifically, people with ADHD may have strong abilities but can experience significant problems in many aspects of learning, getting work done, social functioning and self-esteem."

Karen has always enjoyed working with children and teenagers. A native of Morgantown, West Virginia, she began volunteering in high school with kids with disabilities or from low-income families. She also was a cheerleader and student council representative. "I often stayed at school so late that I'd take the

county bus home," she recalls. "I've never been a person to sit much."

As a college student at West Virginia University, Karen studied for a Degree in Elementary Education, focusing on students with Intellectual Disability. She also served as the WVU President of Council for Exceptional Children, which connected students with local special-needs kids. She also volunteered for the Special Olympics and as a tutor in a rural part of the state.

"Working with children is so satisfying to me," she says. "It's so rewarding when they find something that works for them or a strength that makes them special, be that music or art or sports or something else they can share. They also keep you young."

After graduating in 1978, Karen moved to Northern Virginia to, as she puts it, "widen her surroundings." She worked for the Association for Retarded Citizens (ARC), as a tutor and as a special education teacher for Arlington County Schools, where she taught a class of students with learning and emotional disabilities.

Karen took a leave from her job when her first child was born. As she raised Tommy, Mike

and Brittany, all now grown, she launched an after-school tutoring program and created research-based interventions and individualized programs for each student. She later worked as a School Psychologist in Stafford and Prince William counties.

Williamsburg entered the picture when Karen's younger son, Mike, enrolled at the College of William & Mary. Mike played on the soccer team, and Karen and her husband, Joseph, fell in love with the area during trips to watch his games. The couple relocated here in 2011. In 2014, Karen earned a license to go into private practice as a School Psychologist.

With each new client she takes on, Karen completes a comprehensive evaluation that includes developmental history, classroom observations, behavioral rating scales from parents, caregivers and teachers, self-reported information if a child is old enough, and extensive testing. Throughout therapy, she communicates closely with family members and school representatives.

"There is no quick way to assess a child," she notes. "If the assessment is brief and/or a diagnosis is made within a matter of minutes, then you are at the wrong place." Luckily, Karen en-

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joys the problem-solving aspect of her job: “I have learned to listen carefully and ask many questions. When parents have a concern or gut instinct about their child or themselves, they are usually in the ballpark.”

Karen’s goal is both to address a child’s weaknesses and utilize his or her strengths. “No two children are ever identical,” she says. “It is important for every child to find his or her ‘niche’ or ‘island of competence.’ It is also essential that they have personal goals and visualize their progress.”

Parents, meanwhile, often come to her understandably frustrated. “They think, ‘I can control this, if I just get harsher and have firmer discipline,’” Karen notes. “Of course, all children need discipline, but once you know more about why a child is acting a certain way, you can interject the right interventions. There can be a lot of trial and error, because what works for one person may not work for another.”

New approaches can transform both parents and kids. Take a child whose room is always messy. A parent might react with anger, saying, “You’re not going anywhere until this is clean.” A better approach for a child with ADHD would be to break the task down into

smaller steps, Karen explains: “They can feel totally overwhelmed. So maybe you say, ‘OK, you tackle the first three drawers of your dresser today.’ Find ways to make things reachable for them.”

Exercise is another common positive for kids with ADHD, Karen notes; research has shown even small amounts of activity can improve focus and lessen impulsive behavior.

With good teamwork between families, schools and therapists, the payoffs can be enormous. “Children who have persevered over the years despite academic, social, emotional and personal tragedies are truly inspirational,” Karen says. “They could almost write a book about resiliency – fascinating!”

Luckily, Karen has plenty of energy to give her young clients. “I never really stop,” she admits. “I rarely begin a day without some type of workout, even when I’m on vacation. Sitting down in a chair without a paper, book or task at hand is almost virtually non-existent.”

Karen even unwinds with something active, sports. A childhood passion for West Virginia football and basketball has morphed into an overall ESPN fanaticism, especially now that her daughter, a personal trainer, is engaged to a

professional baseball player, Christopher Owings of the Arizona Diamondbacks.

“Sometimes I will have three TVs and/or my computer on at once showing a variety of sporting events,” she says. “It’s really an outlet for me.”

So is time with family and friends. Karen and Joe, a legal consultant for a banking group, have been married for 33 years. In addition to their three kids, they have a fourth “honorary” son: Nat Baako, a Ghana native who became close friends with Mike when they were college soccer teammates. They also are parents to Abby, a small black Lab mix.

This fall, Karen is excited that her practice will offer a new academic support program for students who struggle with organization, planning, time management and study skills. She plans to work with kids either one-on-one or in small groups and no one will get the same plan.

“We’re all unique, and we all have unique challenges, challenges, not problems,” Karen DiNuzzo says. “How you navigate a challenge together as a family in an accepting, loving and patient manner will ultimately foster a positive outcome.” NDN

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Lisa W. Cumming Photography

# POSITIVE ENERGY

By Wynne Bowman

With a focus on natural health and chiropractic care, Dr. Christian Dunn exudes energy and effort that heals, making Williamsburg, the city she now calls home, an even more positive place.

“I’m a strong believer in the idea that we reap what we sow. I love the idea that I can put energy into a system, and see how this energy comes to fruition.” At her private practice, Christian spends time one-on-one with each of

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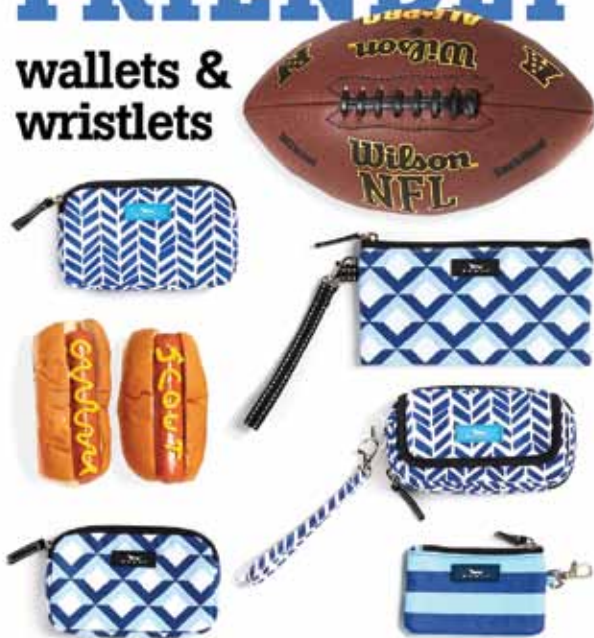
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her clients to work through a variety of treatments: nutritional support, muscle work, spinal adjustments and more. “As a doctor, I want to do my role so my patients can do theirs. When my patients feel better, they are able to give a better part of themselves to the world. Everything has a ripple effect.”

Having lived in Reston, Virginia for the entirety of her upbringing, Christian decided to take residency in Harrisonburg, Virginia and graduated from James Madison University in 1995. She continued her education in the health care industry by attending Logan College of Chiropractic in St. Louis, from which she graduated in 2000.

Christian now resides in Williamsburg with her husband, Halle Dunn, and their two sons, ages 8 and 12. Halle recently retired as a naval officer after his time stationed in Norfolk, and the couple decided to make Williamsburg their permanent home. “Williamsburg is a wonderful place to raise a family,” she says. “It seems that people who live in Williamsburg are happy to live here.” Halle’s retirement gave Christian the opportunity to establish her own private practice in May 2015, soon after the Dunn family realized Williamsburg was the town they wanted to call home.

After marrying Halle, Christian moved from coast to coast with him and the U.S. Navy. Christian worked in doctor’s offices from Virginia Beach to California, which is how she gathered much of the inspiration behind the private practice she runs today.

“Every chiropractor adds their own formula to their work,” she explains. However, the focus of chiropractic care remains the same: “We want to bring balance to the body among the joints so the body has the least amount of pain.” Chiropractic care aims to balance the body, and chiropractors use their hands to work with joints and muscles, relieving existing tension.

“I always knew I wanted to work in healthcare,” she explains, but it wasn’t until her time as an undergrad that she discovered chiropractic care specifically. “There was a pain in my back when I was in college, and this pain made my entire arm numb at times. I was working at a restaurant in Reston during my summer break from JMU, and we had a regular at the restaurant who worked as a chiropractor.” Christian asked him about the pain, and the issue resolved itself after one visit to this chiropractor’s office. The experience left Christian as a firm believer in the industry she is now a part of.

Christian aims to explore beyond biomechanics by using a three-tiered approach. She refers to these tiers as “the layers of healing” and these layers are her focus. “With each patient, we focus on biomechanics, nutrition and emotions,” she explains. “Meeting with my patients one-on-one allows me to provide an individualized treatment plan for each client.”

She meets with all types of patients. “Firefighters, children, parents and so many more,” she lists. “Each one of my clients has a unique gift that I am allowed to visit with. Something I have noticed is that a lot of people are in a similar struggle.”

Christian realizes that no one is alone in their struggle or in their path to healing. “There is a universal struggle, and this is what it means

to be human. This practice has given me the opportunity of humility, and the opportunity to live through these struggles with my patients. I want to give them hope by sharing their struggle with them. Sometimes I will talk about my own experiences if I think it will help. I've become cognizant of the fact that if I'm going to 'talk this talk,' I need to 'walk this walk,' too."

After 16 years in the industry, Christian claims that one of the best parts of her work is learning from her patients. "I'm fascinated by humans and humanity," she says, "and watching what people become when their burdens are lifted is one of the best parts of my job."

"The body is incredibly resilient, and I believe there is always room for healing. I believe the body is always moving towards healing, but sometimes it just needs the right support to get there." She has faith in human beings and the human body and has threaded into her practice the idea that the future is hopeful.

"Every day we break new ground," she explains. "Even through dark and dismal periods, humans remain resilient."

Christian's vision came from her time spent travelling and working around the country. When the Dunns decided to remain in the area after Halle's retirement, Christian decided it was time to establish the practice she had been planning for years. "My vision and skillset evolved over time, and everything related to my practice has been deliberate and intentional."

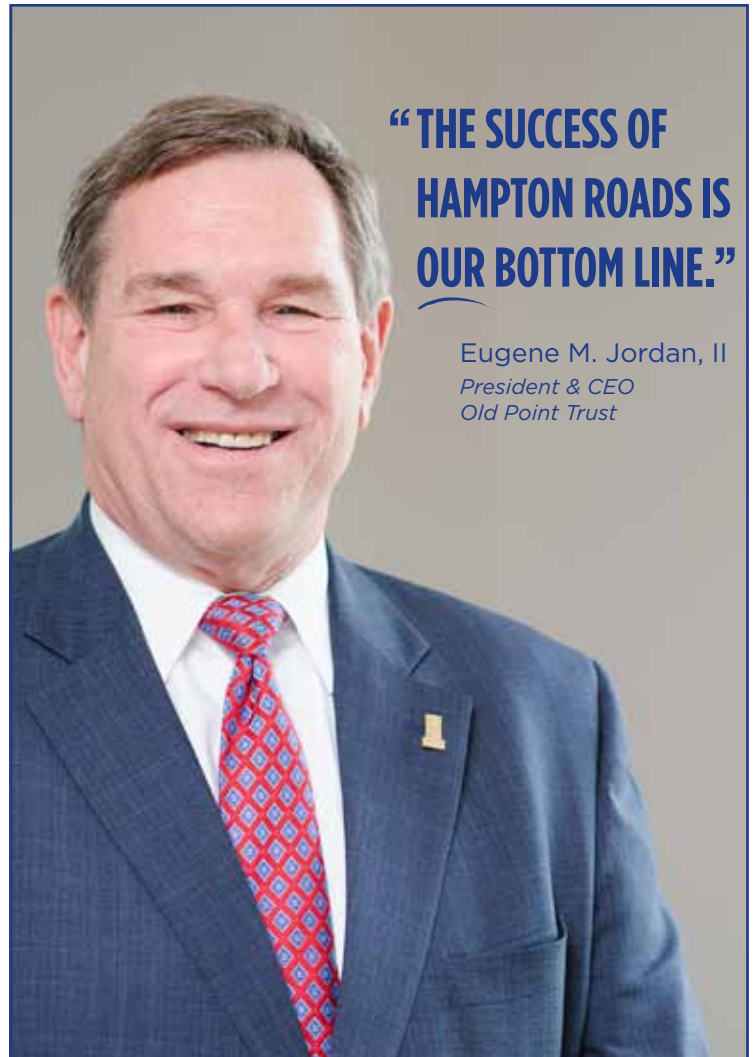
Her work in chiropractic care, which continues to heal the residents of Williamsburg, gives the chiropractor a gift beyond the reward of helping others. "This practice has given me an opportunity for humility," she says, "and I am lucky enough to have patients while studying a problem."

She gives her best efforts to healing her patients, and they, in turn, give her a boost in her strive for knowledge. "I was once told that to continue striving for my best, I need to constantly stay a student," states Christian, who spends her free time studying and reading about natural health and nutrition.

In spending time with her patients, Christian has not only learned that humans share a universal struggle, but that "everyone has a story that the rest of the world doesn't know. Even though the world seems more connected than ever, we have become isolated. People are looking for a chance of healing from the everyday world." Though she remains humble in her line of work, it is apparent that her practice is what allows this chance of healing.

Christian gives credit to Michael Pollan, American author and activist, for her perspective on the future of human health. "My hope for the future comes from going back to the basics, getting a good night's sleep, being part of a healthy support system, and eating the way our great grandparents ate. I want to help people find modern ways of taking basic, simple approaches when it comes to health."

Dr. Christian Dunn has become part of the system that keeps Williamsburg's flow of positive energy in motion. "It's inspiring to know that we, as people, have a helping hand in moving ourselves forward. I want my patients to feel that they are the drivers of this ship." **NDN**



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# WILLIAMSBURG Health FOUNDATION



**Report** to the  
Community  
2015



## **KaBOOM!** Neighbors Build a Playground

Pictured here is the ribbon cutting for Grove Community Playground on September 19, 2015. Built with the commitment and determination of more than 240 individuals, this playground brings 1,000 children in Greater Williamsburg one step closer to having the play-filled childhoods they deserve.

The Williamsburg Health Foundation supports a child's right to active play at home, at school, and in the community. The Grove Community Playground illustrates how the Williamsburg Health Foundation collaborates with community partners and contributes resources to create health opportunity for all who live in Greater Williamsburg. The playground is in keeping with the Foundation's ongoing work to help children lead healthier lives through the School Health Initiative Program known as SHIP. See more photos from the playground building day and of SHIP activities in this report.

# Letter from Chair of the Board of Trustees



Fall 2016

As the chairman of the Board of Trustees of the Williamsburg Health Foundation, I am proud of the work the Foundation did in 2015, the first full year of a new strategic plan. We moved closer to our vision of “Individuals making healthy choices in a community with health opportunity for all.”

Where there is a health opportunity, the healthy choice is the easy choice. As shown in the illustration on this page, health depends on much more than health care itself. Having healthy options and then making healthy choices is more important to lifetime health than even healthcare itself.

To be as strategic and effective as possible over time, our focus is (and must be) on children — and creating healthy opportunities for children.

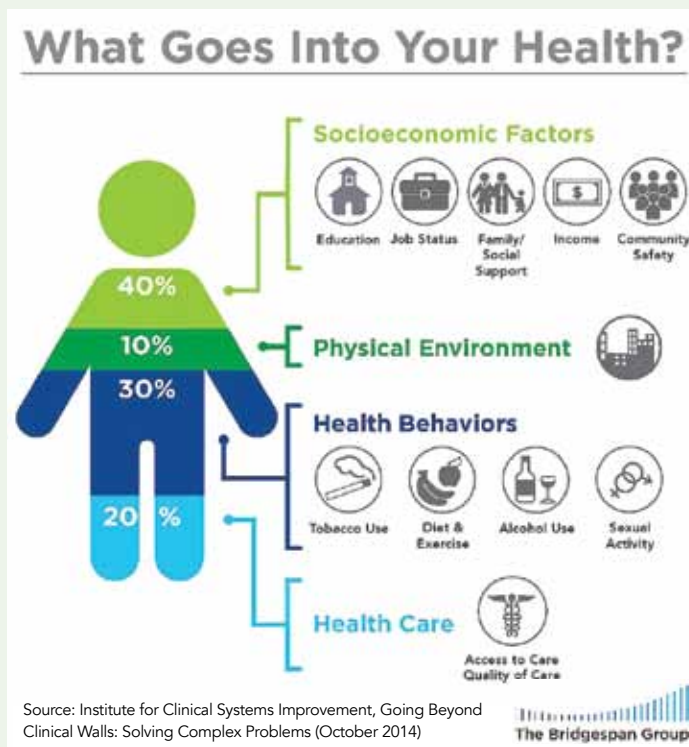
Therefore, the theme of this annual report is improving health for children because through them, we both improve the present and change the future for the better. We can help children avoid the preventable illnesses so rampant in our culture and to lead happier, healthier, and more fulfilling lives.

The Williamsburg Health Foundation invests in both early childhood programs and school-based programs because those investments yield tremendous returns over the lifetime of an individual, and, in the larger picture, for our community and our nation.

According to Nobel Prize Winner and University of Chicago Economics Professor James Heckman, “If society intervenes early enough, it can improve cognitive and socioemotional abilities and the health of disadvantaged children. Early interventions promote schooling, reduce crime, foster workforce productivity, and reduce teenage pregnancy.”

Common sense and research agree: Invest in children to build a brighter future for all. I hope you will enjoy this report, and I hope it will inspire you to join in the work of creating a healthier Greater Williamsburg.

Jeffery O. Smith



# Letter from President and CEO



Fall 2016

From the cover of this report, all can see that on September 19, 2015 something magical happened. On that day, and in one day, a playground appeared. When it comes to creating “health opportunity for all,” a playground is about as good as it gets. Playgrounds are great for both the body and the mind.

Einstein once wrote, “Play is the highest form of research.” There is some serious research going on at the new Grove Community Playground. Read and see more about that special day and those who made it happen in this report.

Speaking of children building strong bodies and minds, the School Health Initiative Program, or SHIP, continues to be our largest single program. This partnership with the Williamsburg-James City County

Public Schools gets children moving, trying and eating healthier foods in schools, and creating healthy hobbies and habits to last a lifetime.

In this report, you will find photos from April 23, 2016 which included both Run the DOG 5K and Children’s Day at the Williamsburg Farmers Market. It was a day filled with healthy food and hundreds of students, family members, and school faculty and staff becoming 5K Race Finishers, a title, once earned, that cannot ever be taken away.

But, not everything we do is as clearly visible as a race finish or a ribbon cutting. Much of our work is about quiet community collaboration that fuels change. While this annual report focuses on children, the Williamsburg Health Foundation funds a variety of critical services in our community. See our grants list to learn more about the work we support.

In the grants list, you will see that we have invested heavily in children because we know that when we do so, we invest in a healthier future for everyone. We invest in the bold hope that there will be fewer adults suffering from preventable chronic illness in the future.

We ask you to engage in the critical work of providing healthy futures for our children, and in this report, we will share some ideas of how to do it. We hope these ideas may inspire everyone to be part of the effort of making ours a healthier community.

Let’s get well. Let’s stay well. Let’s be well. All of us. Together.

Jeanne Zeidler


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# Awarded Grants IN 2015


## BASIC PROGRAM SUPPORT

Child and Family Connection	Violence Prevention and Intervention Program	\$ 25,000.00	
	Multicultural Counseling and Outreach Program for the Greater Williamsburg Area	\$ 38,000.00	
Child Development Resources	Infant and Parent Program	\$ 150,000.00	
	Parents As Teachers	\$ 125,000.00	
Colonial Behavioral Health	Greater Williamsburg Child Assessment Center (GWCAC)	\$ 294,000.00	
Literacy for Life at the Rita Welsh Adult Learning Center	Health Education and Literacy (HEAL)	\$ 60,000.00	
Peninsula Agency on Aging	RIDES Program	\$ 110,000.00	
	Senior Health Assistance Resource Project (SHARP)	\$ 128,000.00	
Virginia Health Care Foundation	Greater Williamsburg Medication Access Program (GWMAP)	\$ 390,000.00	
Virginia Legacy Soccer Club	Community Partnership Program	\$ 16,000.00	
Virginia Peninsula Foodbank	Mobile Food Pantry: Fresh Produce	\$ 20,000.00	
Williamsburg Area Faith in Action	Medical Transportation	\$ 22,000.00	
Williamsburg Area Meals On Wheels, Inc.	Nutritious Noontime Meals	\$ 50,000.00	

## BASIC OPERATING SUPPORT

Olde Towne Medical & Dental Center	Basic Operating Support	\$ 450,000.00	
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## FOUNDATION DIRECTED

City of Williamsburg	Child Health Initiative	\$ 260,000.00	
KaBOOM! Inc.	Grove Community Playground	\$ 87,000.00	
Williamsburg-James City County Public Schools	School Health Initiative Program (SHIP)	\$ 626,000.00	
Angels of Mercy Medical Mission	Chronic Care Collaborative	\$ 113,000.00	
Colonial Behavioral Health	Chronic Care Collaborative	\$ 127,000.00	
Gloucester-Mathews Care Clinic	Chronic Care Collaborative	\$ 260,000.00	
Lackey Clinic	Chronic Care Collaborative	\$ 420,000.00	
Olde Towne Medical & Dental Center	Chronic Care Collaborative	\$ 250,000.00	
Rx Partnership	Chronic Care Collaborative	\$ 30,000.00	





**RESPONSIVE GRANTS**

The Arc of Greater Williamsburg	Fitness Program	\$ 20,000.00
Avalon: A Center for Women and Children	Hospital Accompaniment	\$ 27,000.00
Bacon Street Youth and Family Services	Youth Substance Abuse Intervention and Treatment	\$ 25,000.00
	The Healing Project Partnership	\$ 64,000.00
The College of William & Mary	New Horizons Family Counseling Center	\$ 93,000.00
Colonial Behavioral Health	Williamsburg Intensive Outpatient Program	\$ 45,000.00
Colonial Community Corrections	Better Ways: A Therapeutic & Transitional Substance Abuse Program	\$ 22,000.00
FISH, Inc.	Health Priorities in Action	\$ 10,000.00
FREE: Foundation for Rehabilitation Equipment & Endowment	Geographic Expansion to Serve Williamsburg Health Foundation Service Area	\$ 38,000.00
Grove Christian Outreach Center	Food Access Outreach Program	\$ 8,000.00
Olde Towne Medical & Dental Center	Research on Local Social and Environmental Barriers to Diabetic Self-Management	\$ 11,000.00
	Transition from Hospital to Home Partnership	\$ 66,000.00
Postpartum Support Virginia, Inc.	Healthy Mother, Healthy Family	\$ 5,000.00
Virginia Oral Health Coalition	Oral Health Integration for Greater Williamsburg	\$ 5,000.00
Williamsburg Area Faith in Action	Resource Visitors Program	\$ 29,000.00
York County, Division of Juvenile Services	Psychological and Substance Abuse Services	\$ 28,000.00
Small Grants*, Direct Charitable Activities, Research and Evaluation, and Annual Awards		\$ 285,000.00

**\$4,832,000.00**

*\* Small grants in 2015 included, but were not limited to, \$10,000 for free mammograms at Sentara Williamsburg; \$20,000 for Spanish interpretation at Olde Towne Medical and Dental Center; \$4,600 for a fitness dance camp; and \$1,000 for shopping carts for a mobile food pantry.*





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# Financial Summary 2015

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

## Summary Statements of Financial Position

	As of December 31 2015	2014
Assets	\$118,179,000	\$125,102,000
Liabilities and net assets		
Grants and other accounts payable	441,000	650,000
Unrestricted net assets	117,738,000	124,452,000
	<b>\$118,179,000</b>	<b>\$125,102,000</b>

## Summary Statements of Activities

	Years Ended December 31 2015	2014
Revenues and gains (losses)		
Investment income and gains (losses), net of fees	\$ (364,000)	\$ 3,174,000
Expenses		
Community grants	4,826,000	4,423,000
Program, general, and administrative expenses	1,308,000	1,289,000
Federal excise and state tax (benefit) expense	216,000	132,000
	<b>6,350,000</b>	<b>5,844,000</b>
Change in net assets	(6,714,000)	(2,670,000)
Net assets at beginning of year	124,452,000	127,122,000
Net assets at end of year	<b>\$117,738,000</b>	<b>\$124,452,000</b>

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

## Asset Allocation As Of 12/31/15

64% Total Return Assets

- Global Equities
- REITs

28% Diversifying Strategies

- Hedge Funds
- Commodity Futures
- Opportunistic Credit

8% Hedging Assets

- Cash
- Conventional & Inflation-Linked Bonds

- Global Equities 57%
- REITs 7%
- Hedge Funds 24%
- Commodity Futures 2%
- Opportunistic Credit 2%
- Cash 4%
- Conventional & Inflation-Linked Bonds 4%

## Annualized Returns for Periods Ending 12/31/15

Fund	ONE YEAR	THREE YEAR	FIVE YEAR	SINCE 09/30/96
Fund	-0.61%	4.87%	5.37%	5.05%
Policy Benchmark	-1.17%	5.59%	5.35%	6.02%
CPI +5%	5.76%	6.04%	6.61%	7.22%
TIFF Constructed	-2.00%	2.49%	3.72%	6.39%

The Foundation's policy benchmark is a composite of indices whose allocation is based on the Foundation's policy allocation. As of 12/31/15, it was: 65% MSCI ACW and 35% Barclays Agg.

TIFF's Constructed Index (CI) embodies TIFF's staff and board members' long-term perspective on asset allocation. As of 12/31/15, it was 65% Equity-Oriented Assets, 20% Diversifying Strategies, and 15% Fixed Income.



# Health Opportunity

Why is a health foundation building a playground? We believe in wellness and preventing illness by providing opportunities to live healthy lives. We believe children can form healthy hobbies that can last a lifetime. Hobbies like walking, running, karate, yoga, and hip hop dance — all School Health Initiative Program (SHIP) Challenge Clubs — can move them now and throughout their entire lives. Here are some great photos from programs sponsored by the Williamsburg Health Foundation.

Grove Community Playground came together through leadership from Little Zion Baptist Church, Mount Gilead Baptist Church, KaBOOM!, James City County, and the Williamsburg Health Foundation. The Foundation thanks the leaders of those communities: James Curtis, Bishop William Dawson, John McGlennon, and Bryan Hill. Volunteers to build the playground included too many groups and individuals to list!





To read more about the SHIP program, a partnership between Williamsburg Health Foundation and Williamsburg-James City County Public Schools, read an outstanding article from The Virginia Gazette. Visit [vagazette.com](http://vagazette.com) or scan here with your smart phone.



# 2015 Annual Awards

KelRae Farm

Williamsburg Area Meals on Wheels

Virginia Peninsula Foodbank

Williamsburg Farmers Market

WILLIAMSBURG  
Health  
FOUNDATION



Representatives from the four organizations given the 2016 Williamsburg Health Foundation awards gathered before the awards ceremony. Left to right: Michael Westfall, Williamsburg Farmers Market; Michelle and Randy Gulden, KelRae Farm; Tracey Herner, Williamsburg Farmers Market; Randall Foskey, Williamsburg Health Foundation; Jeffery O. Smith, Williamsburg Health Foundation; Karen Joyner, Virginia Peninsula Foodbank; Cathie Upton, Williamsburg Area Meals on Wheels; Michael Daniels, Virginia Peninsula Foodbank.

Three local, nonprofit organizations and one local farm received a 2015 Williamsburg Health Foundation Annual Award for their work to make nutritious, fresh local and regional food accessible to all.

"To be healthy, individuals need to choose to eat healthy food, particularly fruits and vegetables. But, to be chosen, those fresh fruits and vegetables have to be an option," said Williamsburg Health Foundation President, Jeanne Zeidler. "They need to be affordable and accessible."

The 2015 awardees work to ensure that everyone in the Williamsburg community, including school children, homebound seniors, and those receiving public assistance for food, all have the opportunity to access healthy foods.

KelRae Farm, a local, family farm, partners with Williamsburg-James City County Public Schools and Williamsburg Meals on Wheels to provide fresh, local produce for institutional meals for both students and seniors. Selling produce directly to institutions like

schools requires additional effort and certifications for a farmer, and KelRae Farm has made that additional effort.

The Williamsburg Farmers Market's Fresh Food Fund and Bonus Bucks Program enable people who receive food assistance through the Supplemental Nutrition Assistance Program (SNAP), to double up to \$30 of their

SNAP dollars and turn them into tokens which work like money throughout the Saturday market.

The Virginia Peninsula Food Bank's Mobile Pantry Program received an award for distributing fresh produce and lean meats to those in need in partnership with the United Way of Greater Williamsburg, Community Housing Partnerships, and St. Bede's Social Outreach. Mobile pantry distributions continue to grow.

In his closing remarks at the event Jeffery O. Smith, Chair of the Board of Trustees of the Williamsburg Health Foundation, reminded those celebrating these awards, "Nothing happens in isolation. Each of our awardees has collaborated with other organizations to make healthy food choices available to all."



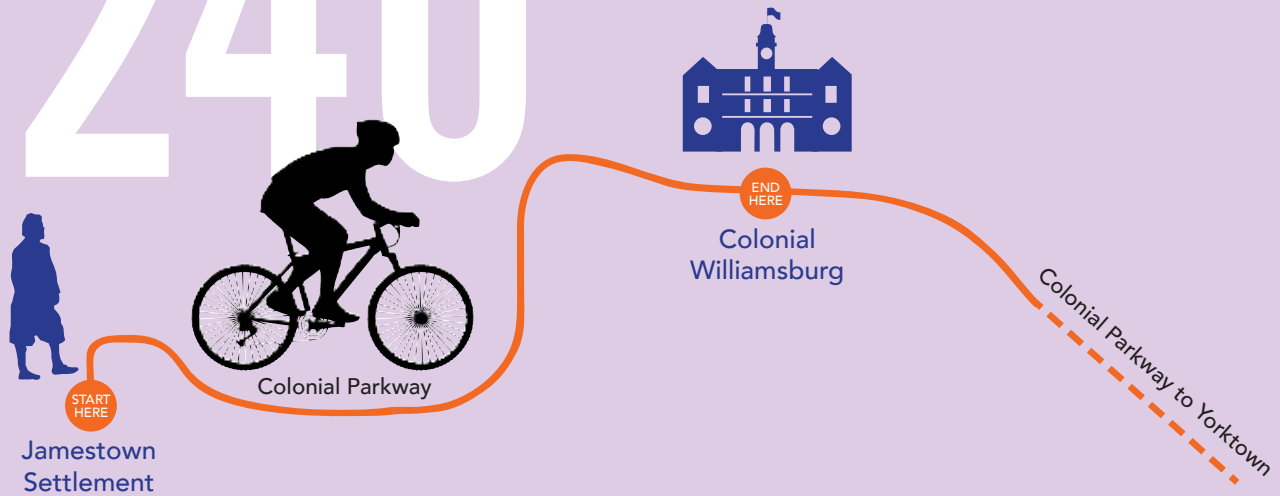
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# Community Focused

By Greg Lilly, Editor



Lisa W. Cumming Photography

Her concept of community harkens back to Cheri Green's childhood growing up on the Caribbean island of Saint Thomas. Part of the U.S. Virgin Islands, St. Thomas represented family, friends and a place where neighbors helped neighbors to Cheri. She says she's found that here in Williamsburg and is expanding her community reach with the LEAD Historic Tri-

angle program from the Greater Williamsburg Chamber and Tourism Alliance

Cheri came to Williamsburg to attend the College of William & Mary. "I had a number of relatives that came to several different Virginia schools: Hampton University, W&M, U.V.A.," she lists. "I was raised in a fairly tight-knit Catholic family, and choosing a college

was one of those situations where they lay out a list of places." She didn't have the opportunity to visit W&M before showing up for her freshman year, but depended on the feedback of her cousin and a family friend who had attended the university prior to her.

"It was a great transition coming from a small island to a smaller college like W&M.

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The similarity in size made the change easier for me.”

Originally, she had considered going to law school. Her undergraduate major was Public Policy. “With Public Policy, we studied a wide range of topics like government and economics. The economic classes were the ones that interested me the most.” At a post-graduation job fair, Cheri talked with some local banks. “Sam Poole, who is still in the banking industry, hired me out of W&M into my first banking career. Sam is an alumnus of the LEAD Historic Triangle program. He introduced me to that as well.”

Today, Cheri works at Old Point National Bank. She works with both individuals and small businesses to help them chart their path to pursuing their financial goals. Mirroring her professional life, she will do similar tasks in the LEAD program for the community as a whole. The LEAD program brings in a new class every two years. Cheri is a member of the Class of 2017. “Sam Poole was part of the Class of 2013. When Sam was in it, I saw their class project and the impact it had on the community. I consider myself pretty involved in the community already by serving on the local

board for Meals on Wheels, Habitat for Humanity and the Chamber as well as a member of Delta Sigma Theta Sorority, Inc., but when they invited me to one of the LEAD informational programs, I was really impressed with what they have to offer.”

LEAD’s mission is to encourage, develop and support future community leaders. “The program brings together individuals, business professionals, leaders from across industries,” Cheri says. “In our upcoming class, we have people from the financial sector, health, government agencies, private sector businesses and self-employed individuals. It brings together a group of individuals who have already expressed an interest in community involvement and then the question becomes how to take our involvement to the next level.”

Many of the 2017 participants have served on boards of local non-profits or may have volunteered personally for community projects and events before. “But now, it’s an opportunity to connect us with other community leaders in government, non-profits and businesses.”

The class learns about our area’s history and culture, education, tourism and economics, courts and public safety, health, human services

and faith-based community, media and public relations, environment and urbanization, and local government, politics and military.

During the October through May sessions, the LEAD class participants spend a lot of time and energy acquiring a thorough understanding of how the area operates and the issues that need attention. As part of the group’s development into a team, a collaborative class project is created for the benefit of the community.

“Essentially, through our class project, we’re able to put our stamp on the community in terms of giving back,” Cheri says. “When you think about it in that respect, I’m really excited to see what our class comes up with for our project. There are so many worthy issues in the community that need to be addressed. A cross-section of individuals from different aspects in Williamsburg, come together and have the opportunity to create something wonderful. This is what really excites me for our Class of 2017.” One of the recent LEAD class projects was Adopt-a-Bench. “That was the Class of 2015 creating a partnership with WATA (Williamsburg Area Transit Authority) to provide benches at the local bus stops,” Cheri says. “Over 200 bus stops in Williamsburg didn’t have a bench

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or area for the patrons to sit. That's something very simple, but for the individuals who use our public transportation, it is extremely important. That was a really nice project. Local businesses have an opportunity to sponsor those benches."

The Class of 2013 created Hands Together. "The Hands Together project brought community resources together under one roof that provided services to lower income families," Cheri explains, "things like dental hygiene, blood pressure screening and social services department questions. It was an opportunity for the families that usually have to travel to several different agencies to ask questions, apply for services or to have services performed. That one day raised awareness of resources and services available in Williamsburg."

Cheri admits that the LEAD program takes a time and a commitment in addition to her career responsibilities to Old Point National Bank, to her time with her family, and to her already dedicated community service, but she knows it is well worth the effort. "Individuals considering the LEAD program have to recognize the time commitment involved and the need for their employers to see the value in the

program so that they can support their time away from the office to participate fully. I truly view this program as a succession plan getting individuals involved in community service for the long-term betterment of our community as a whole."

Cheri wants to be an example to her two sons. "Having two boys, ages 5 and 8, I think it is important for them to understand why we should be involved in the community. Some things they don't understand, but when they go with me every year to ring the Salvation Army Bell, it's those little things they remember about how we raised money to help others, to help our community."

Cheri joins other local business, government and non-profit organization leaders in the 2017 LEAD program to set their understanding of the area and establish ways to build a stronger community through leadership and collaboration across industries.

"A lot of people ask why I'm still here and not back in beautiful, tropical Saint Thomas. I met my husband, Olin, here, and he's from Virginia. Our boys were born here. I love Virginia, and it is home now. It is our community and I want to do my part to lead it forward." NDN

# Next Door Neighbors

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# Hitting His Stride

By Greg Lilly, Editor

“When I started playing tennis, I was a chubby kid,” Rich Saunders says. “My sister ran cross-country and track in middle school. My tennis coach was also the middle school cross-country coach, so he encouraged the tennis team to run as a way to get in shape. That’s why I started running.”

From growing up in the community of Ladysmith in Caroline County to working for the city of Williamsburg as an economic development specialist, Rich spends a lot of his free time running and cycling.

“In middle school, I played pee wee football, participated in fall tennis league and ran cross-country. I couldn’t do all three, so I had to cut back. I really enjoyed running, more than I

Lisa W. Cumming Photography

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thought I would, so I concentrated on it.”

One of the things that appealed to Rich was the consistent schedule runners kept. “There’s a routine about running that I enjoyed. I loved the team component of cross-country and track. I liked challenging myself physically. There is a runner’s high, almost a spiritual experience for me going out for a run. It can be addicting.”

Another aspect of running as a sport that engaged Rich’s personality was the ability to track progress and gains in speed. “It was fun being able to see my times improve,” he says. “Track is very standardized, and seeing the times for the distance going down and down was motivating.”

Rich headed to East Carolina University (ECU) to major in urban planning. He ran on the track team for his freshman season. “I didn’t think I’d be anywhere near the top of ECU’s team when I ran, but I was in the top three my first race.”

After the competitive drive of the team conflicted with his studies, he decided not to run the next season. “I was injured at the end of cross-country and took some time off. Ultimately, I decided that I’d take a break from competitive running. [During my] Sophomore

year, at East Carolina I helped start a running club where we’d have casual runs during the week. I transferred to VCU (Virginia Commonwealth University) after my sophomore year.”

The home cross country course for VCU was at a Richmond golf course. “That’s where we would go run. Richmond has a great park system for running. I like running city streets in the mornings. I ran competitively again at VCU.”

At a race, Rich met one of the sponsors, the owner of a running store in Midlothian. Rich started working there and became more serious about running surrounded by other runners and the involvement the store had in the local race community.

Graduating from VCU in 2010, he enrolled in graduate school at the Virginia Tech campus in Old Town Alexandria. “I worked for a running store, again, through graduate school. I was introduced to a competitive team there. We worked out quite a bit, and my times went down more than when I was in college. I ran my first marathon in Richmond as part of that team.”


Rich was hired by York County as a planner. “One of the things I did was work with busi-

nesses to help them get through the county’s ordinances a little easier and faster. I learned a lot doing that. I was still running, but didn’t have the structure that I had in Alexandria. The last few years, I had a couple of repetitive injuries that kept coming back. That’s when I got more into cycling. I bought a road bike about a year and half ago. I’ve been using it as a way to cross-train. I will always like running better because I like the simplicity of it, but cycling is a bigger part of my training now. I intend to do a triathlon soon.”

He worked with York County for almost two years. One day, he needed to stop by the City of Williamsburg building to drop off a site plan. “I went to the city’s website for the address and saw a job posting. It looked really interesting. I applied and interviewed. The job fit me. The city has been really great to work with. City Council is very outward thinking.”

Being in Williamsburg, Rich has found his stride in career, running and cycling. “I’m trying to get back into a schedule. I’ve been training with the Army Ten-Mile team out of Fort Eustis. Every year, they send a team to compete in the Army Ten-Miler in D.C. in October. During the summer, they have a training group to get ready for it.” The Fort Eustis group has

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helped Rich get back into his speed work. “I’ve been going to their workouts on Tuesdays and Thursdays. Normally, training for a race, I try to get in one or two faster workouts each week.

Typically, a long run on the weekend can be 12 to 23 miles. Right now, I’m averaging 40-50 miles per week, 6 to 12 miles each day.” In the warmer weather, Rich likes to get up early and run in the mornings.”There’s a group that meets in Merchants Square at 6:00 a.m. I do that about once a week.”

When he started biking, it was a way to keep in shape when he wasn’t able to run. “But, the more I do it, the more I enjoy cycling. I feel like I can clear my head more cycling. It’s not as cardio-intensive as running, but I’m better able to see and experience where I am as I bike.”

Cycling is more time-consuming to get the same benefits as running, Rich says. “I think it takes twice the time and four times the distance for cycling to get the same benefits as running.” He runs about an hour and can do it before work. Cycling takes more time and is usually best done after work.

The trails and roadways of York County, Williamsburg, James City and Charles City and New Kent counties offer extensive op-

tions for cycling. “The Capital Trail is one of the main routes I take to get my cycling mileage,” Rich says. “James City County has some great back roads to ride on. The Williamsburg Area Bicyclists have a great trail I like. It starts at Chickahominy Riverfront Park, one of my favorite places to start on the Capital Trail because at that point it doesn’t cross many roadways. The route that the Williamsburg Area Bicyclists use goes about 10 miles out on the Capital Trail and makes a right over some back roads and back around for a total of about 27 miles. Yorktown has some great roads for cycling.” His Yorktown route takes him from the waterfront out to Seaford and York Point.

These days, Rich is both cycling and running. On the running side, he’s preparing for Triangle Arts & Culture League’s (TACL) Run for the Arts 10k in Yorktown on Sunday, October 23.

“I really like the Yorktown route,” he says. “We run the tour roads around the Battlefield. This route starts on Water Street and goes up the hill of Comte De Grasse Street around the Yorktown Victory Monument then by the Battlefield to Ballard Street and around the Tour Road and loops back. It’s a beautiful course. It’s cool to be able to race on the tour roads.”

Recently, Rich had trained for a marathon, but had an injury. “The injury came back to keep me from running a triathlon I wanted to do. Now, I just want to stay injury free for several months to be ready for the 10k Run for the Arts.”

His next goal is to run another marathon in the spring or next fall. In preparing, he’s getting a lot of help and motivation from his co-workers, friends and neighbors. “There are a lot of small groups that have popped up for running,” he says. “It’s something everyone can be a part of. DOG Street Pub does a fun run every Monday, year-round, at 6:00 p.m. It’s been a great success. They’ve done it for a couple of years. It’s a good time to come out and meet people. In Yorktown, there’s a pub run every Wednesday at 6:00 p.m. at Water Street Grille.”

Finding time for running, working at the city’s Economic Development department, cycling and family and friends keeps Rich Saunders moving, but that’s just the way he enjoys his time. “I like challenges,” he says. “Running and cycling are demanding on me physically, but I get energy from that. That energy makes me want to run or cycle more. I guess it’s hard for me to be still.” NDN

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Lisa W. Cumming Photography

# DOG Street Scare

By Greg Lilly, Editor

Last October, Robert Currie visited Colonial Williamsburg (CW) from New York, interviewing for the position of Director of Entertainment. He spent the day in meetings with CW management. That evening, the Halloween program, Blackbeard's Revenge, had visitors and locals enjoying a different type of event in the Historic Area.

"After a flurry of meetings, my girlfriend and I went out to the Halloween experience in the Historic Area, and I was blown away," Robert says. "I found out that they had put

it together in just a few months. I knew that night that I wanted to take the offer and leave New York to move down here."

In New York, Robert had an 800 square foot art studio that he admits was hard to leave behind. "We moved to a place in New Town that has a two-car garage where I can work on my paintings." Along with his own paintings, Robert spent the last several years curating events and shows. "That was its own creative output," he adds.

Robert grew up on Long Island, New

York, and as young child, he had his hands in painting, drawing and creating things. He graduated from the School of Visual Arts in Manhattan. "I worked in a few galleries after graduation. When I went back to Long Island, a business partner and I started Fresh Art Long Island. It was an art collective dedicated to underground and emerging artists," he says. "Long Island's art scene was sporadic and barely existed. We tried to bridge the gap between Brooklyn, Manhattan and the Hamptons. We helped young collectors find

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new work to buy. We created multimedia events with music, film, art and performance.”

Robert found that unconventional art exhibits drew crowds and were advantageous to artists, collectors and business owners. “The places we really thrived in were alternative spaces – creating exhibitions and shows in alternative locations like a warehouse, a restaurant or a bar. That was good for a lot of reasons. The traffic coming into those places was higher than a gallery and gave the artists a lot more exposure. It also kept us from having to pay exorbitant amounts of rent, which doomed a lot of galleries. Many galleries, especially in New York, get gobbled up by the larger galleries after their lease is up.”

For the past ten years, Robert created events and art shows that impressed even the most jaded art collector. His ideas and execution left a lasting impression on many people. “Mike Holtzman, one of the vice-presidents here at Colonial Williamsburg, is from Long Island, as well,” Robert says. “He bought artwork from us over the past few years. From his attendance at our shows, he let me know he was looking for someone to become the director of the Kimball Theatre.”

That led to Robert coming to talk with the

Colonial Williamsburg Foundation (CWF) last October. “The job is much more than the Kimball Theatre; it’s curating modern entertainment in Merchants Square and in the Historic Area, as well.”

Director of Entertainment is a new position at CWF. “I help direct the Kimball Theatre. We have a great staff there, a great program manager,” Robert says. “We look to create new initiatives at the Kimball and increase our own in-house produced live performances.” He and his team have implemented new film series and increased ties with the Historic Area. In Merchants Square, Robert worked on curating the Summer Breeze Concert series this year and re-branded the entire program. In the Historic Area, he works to bring modern live entertainment into some of the historic taverns. “Which is a balance,” he says. “That would be mostly outside the taverns, bridging between the old and new.”

Signature events, like Halloween, are his to produce. “I’ve worked on Halloween since I started here in February.”

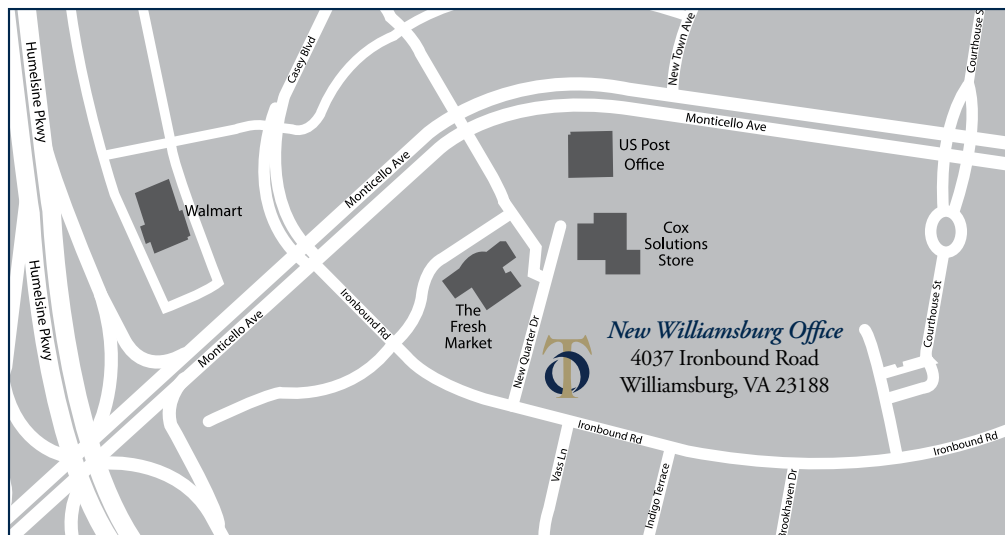
This year’s Halloween program is Curse of the Sea Witch. “Everything falls under the umbrella from last year’s program, Haunting on DoG Street. That encompasses our evening

programs like ghost tours, Escape the King and Halloween falls under that as well. Last year’s Halloween program was Blackbeard’s Revenge. This year, we decided to build on that. I researched stories on Blackbeard, local ghost stories, sea monsters and folklore. I wanted a new fictional story loosely tied to Blackbeard. It takes place sometime after Blackbeard has been executed. His head has gone missing.”

This year, Robert promises more entertainment around the Historic Area. “Last year was super impressive, but I wanted to take it to the next level. Instead of zombies, this year we’ll have ghost pirates. They’re confused, between living and dead; they can be funny and be the comic relief to the evil sea witches. They can interact more with the guests, more free flow and less lines. I want to utilize Colonial Williamsburg’s strengths: historic buildings and amazing actor interpreters.”

The whole Colonial Williamsburg Foundation is involved in Halloween. Robert had a small creative team generating ideas and producing the creative aspect of the program. “Now, it’s the Historic Area, marketing, PR, it touches every part of the Foundation at this point. I think it is fun for the interpreters to

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have the opportunity to stretch and act with something new. A lot of people are excited about this.”

Robert explains the Curse of the Sea Witch as: “Blackbeard’s severed head has gone missing. The sea witches want the head because it has mystical powers. They believe it is in Williamsburg, and until they find it, they’ve cursed the town and raised Blackbeard’s crew from the grave to haunt the streets. Town’s people are freaked out. Ghost pirates are running amuck. Five sea witches search for the head throughout the town.”

From Botetourt Street to the Capitol is CW’s managed access and where the program takes place. “We’re doing things at the Raleigh, Charlton Stage, the Capitol, in the streets, the Gaol, in the yard between Palmer and Shields. Each one will have its own director overseeing the activities. They’re rehearsing now.”

The Charlton Stage shows 1926’s “The Black Pirate” starring Douglas Fairbanks. Ghost pirates tend to be drawn to depictions of their profession, and Robert warns that they’re vocal with their comments on the accuracy of the portrayal of their craft. Each evening, the Capitol hosts a “Dance of the Dead” that promises to be an 18th century dance party with live music, ghost pirates, sea

witches and a few tentacles of surprises.

The Halloween program runs from Friday, October 28 through Monday, October 31, from 8 – 10 p.m. “Saturday will have the highest attendance with Friday being second highest,” Robert says. “For locals that want to come when the crowd is a little more dissipated, I’d recommend Monday night. It’s the final day and actually Halloween that night.”

Children’s trick-or-treating is on schedule this year. Robert suggests to make reservations now because they sell out each year.

Throughout October, Robert says locals have plenty of opportunities to get into the Halloween spirit. “There are a lot of cool things at the Kimball this year. We’re showing Hitchcock films. The films are preceded by a Twilight Zone episode, making it a double feature. We will be showing the 1926 Murnau film ‘Faust’ with live piano accompaniment. We’re doing the ‘Rocky Horror Picture Show’ Saturday night (October 29). It sold out last year. We went to see it. [It was] a lot of fun!”

Robert is excited about the programming at the Kimball. “Creating our own productions, including live performance, music, some national live acts – that’s energizing. We have a Brazilian bluegrass band from New York coming to the Kimball in November. They are

excellent. We’ll start working on next year’s Halloween any day. I’d like to plan a year in advance.”

With the new entertainment programs, Robert wants to create interest for a new demographic of young families with children attracted by the Halloween or Christmas programs to return to CW to experience the Revolutionary history.

He has his own childhood memories of Colonial Williamsburg. “I came as a kid with my parents and little brother, who was probably no more than 4 or 5 years old at the time. We were in a colonial house and an interpreter talked about a painting on the wall of George Washington on his horse.

My brother listened intently then asked in a loud voice, ‘What happened to George Washington’s horse?’ The interpreter answered, ‘The horse? Well, he died.’ Shocked, my brother yelled out, ‘The president’s horse is dead?’ The whole room laughed. I still remember that story from being a kid here. We felt special. Now, I find it amazing that I work here and have the opportunity to create memories for the next generation,” Robert says. “A program like Halloween can help us create those special memories for the kids. That’s really what this is all about.” NDN

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# Memory Café

By Greg Lilly, Editor



Lisa W. Cumming Photography

“In communicating with my dad who had dementia, I learned it was better to just join his world,” Laurie Padgett explains. “Sometimes he would repeat himself several times and ask me the same questions, so I would acknowledge his questions and answer him each time. I had to remind myself to not be frustrated, and that it was the dementia talking.” Laurie experienced the challenges and rewards of care giving with her father, and she now helps others as the Resource Coordinator at the Peninsula Agency on Aging, Williamsburg.

“As a caregiver, it’s challenging. It’s a lonely

place to be. You feel like you are the only one in this. Sometimes, you can get a little resentful, thinking of all the things that need to be done in your already busy life. You feel as though you are neglecting the needs of your own family.”

Laurie’s parents raised their three children in Silver Spring, Maryland. Laurie had an interest in Human Services and graduated from the University of Maryland with a Bachelor’s Degree in Family and Community Studies. The degree gave her a broad spectrum of understanding of social work, sociology, counsel-

ing and community development. She started working in special education, as a Crisis Resource counselor. “I gained a lot of experience working with families who were caregivers,” she says.

“My husband, Rich, was relocated with his job, to Norfolk, Virginia. We lived in Yorktown for ten years and then moved to Williamsburg. We’ve been in the area for 30 years. When we moved, our oldest child was two. Christopher and his wife, Erin, live in Charlotte, N.C., our daughter, Lauren, lives in northern Virginia and our other daughter, Casey, is here in Wil-

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liamsburg, for now.”

Laurie’s mother passed, and that left her father alone in the house in Silver Spring. But, he was physically healthy, and actually still working. “He had lived in that same house for 55 years,” Laurie says. “My parents were from the Depression era. That was their first home they owned and they stayed there. I had to move my dad out of that home, which was one of the most difficult things I’ve ever done.”

The home held many memories for Laurie and her father. “I would sit on his back porch with him, and he’d point to these beautiful trees that just hovered over the house. He told me he planted those trees when I was a baby,” she says. “I remember sitting there with him, knowing he couldn’t live there safely alone anymore, and wondering how I was going to move him out of the home he worked so hard for and was so full of memories.”

Phone calls from neighbors and his work associates alerted Laurie that her father had changed. “He was 78 and still working. He loved working. Some of his co-workers called me to say he hadn’t shown up for meetings he had arranged. That was a red flag. Some of his neighbors called me to say he was wandering in the middle of the night, or sleeping all day, or doing things that were out of his routine.”

She took him to a neurologist where he was diagnosed with dementia. The neurologist told Laurie and her family that her father could no longer live alone. Laurie didn’t know where to turn or who to ask for help.

“My brother was in Michigan. My sister was a single mom, working full-time. I was working full-time in Virginia, and at the time our kids were in college. It made the most sense that I would be the one to take the responsibility of being his caregiver. With the support of my husband and family, I was able to resign from my job and take the time moving him here, close to me.”

Her father had the resources to allow him to go into an assisted living facility. “My siblings and I explained to him what was going on with his health and that he couldn’t be on his own. Since he had dementia, he would forget the conversation. We asked him to trust us that we’d take care of him, and he’d be happy and independent, but with assistance. Then we would find the next day that he didn’t remember the conversation. We had to be really careful in handling the transition.” They set up his assisted living apartment to look like his home, favorite pictures on the wall and the furniture in familiar places.

“We brought him over, and he loved it! He

called it his little bachelor pad.” He was just a few blocks away from her house, so she could visit him often. “Even though he was in an assisted living I still felt I needed to spend time with him and to keep the memories he still had alive. I was his caregiver for seven years before he passed.”

Even with her work experience, finding the resources for assistance was daunting. Laurie attended the caregiver support group at the assisted living facility where her father was living. “I learned so much from the other caregivers. We were exchanging ideas. It put things in perspective for me. Others were juggling much more than me. The challenges were real and very difficult to deal with for all of us.” She found families going through the same struggles she was.

“We were helpful for each other. I wished that someone had given me a formula of what to do when you get that phone call, and the steps to take. That’s when I decided I’d like to do that for other families in similar situations.” Informally, she was sharing the steps she took with her Baby Boomer friends who were also care giving a parent.

“After my dad passed, I felt the need to share my experiences and get back into the Human Services field. I came across a position at Pen-



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insula Agency on Aging as the resource coordinator working with the aging population. This position allows me to be an information and referral source to other families who are in need of the same resources I needed and didn't know where to get them from."

The number one tip Laurie gives is that caregivers have to care for themselves first. "In order to give somebody else 100 percent, you have to be at your 'A game.' You need to make yourself a priority, as well. Get involved in support groups, exercise classes, take a five-minute walk and breathe in the fresh air. Know your resources to help you. There are so many out there for caregivers."

Some people find this advice difficult, but Laurie stresses that if the caregiver is out of commission from fatigue, then there will be no caregiver for the loved one. Take care of yourself, she emphasizes. "I took yoga classes. That puts you in the moment of where you are and takes you away from stresses and challenges. Plus, it refreshes you."

Laurie serves as a facilitator for an early-stage Alzheimer's support group. "Some of my co-facilitators and I decided we needed another place where the caregiver and the person with dementia could transition into when the progression of the disease was beyond the early-

stage support group's mission." That's when the Memory Café began in Williamsburg.

"The Memory Café model originated in the Netherlands in 1997, then England, and then spread throughout the United States. Denise Butler, Geriatric Assessment Coordinator at Riverside's CEALH (Center for Excellence in Aging and Lifelong Health), myself and other Alzheimer's Association volunteers decided the Memory Café was the model for the families to transition into that would be a social atmosphere for them. By receiving a grant from the Williamsburg Health Foundation we started the program."

The Memory Café is a place where people with memory loss and their caregivers can relax and talk with each other. "We laugh, share recipes and travel stories. It takes the pressure off of the person with memory loss that if they're in the middle of a sentence and forget to finish the thought, that's okay because we're all in this together, a nonjudgmental atmosphere. It's fun. They're still who they are, individuals who want to live meaningful lives. We're there to focus on that."

The Williamsburg Memory Café launched in February to rave reviews from the attendees. "The feedback from them has been so rewarding," Laurie says. "Many of them say-

ing how pleased they are to see how engaged their loved ones were together, having not seen that in a long time. These programs are a win/win for both the caregiver and care receiver as a resource for staying active and more socially engaged."

Even going through the challenges of caring for her father, Laurie Padgett continues to work to help caregivers and people with memory loss live more engaged lives. "After my dad passed, I have so many more fond memories of the good than of the challenges. Spending time with him, as an older father, I learned things about him when he was growing up that I never knew. We would go on walks and talk about trees and nature. He helped me stop and take in the little things in life at a time when I felt like I was just treading water to care for him. After he passed, I found that being his caregiver gave me closure. I knew in my heart that he passed away feeling the love and knowing he was cared for. This is what brings me to do what I do now. Having others share their stories with me. Care giving is difficult, but it has its positive moments especially if you make use of the resources that are out there." NDN

*Laurie and the Peninsula Agency on Aging resources can be reached at 345-6277.*

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# Pumpkin Fun!

By Greg Lilly, Editor

At the bend in Richmond Road, between Norge and Toano, Pumpkinville sprouts each October. Brothers Clinton and Barry Allen continue the decades' long tradition of bringing local pumpkins to their neighbors.

"This is our 21st year," Barry says. "My ex-wife and I started it. We were selling the pumpkins wholesale at the time."

"We used to sell to a guy in Norfolk," Clin-

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ton adds. "He's not in the pumpkin business anymore. He's a real estate broker and would do a pumpkin patch every season down there in Norfolk. He said we should do one up here. So we did."

The family farm was started by their father, Beverly Allen, in 1945. "He started farming here when he came from King William County when he was 16 years old," Clinton says. "Helping my step-grandfather, who lived across the road, they raised corn, watermelons and peanuts. He farmed all his life. When he got a little older, he worked for the government at Camp Peary and farmed on the side. We were raised up farming."

The farm consists of 75 acres just north of Stonehouse and about 8 acres along Richmond Road in Toano where pumpkin vines invite guests into Pumpkinville.

"Our dad farmed more than that," Barry says. "When we got old enough, he started us on growing and tending the watermelons. Then we got into the pumpkins. He split everything with us, three ways, from the time I was 12 years old."

"Our mom and dad didn't buy us cars," Clinton says. "We had a way to earn money, so we

saved for our own cars. And we bought them ourselves."

As they grew up and finished school, Clinton and Barry continued to help their parents on the Allen farm. "We worked jobs and farmed on the side, working and farming," Barry says.

"I used to work auto body work and farmed on the side," Clinton says. "I quit everything but farming about six years ago. All I do is farming now." Barry works away from the farm during the day, but helps out on his weekends and after work.

Throughout the year, the brothers raise tomatoes, okra, squash, cucumbers, watermelons and cantaloupes. "Really, any kind of vegetable you can raise around here," Clinton says. "I sell it all at area farmers markets."

On Saturdays, Clinton sells at the Williamsburg Farmers Market, and Barry goes to Smithfield's Farmers Market. "We send another boy, Mark Morgan, to Yorktown for that Farmers Market. So we cover all three of the major Saturday markets," Clinton says. "On Thursdays, I do the market at Oyster Point's City Center in Newport News."

They say the vegetable crops wind down at

the end of August. "I had some new squash and watermelon coming in and then that thinned out in September," Clinton says. "Mid-September, we switched hard to pumpkins."

Pumpkinville opened on Saturday, September 24 and stays open through Halloween. "Seven days a week," Barry stresses. "We're there and have a lot of activities, pumpkins for jack-o'-lanterns and decorating, and more." They make Pumpkinville an event for everyone by not charging an entrance fee. People from all over the region come to browse and buy their fall décor and Halloween pumpkins.

Barry sends hundreds of letters to the schools in the area, and they respond with busloads of children on field trips to see the pumpkin patch and enjoy the free hayrides and corn maze. Many kids, who have not spent time on farms, are amazed at the growing pumpkins and seeing the tractor pulling the hay wagon.

"We always have some pumpkins growing there in the Toano location so the kids can see them still on the vine," Clinton says. "We have a lot of customers, who came here

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as children, are now bringing their children, generations returning each year.”

On the weekends, Barry says there are extra attractions such as a bounce house and inflatable slide for a small fee of \$1 each. “We also do birthday parties. We have school groups scheduled just about every day of the week.”

“People say they like coming to our pumpkin patch because there is no admission fee. They can ride on the hayride, go through the pumpkin patch. We just sell the pumpkins, cornstalks, hay bales, gourds and mums, all the fall things people want to decorate their house,” Clinton says. “A family can come and have a fun evening and buy a few pumpkins. It’s all evening long entertainment.”

One of Clinton’s favorite memories of Pumpkinville was a couple of years ago. “One day, during the week, we had a car pull up and an elderly couple got out. They said they wanted to get on the hayride. They had been married 74 years. Both were in their 90s. I think he was 96 and she was 95. She said the last time they were on a hayride, a horse pulled it. They had a good time going around the patch. We have little wagons to put your

pumpkin selections in. He pulled her in one of those all around. They had a ball that day.” Also, the pumpkin patch is popular with mothers-to-be. “About ten years ago, a woman came in and was about 9 and a half months pregnant,” Barry describes. “She wanted to know how bumpy the hayride was. She said, ‘Maybe it will bounce this baby out of me.’ She got on the hayride. Two hours after she left, she had the baby. She sent us pictures and called him the Hayride Baby.”

One young man asked the brothers if he could bring his girlfriend to the pumpkin patch after they closed. He quickly clarified that his intentions were honorable: he wanted to propose to her by the light of the moon, surrounded by the hay bales, cornstalks and pumpkins.

Over the past seasons, Clinton and Barry have seen a lot of pumpkins roll off the lot. “Everybody looks for something different in their pumpkins,” Barry explains, “either to be used as jack-o’-lanterns or as autumn decorations. Some like the tall ones, others like the squat ones. For the jack-o’-lanterns, the shape depends on what kind of design they want to

put on it. One man wanted to know the biggest ones we had. We had several at about 125 pounds. He bought two of them. He carved them. One he put his baby son inside to take photos of the baby.”

Customers show up to load their cars, SUVs and pickups with gourds, cornstalks, pumpkins and hay bales. It’s an annual tradition for many people.

Advice on the best times to visit depends on the objective of the trip. “To avoid the rush,” Barry says, “come early in October or late October. These first few weeks, the selection is best. Mid-October is our busiest time.”

Clinton reminds that the bounce house, slide, vendors and special events take place on the weekends. “Mid-week is good for people looking for decorations. Best to come after 1:00 p.m. when the school groups have returned to school. They are usually here in the morning hours.”

Clinton and Barry Allen bring their hard work to Pumpkinville to share with the harvest with their friends and neighbors. From the Allen farm to our homes, pumpkins make the season fun. **NDN**



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The kitchen is often a danger zone for seniors who are physically or mentally disabled. When around-the-clock supervision is not available, loved ones or in-home caregivers need to assess kitchen safety and implement appropriate changes. If lighting is too dim, higher wattage light bulbs may be used or under-cabinet lighting installed over work areas. When cabinets are too high to reach easily, lower shelving or hooks can be added to make frequently used items readily available. Caregivers can help their senior clients organize the refrigerator to remove outdated or spoiled food products that could lead to food poisoning. Caregivers can also provide help or advice about the importance of cleaning up spills before unwanted insects are attracted.

Of course, no amount of safety proofing can replace the peace of mind that comes from knowing there is someone with your loved one. At COMFORT KEEPERS, we can provide the help that your loved one needs to be able to stay at home. Our compassionate caregivers offer hands-on help with dressing, bathing, and, of course, cooking.

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# Hey Neighbor!

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

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

[heyneighbor@cox.net](mailto:heyneighbor@cox.net)

## Hey Neighbor!

### AOFTA COURTYARD CAFÉ FESTIVAL TENT

September 30, 2016

From 5-10 pm, the kickoff for Williamsburg's biggest art weekend, An Occasion for the Arts! An evening of eclectic music & creative culinary options under 6000 square feet of tents. Live music from Dharma Initiative, Poisoned Dwarf and Rumble Seat Revival. Mingle with 145 artists from more than 25 states. Food, wine & craft beers available for purchase. Create your own art to add to the community mural. A CultureFix VA partnered Event. Tickets include one drink: \$25 through [www.aofta.org](http://www.aofta.org) or at the door. Sponsored by An Occasion for The Arts.

## Hey Neighbor!

### CREEKSIDE CONSERVANCY CELEBRATION

October 1, 2016

The third annual Creekside Conservancy Celebration will take place from 5:30 – 9 pm at Nettles Creek Farm on Bush Neck Road. A fundraiser for the Historic Virginia Land Conservancy, formally the Williamsburg Land Conservancy, the event promises to be one of the fall season's best! You'll be able to enjoy the beautiful water views before the party begins in the barn! Roasted oysters, a New Orleans-themed menu, jazz music, adult libations and more! It's an evening you won't want to miss! To purchase tickets visit [www.historicvirginalandconservancy.org](http://www.historicvirginalandconservancy.org) or call 565-0343.

## Hey Neighbor!

### BEST SELLING AUTHOR AT BOOK FESTIVAL

October 1, 2016

The New York Times bestselling author Rita Mae Brown headlines the Williamsburg Book Festival. Brown is joined by over 40 local and area authors. In the movement toward discovering regional talent, the Williamsburg Book Festival is a "literary taphouse" for readers to have a taste of local books and stories. Williamsburg Book Festival is from 10 am – 4 pm at The Stryker Center, 412 North Boundary Street in Williamsburg. Later in the day, from 5:30 – 6:30 pm, "An Evening with Rita Mae Brown" takes place at Andrews Hall on the campus of William & Mary. [www.WilliamsburgBookFestival.org](http://www.WilliamsburgBookFestival.org).

## Hey Neighbor!

### SCORE POINTS FOR SPRINGERS

October 1, 2016

Mid-Atlantic English Springer Spaniel Rescue (MAESSR) will host its fourth annual Captain's Choice golf tournament at the Kiskiack Golf Club in Croaker. Registration will open at 8 am, with a Shotgun Start at 9 am. The entry fee, which is \$75 per individual and \$300 for teams, includes green fees, cart, practice balls, and cookout-style lunch. There will be raffles, free range balls, and other prizes. Single golfers are welcome. For more information please contact John Keegan at (757) 869-3049 [orjkeegan@cox.net](mailto:orjkeegan@cox.net). Online registration is available at [www.maessr.org/specialevents.aspx](http://www.maessr.org/specialevents.aspx). MAESSR is a vol-

unteer-based 501 (c) (3) animal welfare organization dedicated to rescuing and rehoming English Springer Spaniels through rescue, rehabilitation, training, humane education, and community outreach.

## Hey Neighbor!

### AN OCCASION FOR THE ARTS – CALL FOR VOLUNTEERS

October 1-2, 2016

On the first weekend in October, An Occasion For The Arts will once again draw thousands of people to Merchants Square in Williamsburg for an exceptional weekend of fine art, lively stage performances, food and wine tastings, a book festival, a youth art exhibit and artistic activities for youth. From 10 am – 5 pm each day. All of this fun depends greatly on the help of volunteers. We have a variety of opportunities to choose from whether you are looking for yourself or for a group. The experience is fun, rewarding and a great way to get involved in the arts community. , to explore the many volunteer opportunities available at this year's An Occasion for the Arts, visit [www.anoccasionforthearts.volunteerlocal.com/volunteer/?id=16300](http://www.anoccasionforthearts.volunteerlocal.com/volunteer/?id=16300).

## Hey Neighbor!

### AMERICAN INDIAN INTERTRIBAL POWWOW

October 1-2, 2016

Jamestown Settlement, featuring song and dance by members of American Indian tribes, storytelling and a film presentation. Admission to Jamestown Settlement is \$17.00 adults and \$8.00 ages 6-12. Children under 6 are free. Museum hours

are 9 am – 5 pm daily. Jamestown Settlement is located on Route 31 South in Williamsburg. For information, call (888) 593-4682 toll-free or (757) 253-4838, or visit [www.historyisfun.org](http://www.historyisfun.org). (Direct URL: <http://www.historyisfun.org/jamestown-settlement/powwow/>)

## Hey Neighbor!

### TRINITY ORGAN CONCERT SERIES

October 5, 2016

Organist Aaron Renninger will present "Music of Germany - a Trip through the Centuries." All are invited to bring lunch to eat following the FREE concert. Beverages will be provided. Time: 12 noon at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, call (757) 229-3631 or visit [www.bede.va.gov/concerts](http://www.bede.va.gov/concerts).

## Hey Neighbor!

### REGAINING HOPE FOR SEPARATED AND DIVORCED CATHOLICS

October 6, 2016

From 6-7:30 pm, at St. Bede Catholic Church Annex, the 13-week support program to help Catholics recover from the emotional pain of separation and divorce will begin. With its uniquely Catholic perspective, the program addresses the key challenges brought on by separation and divorce and leads participants down the path to recovery by helping them re-discover, understand and live the beauty and wisdom of the Catholic faith. Participants experience real healing and renewal of hope during the program and their faith journey. Participant confidentiality is



## United for Home

United Way provides services and resources to homeless families to empower them to move into permanent housing.

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respected. Contact Deacon Francis Roettinger at (757) 603-6989 ext2308 or froettinger@bedeva.org.

### Hey Neighbor! MEN'S CHARITY TENNIS TOURNAMENT

October 7, 2016

The 18th Middle Peninsula Insurance Men's Charity Tennis Tournament to benefit Hospice House and Support Care of Williamsburg will be held at the McCormack-Nagelsen Tennis Center. In addition to the tournament, a silent auction will be held at the tennis center during the event. Additional participants and spectators are welcome.

### Hey Neighbor! 26TH CHILDREN'S CONSIGNMENT SALE

October 7-8, 2016

Our sale is free and open to all families to consign, volunteer and shop. Shopping Hours: October 7 from 11 am\* - 7 pm (\*Get in at 10:00am with a Jar of Peanut Butter for FISH) and October 8 from 8 am - noon. At King of Glory Lutheran Church 4897 Longhill Road. Great selection of new and gently used seasonal children's clothing for expectant parents and growing children (newborn to teen), maternity clothing, costumes, formal wear, nursery and children's furniture, room accessories, baby equipment, strollers, high chairs, toys, books, videos, puzzles, games,

and bikes. Non-profit sale benefiting local families in need the King of Glory Preschool Tuition Assistance Program, FISH, Grove Christian Outreach, Storybook Connection program, and Gowns for Hounds.

### Hey Neighbor! WALK N' TALK N' PICNIC

October 8, 2016  
At 10:30 am, Robert Wright, VNPS member and vocational ecologist from Richmond will lead a "walk and talk" and picnic at the shelter at Wahrani Trail, Route 33 at Eltham, New Kent. This hike will explore the entire trail system at Wahrani and will search the ravines, bottoms, slopes and streambanks documenting the high diversity of vegetation at the park. Please e-mail or call Robert at robertwright\_1@hotmail.com or 571 228 8144 to register. A minimum of 12 participants is required. Sponsored by the John Clayton Chapter, Virginia Native Plant society.

### Hey Neighbor! THE WILLIAMSBURG SYMPHONY ORCHESTRA PRESENTS SOPRANO SENSATION

October 10-11, 2016  
Kimball Theatre, 424 W. Duke of Gloucester St. at 8 pm. Opening concert of the 2016-2017 Masterworks series features guest vocalist Julia Bullock. Conducted by Music Director Janna Hymes. For tickets and season subscriptions call

(757) 229-9857.

### Hey Neighbor! LANDSCAPING FOR POLLINATORS

October 11, 2016  
From 1 - 3 pm at Our Saviour Lutheran Church, 7479 Richmond Rd. in Norge. The Colonial Triangle Unit of the Herb Society will feature a presentation, "Landscaping for Pollinators" by Denise Greene, owner of Sassafras Farm, Hayes, VA. Ms. Green will inspire you with ways to incorporate native plants into your landscape in a common-sense way. Meeting is open to the public and free of charge. For more information, contact Sally Sissel at (757) 258-9638.

### Hey Neighbor! FREE GENEALOGY LOOK UP SERVICE

October 13, 2016  
The Williamsburg Chapter, National Society Daughters of the American Revolution (NSDAR) and the Williamsburg Regional Library (WRL) will host a FREE genealogy "look-up" service from 10 am - 3 pm at the Williamsburg Library, 515 Scotland Street. DAR volunteers will be on hand to search the national DAR web site to help those seeking Revolutionary ancestors. WRL librarians will help visitors with genealogy reference books and provide online access to the library's databases, Ancestry and HeritageQuest. Mark your calendars now. For more information call

DAR at (757) 221-6686 or email: valee@widomaker.com or call WRL at (757) 259-4050 or email: cburcher@wrl.org.

### Hey Neighbor! "WINE FOR THE MIND" RECEPTION

October 13, 2016  
From 5-7 pm at Morningside of Williamsburg (440 McLaws Circle). Enjoy a wonderful and complimentary evening with friends, great food and drink, live music, raffle items and silent auction. All proceeds benefit "Williamsburg Walk to End Alzheimer's" (The walk will take place October 22 at Matthew Whaley Elementary School.) "No one is more cherished in this world than someone who lightens the burden of another."

### Hey Neighbor! ECOLOGICAL LESSONS TO BE LEARNED FROM PLANT AND INSECT INTERACTIONS

October 15, 2016  
Freedom Park Interpretive Center, 10 am, open to the public. Dr. Shawn Dash, who grew up in Baltimore, Maryland, began collecting and studying specimens from the natural world at a very early age. Shawn will discuss the evolution of plant and insect communities while exploring pollination, herbivory, hyper-parasites, and plant defenses. This event is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical

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**Hey Neighbor!**  
**2010 JEEP FESTIVAL**  
October 15, 2016

From 11 am - 4 pm, rain or shine at the Marquis Shopping Center in Williamsburg. Jeep show, Jeep rodeo, door prizes, food and merchandise vendors, kids corner. Spectators free! Participants pre-register @www.mpjai.com. Mark your calendar now! Sponsored by the Middle Peninsula Jeep Association.

**Hey Neighbor!**  
**RUN FOR THE HILLS 5K/10K & FALL FEST**  
October 15, 2016

Sanford B. Wanner Stadium, 4725 Stadium Drive, Williamsburg, VA 23188. Hit the trails for a day of exercise and fun. Join us virtually or on site for a challenging combination of roads and beautiful nature trails through the Warhill Sports Complex and adjacent areas. Some participants choose to run or walk the 5K or 10K alone or with their own 'team' of friends. A 1 mile fun-run will be held before the 5K and 10K. Registration fees increase \$5 on October 1. Proceeds benefit Beyond Boobs! Beyond Boobs! promotes breast health education and early detection and

support for young women diagnosed with breast cancer. To find out more about Beyond Boobs! and their mission, visit us at www.beyondboobs.org.

**Hey Neighbor!**  
**WILBERT M. WALLACE SCHOLARSHIP FOUNDATION ANNIVERSARY**  
October 15, 2016

The Wilbert M. Wallace Scholarship Foundation will celebrate its 26th Anniversary with an Anniversary Luncheon at 1 pm at the Williamsburg Community Building, 401 North Boundary Street. Cost \$30 for adults and \$15 for children age 11 and under. This Foundation provides scholarships to eligible high school graduates in York & James City Counties and the City of Williamsburg. For additional information call (757)220-0807.

**Hey Neighbor!**  
**YORKTOWN VICTORY CELEBRATION**  
October 15-16, 2016

Yorktown Victory Celebration & Preview of the American Revolution Museum at Yorktown, Yorktown Victory Center. The 235th anniversary of America's momentous 1781 Revolutionary War victory at Yorktown is celebrated with hands-on military experiences, artillery firings, and a preview of the American Revolution Museum at Yorktown with the debut of the new introductory film and exhibition galleries. Commemorative events take place

on October 19 at Yorktown Battlefield and in historic Yorktown. Admission is \$9.75 for adults and \$5.50 (ages 6-12). Children under 6 are free. A value-priced combination ticket is available with Jamestown Settlement, a museum of 17th-century Virginia. The Yorktown Victory Center, transitioning to the American Revolution Museum at Yorktown, is open 9 a.m.-5 p.m. daily and located on Route 1020 in Yorktown. For information, call (888) 593-4682 toll-free or (757) 253-4838, or visit www.historyisfun.org.

**Hey Neighbor!**  
**THE AUXILIARY OF SENTARA WILLIAMSBURG HOSPITAL "IN THE BAG LEATHER" VENDOR SALE**  
October 18, 2016

From 7 am - 4 pm at the RL Graves Conference Room, Sentara Williamsburg Hospital, 100 Sentara Circle. The sixth 2016 Vendor Sale, "In The Bag Leather", will include wallets, luggage and purses of all sizes including overstock Designer items. Proceeds support the Sentara Williamsburg Auxiliary's Scholarship and Free Mammogram Program. Contact: barbie-siegel@yahoo.com.

**Hey Neighbor!**  
**HARRIS SIMON, JAZZ PIANIST**  
October 19, 2016

The Williamsburg Music Club proudly presents renowned Jazz Pianist Harris Simon in a program of jazz favorites and

unique arrangements. Program begins at 11 am preceded by "Coffee & Conversation" at 10 am. This program is free and open to the public. Lewis Hall in Bruton Parish, 222 Duke of Gloucester Street. For more information, contact (757) 291-9082 or www.williamsburgmusicclub.org.

**Hey Neighbor!**  
**VIRGINIA GERMAN SHEPHERD RESCUE ADOPTION EVENT**  
October 20, 2016

From 11 am -2 pm at Petco, 4600 Casey Blvd, Williamsburg. Meet our beautiful German Shepherds awaiting adoption in foster homes. Learn how to adopt. Foster. Volunteer. Donate. Join the hardworking volunteers that make this possible. Learn about this wonderful, intelligent breed and the rescue process. Volunteers and foster homes are always needed. Donations are accepted and tax deductible. For more information: www.vgsr.org.

**Hey Neighbor!**  
**COLONIAL HERITAGE INVESTMENT CLUB**  
October 20, 2016

Meets at Colonial Heritage Clubhouse, 6500 Arthur Hills Drive, Williamsburg. Open to anyone with an interest in investing, from beginners to seasoned traders, including people who work with an investment advisor. Meetings held on third Thursday of each month from 9:30 - 11:30 am. A wide range of investment

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topics are covered through presentations, discussions, and question-answer sessions, all with a common goal of helping people learn more about the markets, investment alternatives, and managing their portfolios. The club does not invest money, buy securities, or permit sales presentations. Guests admitted free.

### Hey Neighbor! VINE & DINE FOR A CAUSE

October 22, 2016

From 2-6 pm, follow the vine through the High Street area of Williamsburg while sampling delicious food and beverages from local businesses...all for local charities of The ARC, FISH, and CDR! There will be live entertainment provided by Liana Dagmar of The Hark, Familiar Faces (a collaboration between Dog Street Boys and London), 10 foot 6, and Scott Wise. For more information call Christie at (757) 645-4475. The event is hosted by Child Development Resources and presented by The Health Journal.

### Hey Neighbor! CHARITY GOLF TOURNAMENT FOR VIRGINIA VETERANS

October 22, 2016

The Un-Refiners Golf League is holding its 6th Annual Open Charity Golf Tournament at the Newport News Deer Run Golf Course. Cost is \$70 per player. Registration starts at 7:30 am with a shotgun start at 8:30 am. Registration deadline is October 10. Price includes goody bag, green and cart fees, range balls and luncheon. All net proceeds go to the Virginia Veterans and Family Support Program. Register as an individual player or form your own team by contacting Bill Kennedy at (757) 871-8369 or at bigbuckbill@gmail.com.

### Hey Neighbor! THE FRIENDS OF GREEN SPRING ANNUAL TOUR OF HISTORIC GREEN SPRING

October 22, 2016

Free admission. In partnership with Colonial National Historical Park. From 10 am - 3 pm. The theme of this year's Tour will be "African-American Experience at Green Spring: Pathway to Freedom." Two signifi-

cant events will be interpreted. The first is a gathering at Green Spring Plantation in 1776 of a group of slaves and free blacks who wanted to worship God in their own way. Their meeting led to the formation of the First Baptist Church of Williamsburg which endures to this day. The second event occurred in 1802 upon the death of William Ludwell Lee, the owner of Green Spring. In his will, he freed his slaves and made provisions for their education and support. Between 1803 and 1818 more than thirty African Americans were freed and resettled on farmsteads in the "Hot Water Tract." The descendants of these freed slaves created one of the first Free Black communities in the nation. The acreage was gradually broken up during the 19th century, and the remaining land forms the nucleus of today's Freedom Park which will be included in the tour. Shuttle service from Jamestown High School, Historic Jamestowne, and Freedom Park to the site. For more information, see The Friends of Green Spring website at: [HistoricGreenSpring.org](http://HistoricGreenSpring.org).

### Hey Neighbor! THE AUXILIARY OF SENTARA WILLIAMSBURG HOSPITAL "WE SHOULD BE DANCING"

October 22, 2016

From 5:30 - 9:30 pm at the Colonial Heritage Clubhouse Ballroom. The Auxiliary of Sentara Williamsburg Hospital presents this fund raising event. Tickets are \$85 per person. Proceeds support patient oriented Auxiliary projects. Contact: Marty Jones, [martyjones@cox.net](mailto:martyjones@cox.net), or Dollie Marshall, [dollie.marshall@gmail.com](mailto:dollie.marshall@gmail.com).

### Hey Neighbor! RUN FOR THE ARTS

October 23, 2016

Triangle Arts & Culture League is celebrating Fall Arts with a 10K "Run for the Arts" from 9 am - noon at Riverwalk Landing, Yorktown. The race includes a short run for kids, chalk art festival managed by Holly Winslow, plein art artists, beer, food, plus live music by the Smith Wade Band. Proceeds fund Sculpture Art Playgrounds and the mission of TACL. Learn more at [TACL-VA.org](http://TACL-VA.org).

org / Run for Arts.

### Hey Neighbor! WILLIAMSBURG'S COUNTRY MUSIC STAR, CANAAN SMITH CONCERT

October 23, 2016

Williamsburg's own Canaan Smith returns to perform at Briggs Amphitheater at Lake Matoaka. You'll hear his platinum-certified single "Love You Like That," hit #1 on the Billboard chart, and his current hit #39, "Hole In a Bottle." Both songs are from his debut album, BRONCO. Bronco is the title track and is the story of the loss of his brother, Nathaniel, who died in a car accident. Canaan's concert is a benefit concert for his brother's "Nathaniel Reid Smith Mission and Scholarship" fund at Williamsburg Christian Academy. Tickets may be purchased at Ticketmaster. Donors and Sponsors may participate by contacting Suzanne Maggio at (757) 220-1978.

### Hey Neighbor! WOMAN'S CLUB MEETING

October 26, 2016

All Williamsburg, VA-area women interested in learning more about The Woman's Club of Williamsburg-GFWC are invited to attend our October meeting! Choose from a daytime meeting on October 26 from 11:15 am - 1:30 pm at the Colonial Heritage Club House, 6500 Arthur Hills Dr., in Williamsburg, or a meeting that evening at 6:15 pm at Sentara Williamsburg Regional Medical Center's Robert Graves conference room, 100 Sentara Circle, Williamsburg. The daytime meeting includes lunch (\$14) and a presentation by invited speaker Charlotte Klamer, Executive Director of Colonial Court Appointed Special Advocates. To attend, send an email to [info@womansclubofwilliamsburg.org](mailto:info@womansclubofwilliamsburg.org) by Oct. 18. The non-profit Woman's Club of Williamsburg-GFWC is a group of women with a common interest in community welfare and philanthropic projects. The Club provides financial support for a variety of local, national and international humanitarian organizations. Visit [www.womansclubofwilliamsburg.org](http://www.womansclubofwilliamsburg.org) for more information about our club's activities.

### Hey Neighbor! 41ST MARINE CORPS MARATHON TEAM LATISHA

October 30, 2016

Latisha's House Foundation is seeking runners to join "Team Latisha's House" and financial sponsors for the 41st Marine Corp Marathon in Washington, DC. Latisha's House is a 501 (c) (3) non-profit safe house for human sex trafficked women in James City County. To be a part of "Team Latisha's House," contact Executive Director Elizabeth Ameling at [latishashouse@gmail.com](mailto:latishashouse@gmail.com); (757) 603-2255 or [jdamingel@gmail.com](mailto:jdamingel@gmail.com); or go to [www.latishashouse.com](http://www.latishashouse.com). "Changing One Life at a Time, Changing the World for Future Generations."

### Hey Neighbor! THE ART OF TASTE

October 30, 2016

From 3 - 6 pm, sample wares from two breweries; two cideries, two meaderies, a winery and five distilleries and learn how to infuse products for outstanding craft cocktails at home. Music by Orion and Chesapeake Bearcats. A great way to wrap up a fantastic weekend in Williamsburg! A part of An Occasion for the Arts. Tickets \$25 in advance; \$35 at the door. Logo glass included. Purchase tickets at [www.aofta.org](http://www.aofta.org).

### Hey Neighbor! PET PARENT SEMINAR FOR VISITING CANINES PROGRAM

November 5, 2016

Williamsburg Area Faith In Action will host its 1st Annual Pet Parent Seminar at the James City County Recreation Center from 9:30 am - 12:30 pm. If you are a pet lover, then this is just the event for you. This educational event will provide you with great information about how to make your pets lives as healthy & happy as possible! Registration is \$10.00 per person and \$20 per pair (2 people). Proceeds will benefit our new Visiting Canines Program, a unique program that brings certified therapy dogs to visit lonely seniors in their homes. Register online at [www.wfia.org](http://www.wfia.org), by phone at (757) 707-8040, or at our office, 354 McLaws Cir, Suite 2, Williams-

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burg by October 31, 2016.

### Hey Neighbor!

#### VIRGINIA THANKSGIVING FESTIVAL

November 6, 2016

The Virginia Thanksgiving Festival is a fun filled family day. The first English Thanksgiving in America, which occurred on December 4, 1619 at Berkeley Plantation, is re-enacted on the lawn. Activities include a parade, horse drawn carriages, fife and drums, musicians, magicians, Colonial period games and dancing, arts and crafts, corn maze, storytelling, corn-husk doll making, candle dipping, choral groups and dancing by the Chickahominy Tribal Dancers. A Silent Auction, along with the sale of souvenirs, is also held. Hours are from noon – 4 pm, with house tours beginning at 9 am and admission to the grounds in free. There is a \$10 per car parking donation. For more information call (888) 466-6018 or (804) 829-6018 or visit our web site at [www.virginiathanksgivingfestival.com](http://www.virginiathanksgivingfestival.com).

### Hey Neighbor!

#### CANDLELIGHT MEMORIAL FOR THE WILLIAMSBURG COMMUNITY

November 10, 2016

Hosted by Hospice House & Support Care of Williamsburg from 4:30 – 6 pm. Members of the greater Williamsburg community area invited to join Hospice

House & Support Care of Williamsburg for a nondenominational candlelight memorial service to remember anyone who has passed away in the Williamsburg community as well as those who have passed away at Hospice House in the last year. Service will be held at King of Glory Lutheran Church, 4897 Longhill Road, Williamsburg. Contact Chaplain Hannah Creager at (757) 253-1220 or [hcreager@williamsburghospice.org](mailto:hcreager@williamsburghospice.org) to add a loved one to the list.

### Hey Neighbor!

#### VETERANS BLUE STAR MEMORIAL DEDICATION

November 11, 2016

The Williamsburg Area Council of Garden Clubs and the City of Williamsburg will dedicate a Blue Star Memorial Marker at the newly established site in Bicentennial Park, located at Nassau and Newport Avenue, at 1:30pm on Veterans Day. Local officials, veterans, and garden club officers will take part in the ceremony. Patriotic music, honoring our veterans, will be part of the ceremony. Open to the public, especially veterans, service members and their families. Contact [ggknowles@cox.net](mailto:ggknowles@cox.net) or (757) 651-0401.

### Hey Neighbor!

#### HEARTCHASE COMMUNITY ADVENTURE GAME

November 12, 2016

From 8 am – 12 noon at Legacy Hall, New Town (4801 Courthouse Road), Heart-Chase is loads of fun... with a purpose! It's a chance to help our community and the AHA chase away heart disease for good. Teams of 2-5 people will compete against other teams in a chase through the community. The team with the most points at the end of the clock wins! While the event is free to play, chasing away heart disease is no small task and the AHA needs everyone's help to make it possible. We've created a series of Game Advantage Cards that are used to get a head start on chase day. The first Game Advantage Card only goes to the first ten teams to reach \$100. The team with the highest donation total wins a special, one of a kind Game Advantage Card! For information, contact [heartchasewilliamsburg.org](http://heartchasewilliamsburg.org).

### Hey Neighbor!

#### WILLIAMSBURG WOMENS CHORUS SELECT ENSEMBLE "THE CHORALIERS"

November 16th 2016

The Williamsburg Music Club proudly presents the select ensemble "The Choraliars" of the Williamsburg Women's Chorus in a program of the highest finesse of vocal choral ensembles. Program begins at 11 am preceded by "Coffee & Conversation" at 10 a.m. This program is free and

open to the public. Lewis Hall in Bruton Parish, 222 Duke of Gloucester Street. For more information, contact (757) 291-9082 or

[www.williamsburgmusicclub.org](http://www.williamsburgmusicclub.org).

### Hey Neighbor!

#### NATIVE USES OF NATIVE PLANTS

November 19, 2016

Freedom Park Interpretive Center, 10 am, open to the public. Helen Hamilton, author and former high school science teacher, will deliver a PowerPoint talk about the food, structures, and medicines used by Native Americans. Helen will explore how the native materials provided the survival needs for early settlers of eastern North America, with an emphasis on the experience at Jamestown. This event is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical Garden. The program is free, although a \$5.00 donation to help the Garden grow is appreciated. For more information, contact Helen at (757) 564-4494 or email her at [helen48@cox.net](mailto:helen48@cox.net).

### Hey Neighbor!

#### FOODS & FEASTS OF COLONIAL VIRGINIA

November 24-26, 2016

The holiday season begins on Thanksgiving Day with a three-day event that explores

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food ways of 17th- and 18th-century Virginia and centuries-old cooking and preservation methods. At Jamestown Settlement, historical interpreters demonstrate how food was gathered, preserved and prepared on land and at sea by Virginia's English colonists and Powhatan Indians. At the American Revolution Museum at Yorktown, programs examine typical soldiers' fare during the American Revolution and trace the bounty of a farm from field to kitchen. Learn more at <http://www.historyisfun.org/jamestown-settlement/foods-and-feasts/>. Admission to Jamestown Settlement is \$17 for adults and \$8 for ages 6-12 and, to the American Revolution Museum at Yorktown, \$9.75 for adults and \$5.50 for ages 6-12. Children under 6 are admitted free. A combination ticket is \$21.25 for adults and \$10.75 for ages 6-12. An American Heritage Annual Pass for Virginia residents, available only online at \$21.25 for adults and \$10.75 for ages 6-12, makes a great holiday gift and offers recipients one year of unlimited admission to both museums.

### Hey Neighbor!

#### FALL COLORS ON THE NOLAND TRAIL

November 20, 2016

At 2 pm, meet at the Holly Overlook parking area (GPS coordinates approximately 37.046776, -76.487540) in Mariner's Museum Park, Newport News. The walk, approximately 2 miles, will cover a portion of the Noland Trail in Mariner's Museum Park, where many trees should be showing bright colors. Peninsula Master Naturalist Susie Yager will lead this colorful walk and discuss how the power of observation can help us identify fall trees from a distance by their general growth habit and leaf color. In addition to the autumn leaves, there will be color from fruiting American Holly, Winterberry Holly, Partridgeberry, and Swamp Rose. Migrating waterfowl often stop over at Lake Maury, so you may want to bring camera or binoculars. Contact Susie Yager to register at [soozigus@cox.net](mailto:soozigus@cox.net). Sponsored by the John Clayton Chapter, Virginia Native Plant society

### Hey Neighbor!

#### A COLONIAL CHRISTMAS

December 1-31, 2016

Holiday traditions of 17th- and 18th-century Virginia are recalled throughout the month with special interpretive programs and, December 23-31, period musical entertainment and daily appearances at Jamestown Settlement by the Lord of Misrule. A Jamestown Settlement holiday film compares and contrasts English Christmas customs of the period with how the season may have been observed in the difficult early years of the Jamestown colony. Visitors to the American Revolution Museum at Yorktown can hear accounts of Christmas and winter in a Continental Army encampment and glimpse holiday preparations at a period farm. Learn more at <http://www.historyisfun.org/jamestown-settlement/a-colonial-christmas/>.

### Hey Neighbor!

#### HERITAGE HUMANE SOCIETY AUXILIARY CHRISTMAS BAZAAR

December 10, 2016

The Heritage Humane Society Auxiliary presents the annual Christmas Bazaar from 9 am - 3 pm at Bruton Parish Hall on Duke of Gloucester Street in Colonial Williamsburg to raise money for homeless shelter pets. Come early for the best selection of gourmet soups from fifteen fine Williamsburg restaurants, one of the biggest bake sales in town, a wide variety of gifts for pets and people (many handmade), animal themed books for all ages, scarves, jewelry, plush pets to "adopt", and exciting raffle prizes highlighted by a 50/50 raffle. You also will find themed gift baskets, "critter baskets", and specialty cuisine to order for later delivery (new this year!). For more information, visit [www.heritagehumanesociety.org](http://www.heritagehumanesociety.org). All proceeds benefit the Heritage Humane Society.

### Hey Neighbor!

#### BUILDING A VOCAL COMMUNITY: THE POWER OF SONG IN COMMUNITY

January 27-28, 2017

This is a 2-day event at the William & Mary School of Education, starting 6-9 pm Friday and continuing 9 am-4 pm Saturday (lunch provided). Internation-

ally renowned singer/conductor Dr. Ysaye Barnwell will lead participants in experiencing African & African American musical traditions while exploring the power of music to bring communities together. No musical experience or talent needed! \$50 for general admission; \$15 for students. Search for the event on Facebook or Eventbrite.com or email [wmsbgvocalcommunity@gmail.com](mailto:wmsbgvocalcommunity@gmail.com) for more information and a registration link.

### Hey Neighbor!

#### GOT A PLANT PROBLEM? HELP DESK

Ongoing through October  
Find out what's wrong and what's right with your yard when you stop by the Diagnostic Clinic operated by Virginia Cooperative Extension James City/ Williamsburg Master Gardeners out of the Virginia Cooperative Extension Office located at 3127 Forge Road, Toano area of James City County. Bring in a specimen and a picture of the problem and find out what to do about it. The clinic is open 9 am - noon Mondays now through Oct. 24. The Master Gardeners also man a call-in Help Desk 9 am - 1 pm, Monday-Friday through Oct. 31; call 564-2175. Learn more about the Williamsburg area Master Gardeners at <http://jccwmg.org> or call 564-2170

### Hey Neighbor!

#### SEEKING VOLUNTEER TAX PREPARERS

Ongoing  
Williamsburg AARP Foundation Tax-Aide is looking for volunteers to assist seniors and low/moderate-income taxpayers in completing their 2016 Federal and Virginia tax returns. IRS certification training is provided during classes in early January. Basic knowledge of tax return preparation, as well as the ability to do returns on a computer, are needed. We help over 2,500 local taxpayers each year take advantage of tax credits and tax law changes, resulting in refunds of over \$3 million. The service will be offered at the Williamsburg and James City County Libraries in 2017 from February 1 to April 15. We also need facilitators for each session to register and do an initial screening of our clients. Please

email District Coordinator George Richmond at [grichmond4@live.com](mailto:grichmond4@live.com) if you are interested in becoming a Tax-Aide volunteer.

### Hey Neighbor!

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

Online and Ongoing

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

### Hey Neighbor!

#### HISTORIC JAMESTOWNE SEEKING VOLUNTEERS

Ongoing

Historic Jamestowne seeks volunteers to greet and engage guests as well provide accurate information about this premier historic site. A variety of volunteer opportunities are available, including Visitor Center greeters, Fort Site interpreters, and Docents in our archaeological museum, the Archaearium. Volunteer shifts are available Monday through Sunday, 9:30 am - 1 pm and 1 - 4:30 pm. Training sessions will be held in the Spring and Fall. If you are interested in volunteering at Historic Jamestowne, please contact Kelly Williams at [kwilliams@preservationvirginia.org](mailto:kwilliams@preservationvirginia.org).

For a complete listing, visit [WilliamsburgNeighbors.com](http://WilliamsburgNeighbors.com)

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

**Enjoy!**

**Look for the answers**

September 2016  
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