

November 2007

WILLIAMSBURG'S

Next Door Neighbors

VOL. 1, ISSUE 8

PRICELESS

Discovering the people who call Williamsburg home

Williamsburg's Good Health Fairy

René Bowditch

Sister Berenice
91 Years Young

How They Do It

Four Williamsburg Women Tell Us
How They Keep Fit

This community notice is sponsored by:



BayLands
Federal Credit Union

See our advertisement on Pg. 11 of this issue

An Autumn Night to Remember

Auction to benefit Williamsburg Co-Op's Scholarship Fund

Saturday, November 3

See Pg. 23 of this issue for more information!

COVER PHOTO BY MONICA SIGMON

MAKE IT, TAKE IT, BAKE IT!

For a healthy lifestyle, try our **Extreme Fitness Meals!**

10% off with this ad
or use promo code "NN10"
when registering online.

- Developed by **Supper Thyme USA Corporate Chef**
- **325 calories or less**
- **Low in fat**
- **Emphasis on higher protein and lower carbohydrates**

Pre-assembled meals that are designed for individuals seeking a low calorie and/or healthy eating lifestyle. Includes 10 homemade meals, 3 servings in each pan, for a total of 30 servings.



**JOIN US FOR OUR
FALL OPEN HOUSE
OCT. 27TH
10 A.M. TO 1 P.M.**



(757) 229-1262

4854 Longhill Rd., Williamsburg

www.supperthymeusa.com



© Monica Sigmon

Meredith Collins, Publisher

Next Door Neighbors is bringing you a variety of stories related to health in this issue. We've tried to bring you interesting interviews we've had with people who are busy living their lives where health plays an important role.

Good health is important to us all, but it may not be something we spend a lot of time dwelling on or maybe even striving for. In fact, we may even take it for granted.

We all know that eating right, exercising, reducing stress and putting ourselves

in a positive living environment is important, but that knowledge sometimes isn't enough to make things right when our lives get out of balance. In this issue, we asked people what they do to ensure good health or what they do to help others attain it. I hope you find it enjoyable and interesting to read. NDN

Inside

PAGE 3

**Meet René Bowditch,
Williamsburg's Good Health Fairy**

PAGE 6

Lifestyle Options for Retirement Living

PAGE 9

**Kerry Mellette Leads the Way for Better Health at
Williamsburg Community Health Foundation**

PAGE 12

**How They Do It: Four Williamsburg Women Tell
Us How They Stay Healthy**

PAGE 19

Alternative Health Methods in Williamsburg

PAGE 23

Hey Neighbor!

cover photography by
Monica Sigmon

757.564.8533
www.monicasigmon.com



Adding flavor to life.

Just one way Spring
Arbor defines
"quality of life."



Call for a tour today.
757-565-3583

springarborliving.com



AN INTERVIEW WITH WILLIAMSBURG'S

Good Health Fairy

By Meredith Collins

I recently interviewed René Bowditch to find out why she dons fairy-like clothing and calls on sick people to inject a bit of humor in their lives. It seems unusual, and I was intrigued by her creativity and energy. Where did the idea come from? What inspires her to do this?

I called René and asked her if I could interview her. We met at the Coffee Beanery one afternoon to visit in an unhurried fashion so I could find out more about this William & Mary adjunct law professor who dresses up in fairy clothing.

M: I'm curious. You, at some point in time, decided to don fairy clothing and visit sick people. So I'm interested in knowing if you, yourself, have been sick?

R: Yes, but the fairy came first.

M: So one day you woke up and decided to be a good health fairy?

R: No, actually it's all from Jim Shaw. He is a retired physician who helped start the Lackey Free Clinic. Jim was diagnosed with cancer. This was maybe 8 years ago. He ended up, as part of the treatment, at UVa, and had to be in a halo for six months which was very confining, very uncomfortable. Cooka (Jim's wife) was saying how depressed he was, that he'd come home and was really down and she didn't know what to do. So I thought I'd go see him and take him a balloon bouquet. Then I thought, 'Oh! Well, I can dress up and that'll make it more fun.' So I went in Tilden's (René's daughter) dress up box and I found a fairy costume. I found a crown; I found a boa, some rhinestone earrings and this dress that had belonged to an old college friend and was now one of Tilden's dress up clothes. So I put it all on, put a lot of makeup on

and I drove to Kingsmill. I go to Jim Shaw's house and knock on the door, Cooka opens the door and goes 'Oh my God, come in!' Well, he just started laughing because I was so ridiculous looking – and that's the whole thing, because humor heals.

M: I guess you realized by doing that you brought joy to him and you kind of changed his outlook, at least for the moment and hopefully after that. So you decided you would do it again?

R: I didn't decide right then. No. I call it a God thing. That's where it comes from. He has given me the opportunity to do it again and again. It's my ministry, more than anything.

M: Do you always know the people you visit?

R: In the beginning I saw people I knew, or if someone I knew asked me to go see them. It wasn't something I set out to do, but when it seemed right it would happen. At first it wasn't a lot, and that was fine because it was just something I did. But when the fairy goes to groups, she makes happy stickers. She goes to Michaels and gets all those little sparkly stickers. She just goes around talking to people and sticks happy stickers on them. Everybody, as she walks up to them, starts to smile because she is so outrageous.

M: You speak of the fairy in the third person. Is she the angel part of you?

R: Well, my friends say she's my alter ego. I do speak of her in the third person.

M: Have you been to Sentara and visited some of the patients as the Good Health Fairy?

R: Yes. I've never had anybody have a bad reaction. I just walk in and say 'I'm the Good Health Fairy. I'm just here to wish you a Merry Christmas and see how you're doing.' I think it was last Christmas or the one before my son went with me. He's 6'6" and I put reindeer ears on his head, so I had my reindeer with me on Christmas Day. My kids are really good about it. A lot of kids would be embarrassed. They really admire it, I think.



René Bowditch is an adjunct law professor who likes to put smiles on the faces of the sick people she visits.

© 2007 Monica Sigmund Photography

M: You said the Good Health Fairy came first, but you had been sick.



René Bowditch's first Good Health Fairy visit with Jim Shaw.

R: I knew something was wrong when I was 49 years old because I had pain. I started going to doctors asking what was going on. Everybody said it's just fibrocystic breast disease but it wasn't. So, I was diagnosed with breast cancer. My friend, Jim

Shaw, had a recurrence at the same time. We ended up going through radiation together on the same days.

M: Tell me about 'Beyond Boobs'. How did this come about?

R: When you are diagnosed, if you wish, an American Cancer Society Reach to Recovery volunteer is matched with you. It's a person who has gone through what you're getting ready to go through. It's not a long term relationship, typically it's just one or two visits. My Reach to Recovery volunteer was the first positive role model I saw. She was a 15 year survivor and she played golf everyday – I thought I can do this! Really encouraging. I had on my heart the young women in these support groups, because they have different issues than the older women in the group. Mary Beth (friend and breast cancer survivor) and I talked about it and she said 'yeah, they do have different issues'. I suggested we get together - there were two others also. We started off not having regular meetings, but we now meet the third Thursday of the month. It's been so healing for all of them, and for me – hugely healing for me.

At first I named them the Young Breast Cancer Survivors. In one meeting this past winter, we decided we didn't like the name - we wanted to be beyond cancer and all of that. Somebody came up with 'Beyond Boobs' and everyone laughed. They're saying that stuff (boobs) isn't important; for them it's absolutely perfect. To people who don't understand them, we can't do anything about that. The name is memorable. We have a whole page on why we named ourselves that.

M: I've heard about the Beyond Boobs calendar project. (See sidebar to the right.) Did the calendar idea come from this group?

R: Jen Unger, who was new to our group, said she wanted to do a breast cancer calendar, like the calendar girls, to raise awareness about breast cancer in younger women. So, we're at the meeting and everyone took hold of it. We found out that most of their diagnoses were delayed by months or years because they were thought to be 'too young' to have breast cancer. We wanted to do this to raise awareness. NDN

Want to know more about *A Calendar to Live By?*

"Make a 'date' with your breasts" is the life-saving message. A group of young breast cancer survivors is committed to sharing with all women to urge them to take responsibility for their breast health, and they are using A Calendar to Live By to explain how to do this.

This unique calendar features uplifting, artistic and inspirational images by local photographic artist Monica Sigmon, of young breast cancer survivors portraying life affirming messages such as "laugh", "love", and "celebrate". It also contains 11 pages of resource information to help women combat their fears and take responsibility for their own breast health.

The calendars may be purchased for \$15.00 (plus tax) and will be available for delivery October 25th. They will also be available at a number of locations including: Art Café, College of William & Mary Bookstore, Comber Physical Therapy, G. Bates, Farm Fresh, The Mole Hole, Old Town Pharmacy, Sacred Grounds, Shear Magic, Williamsburg Fine Art, Williamsburg Sentara Regional Medical Center, and Ukrops. Calendars may also be purchased on-line at www.beyondboobs.org.

Ten percent of the net proceeds from the sale of the calendars will be donated to the Tidewater Affiliate of Susan G. Komen for the Cure. The remainder will benefit Beyond Boobs! Inc., a local non-profit organization dedicated to saving lives by educating all women about breast health and supporting young women with breast cancer. Beyond Boobs! Inc. will donate calendars to clinics serving economically disadvantaged women who may not otherwise have access to this life-saving information.



An Event to Live By

Presented by Beyond Boobs! Inc. & Monica Sigmon
Made possible by Williamsburg Sentara Regional Medical Center, Farm Fresh and The Catering Company

A very special evening to celebrate A Calendar to Live By and spread the life-saving message of early detection.

October 25, 2007 - 7:00 to 9:00 p.m.
The Lobby of Williamsburg Sentara Regional Medical Center

Tickets are available for \$50 per person and include A Calendar to Live By.

To purchase calendars or tickets, please contact Mary Beth Gibson at 757.741.1027 or René Bowditch at 757.561.4749.

For more information please visit www.beyondboobs.org



Come in today TO RECEIVE A COMPLIMENTARY COPY OF OUR NEW 352-PAGE STYLE BOOK
—A DECORATING GUIDE WITH HUNDREDS OF INSPIRATIONAL IDEAS FOR YOUR HOME.

ETHAN ALLEN®

WILLIAMSBURG 3032-1 RICHMOND ROAD ROUTE 60 WEST CAMP PEARY EXIT OFF I-64 757.565.0024 800.486.0024
MONDAY-SATURDAY 10-6 SUNDAY 1-5

FREE DESIGN SERVICE • AFFORDABLE FINANCING • FREE LOCAL DELIVERY • EVERYDAY BEST PRICING

©2007 ETHAN ALLEN GLOBAL, INC. WWW.ETHANALLEN.COM

How well do you want to live?

LIFESTYLE OPTIONS WHERE AGE AND HEALTH ARE ONLY TWO OF THE MANY CONSIDERATIONS

By Karen Haywood Queen

Whether you're looking for retirement living options for your parents or yourself, there are plenty of choices in greater Williamsburg – and all of them are designed to meet a specific level of needs for individuals who want to make a change in how they are living.

"Years ago, the only option available for seniors was their families taking care of them or going to a nursing home," says Cynthia Odden, Executive Director of Spring Arbor Residential Assisted Living. Often all that was available was a shared room in a facility where the main activities were entertainment in the residents' living area.

Many of Williamsburg's older residents are now enjoying elegant resort style living with fine dining, recreation and fitness opportunities that prove to be interesting and engaging. This type of lifestyle helps keep residents productive and positive, something that can bring peace of mind to their children.

"Today's reality is adult children are busy with their own lives, raising their own children and it's very difficult for them to dedicate the time and energy to fully care for their parents and in-laws," Odden says. "There are many options today for older adults to choose from. The most important factor is to be educated on the choices available for senior living."

For some older people, giving up their home to make a change in lifestyle is daunting. They may have lived in their home for years, but with time, the neighborhood has changed. Perhaps younger neighbors are working during the day which can create a sense of loneliness. An age-restricted community is one option that will allow an older person to live in a setting that fosters an environment where neighbors have similar lifestyles and schedules.

"A lot of great friendships are made here," says Ann Carnifax, activities director at Colonial Heritage just west of Williamsburg. "In a conventional neighborhood, your next

door neighbors may be working 9 to 5 and you don't see them. Here, everyone extends their hands to welcome new neighbors."

Colonial Heritage is one lifestyle option for people at least 55 years of age. It opened almost 3 years ago and established itself as the premier active adult community in the area. Homeowners enjoy classes, arts and crafts, music, an 18-hole golf course, full athletic club offering 17 exercise classes a week, indoor and outdoor pools, walking trails, and biking trails.

"Not only are we doing what we love to do within the gates but things don't just stop at the gate,"

Carnifax says. "We ask area agencies to come to the community to let our homeowners see what agencies have open for volunteer positions." Helping to keep residents involved and active and giving them choices are all an important part of the Colonial Heritage lifestyle.

"When I first came here, a couple of homeowners told me, 'We didn't move here to take naps.' That's been my slogan," Carnifax quipped.

Not everyone who is older is in a position to handle a totally independent lifestyle. For these people, a living situation that provides some assistance to them is desirable. That's where assisted living communities such as Spring Arbor come in.

"People realize they're aging and may

not be able to get around as they once did," Odden says. "The sooner they are able to move into assisted living, often the longer they can maintain more independence."

At Spring Arbor and most other assisted living facilities in the area, residents can benefit from different levels of support depending on their needs ranging from minimal help like managing medication to more in-depth support such as monitoring blood sugar and giving assistance with bathing, dressing, and grooming. Assistance is generally available 24 hours a day. They can choose from studio apartments to two-bedroom, two bath-



Cynthia Odden, Executive Director of Spring Arbor, likes to spend time with her residents and visits with some of them on their 'front porch rockers'.

room deluxe apartments. Living quarters do not come with stoves since all meals are provided, but residents who want to enjoy a cup of coffee or heat up something in their microwave can do so, and everyone has a refrigerator for food and beverages they want to keep in their living area. Sometimes people choose an assisted living option for a short-term need or rehab care. There are times when a family caregiver needs a break from providing care or wants to take a vaca-

tion. Other times, an assisted living facility is the right choice following a serious surgery such as hip replacement where the person cannot be very mobile. The patient is first in a hospital, then a nursing home, then a skilled rehab center. "After that, the person may not be strong enough to move back home, especially if there is no caregiver there," Odden says. "I view assisted living as bridging the gap between a nursing home and home."

For some people, a facility that offers both assisted living and independent living is an attractive option. At Chambrel of Williamsburg, residents can choose between assisted living and independent living and can move from one level of care to



Kim Parker, Director of Marketing for Chambrel of Williamsburg.

another as their needs change. "If somebody is living in independent living and his or her health changes, Chambrel is there to provide the resident with options, including remaining in independent living with services versus moving straight to assisted living," says Kim Parker, Chambrel's Director of Marketing.

Chambrel offers a beautiful homelike setting with recreational opportunities including an outdoor swimming pool, exercise programs all year, walking groups, horse-shoe tournaments, billiards tournaments and more. There are varying living options for a

Chambrel resident to choose from. They can live in a cottage home or garden apartment. They can choose one meal a day, 16 meals a month, or add more meals to their plan, eating at a dining facility that prepares three meals daily. Residents can also get weekly assistance with housekeeping if they select assisted living, and every other week for those who have selected independent living.

"Chambrel is just as elegant as far as the aesthetics and amenities as many of the continuing care residential communities," Parker says. "Another benefit of Chambrel is the longevity of the staff. The executive director has been here 19 years. Four people on staff have been here since Chambrel opened 20 years ago."

Like Spring Arbor, Chambrel of Williamsburg offers rental agreements for their residents. "There is no endowment or entrance fee because we are a rental," Parker says. "A lot of people like that option for the financial side of it."

Another lifestyle option for retired residents is a continuing care retirement community (CCRC) such as Williamsburg Landing, Windsor Meade and Patriot's Colony. These facilities offer residents the option of making one decision, and one move for a level of care that can adjust along with their

"WE DO IT ALL... AND WE DO IT RIGHT!"

"For over 30 years we've worked hard to build a reputation of providing quality floors, professional service and very reasonable prices."

Take an additional **10% OFF** Any Area Rug (stock only)

Steve Ward, Owner

HARDWOOD FLOORS
The warmth and beauty of hardwood is always enjoyed in any room.
Starting at **\$3.95 sq. ft.**

CARPET
Comfortable to walk on, easy to clean. Adds color and style to every room.
\$12.95 sq. yd. & up

CERAMIC TILE
A long lasting statement of the highest quality lives in every piece of our tile!
Starting at **\$1.99 each**

LAMINATE
Consumer Reports' favorite floor. We offer every major manufacturer. See for yourself. Price varies with quality.

874-4138
467 Denbigh Blvd., Newport News, VA
www.easternfloor.com

Williamsburg to Denbigh...it's worth the drive!

age and changes in health. At these communities, the benefit is you never have to move no matter how your needs change.

“We have that whole continuum of services from independent living all the way through skilled nursing care,” says Steve Montgomery, Williamsburg Landing’s CEO. “You usually get into a CCRC with the intention ‘This is where I’m going to stay through my entire life.’ You’re in one community and we can move you through those levels of need backward and forward. You don’t have the extra trauma of learning a new organization, a new set of people. You stay with us for four, five, six years and we know you really well. We know what you like and how to work with you.”

Residents, who are not technically owners, pay an entrance fee with different options of how much is returned to their estate. Those options range from 90 percent to zero depending on the amount of the entrance fee. Residents also pay a monthly fee. Home sizes range from one-bedroom garden apartments to spacious three-bedroom homes.

People who live in an independent living or an assisted community environment must seek new levels of assistance and new facilities when their needs outgrow the offerings of their independent or assisted living community. This does not happen at a CCRC facility. “Whereas at a CCRC, we have assisted living on campus,” Montgomery explains. “We have nursing care on campus. You don’t have to leave to find the care you need. We are big proponents of aging in place. And we like to keep people as independent as possible as long as possible.”

Like those who live in many of the other communities, residents of Williamsburg Landing continue to give back. “There is a huge contingent of folks here who volunteer in the community and make a big difference,” Montgomery says. For example, Williamsburg Landing has a partnership with Rawls Byrd Elementary School right across



Steve Montgomery is Williamsburg Landing’s new CEO.

the street where residents volunteer in a variety of ways to help the students improve their reading abilities.

In addition to a very upscale lifestyle, Williamsburg Landing offers meals, entertainment, tennis courts, a beauty/barber shop, an on-site bank, and a general store. There is also plenty of recreation with a 25,000 square foot fitness center including a 25-meter pool and a fitness room with weight machines. A fitness professional establishes a customized program based on each resident’s needs. “After six months, some of our folks are already reporting great results,” Montgomery says. “That’s what it’s all about – trying to improve your health.”

Even if you’re not ready to make a retire-

ment living decision, it’s a good idea to start considering your options while your health is still excellent. If you have parents who are getting to the point where they might not be able to take care of their home and yard the way they used to, educating yourself on ways you could help them improve the quality of their life is important. The good news is that no matter what your needs are, or the needs of your parents, a positive lifestyle option can be found close to Williamsburg neighbors. NDN

Please note: This story is not intended to provide a comprehensive overview of every retirement living facility in greater Williamsburg, nor is it meant to promote any one facility over another.

ONE WEEK FREE TRIAL*
 Join Williamsburg’s no-wait facility! Your membership includes...
 - Cardio Machines - Pilates
 - Aerobics/Fitness Classes - Yoga
 - Strength Training - Smoothie Cafe (extra)
Cycling Classes Coming Soon!
 Personal Trainers Available (extra)

Scott Grafton, Owner
 *Locals and first-time visitors only

Iron-Bound GYM
 757-229-5874
 4325 New Town Ave. in New Town
 www.ironboundgym.net

Next Door Neighbors
 is mailed to 34,759 homes
 in the Williamsburg area each month
 in zip codes 23185, 23188 and 23168.

If you would like advertising information please email
 Meredith Collins at meredith.collinsgroup@cox.net
 or call (757) 560-3235

MAILING ADDRESS
 Collins Group, LLC
 PO Box 5152
 Williamsburg, VA 23188

kerry mellette and williamsburg community health foundation believe in

A Healthy Community

By Suzanne S. Lanier

Kerry Mellette, President and CEO of Williamsburg Community Health Foundation (WCHF), attributes her life-long history of community service to DNA. “I inherited the gene from my parents,” she said. She began her career as a public servant working beside her father, handing out United Way pins to donors when she was just four years old. Who knew that she would eventually have a 15-year career with United Way, including serving as Executive Director of the Greater Williamsburg branch, Assistant Campaign Director for the United Way Services of Richmond, and Account Executive of the United Way of New York City?

Mellette’s mother and father were full-time public servants and volunteers, and she has followed in their footsteps. She believes that it is the role of the parents to introduce the concept of giving back to the community and finding ways to serve. Mellette and her husband, Peter, have two daughters and feel that volunteer work and community spirit are part of their family dynamic, and they are all in it together.

Peter Mellette’s legal firm represents government, private and nonprofit health care providers in all areas of health care regulation, guiding them through state and federal requirements. He contributes time to a local pro bono legal clinic and has been a volunteer board member for several homeowners’ associations and for Hospice Support Care of Williamsburg. Their daughters are forging their own paths. “My oldest is interested in politics and is a volunteer interpreter. Our youngest is volunteering at the hospital and for a new hospice program for teens,” Mellette said.

Mellette earned an undergraduate degree in education from Syracuse University and a Master’s in social work from Catholic University. She jumped head first into a service

career and a lifestyle concentrating in leadership and healthcare. Mellette took a hiatus from the public arena to raise her children, and returned in 1996 to organize WCHF. For the past three years, she has been at the helm of the foundation, working with various agencies to improve the quality of life for the area’s residents.

“It is a privilege to have this opportunity, together with the staff and the board, to return this investment to the community to improve health.” Kerry Mellette

The benefits are immeasurable. “It is a privilege to have this opportunity, together with the staff and the board, to return this investment to the community

to improve health,” said Mellette.

The foundation provides funding to over 70 clinics, agencies and organizations on the peninsula that serve people from birth to death. Infants, children, adolescents, adults and senior citizens, and terminally ill people of every age are provided health care and special services who might otherwise go without critical, and sometimes lifesaving, help.

The kindergarten through twelfth grade crowd is the beneficiary of the School Health Initiative Program (SHIP), which was established to serve Williamsburg and James City County public school

students. “In 2004, our schools were beginning to address students’ inactive lifestyles and a need for healthy eating, but there were very limited resources,” said Dr. Denise Corbett, coordinator of SHIP. “Around the same time, WCHF invited the public school division to submit a proposal for funding to address similar issues. Since the school system had already initiated a program, WCHF offered to help build on what was already there. It was a fortuitous connection.” SHIP is committed to creating a culture of wellness throughout the region by promoting and supporting healthy eating, active lifestyle habits and access to health care for all children.

Implementation began in 2006 and amazing progress has already been made. One hundred fifty changes were documented during the first year, including the hiring of a registered dietitian to assist in the selection of food and beverage items for the cafeteria, vending machines, fund raising and school celebrations. The dietitian also serves as a resource for teachers by providing activity ideas, materials, and nutri-

Kerry Mellette



tion information.

Another SHIP project was launched in September. Students now have the option to participate in after-school activities through The Challenge Club, which consists of 74 classes designed to improve nutritional knowledge and/or increase physical activity. There are currently 750 elementary, middle and high school students involved in cooking classes, martial arts, hip-hop and ballroom dance, yoga, ultimate frisbee, African drumming and dancing, biking and outdoor adventures. There is even bus service home afterward. Faculty and staff members also have access to various activities including cooking and nutrition classes, stress management, pilates, yoga and dance, all scheduled at convenient times to allow them to attend.

“Other schools in Virginia and in the nation are instituting similar programs, but they are not as comprehensive,” Dr. Corbett said. “Our success is directly related to the very generous funding from WCHF.”

Bacon Street, another organization that benefits from foundation funding, provides services to prevent and treat alcohol and other substance abuse among children of Virginia. “Our youngest patient was 8 years old,” executive director Sandy Fagan said.

“We have had a number of ten-year-olds over the years who were abusing alcohol, and last year there were two who were polysubstance users, but the average age of our clients is around fifteen,” he said. “The culture of drugs and violence affects all of our kids, but it does a fairly significant job of imposing itself around 6th grade. Middle school kids step right onto the battlefield. TV, movies, video games - take a ride on a middle school bus one day and just listen to the conversations. Drugs and violence pervade our children’s lives. Our kids will be influenced and will have to deal with that culture.” Bacon Street’s client base has grown over 20% this year. “There is a serious problem in this community,” Fagan said.

Bacon Street has two primary focuses - outpatient substance abuse treatment (exclusively for those under age 19) and outpatient substance abuse prevention. An intensive outpatient treatment program allows children and their families to be involved as much as four days a week. “Many young people have significant disability from substance use; their assessments are pretty severe. They need intensive involvement, as do their families,” Fagan said.

Bacon Street represents a business objec-

tive that is closely aligned with the mission of WCHF. “Successfully addressing substance abuse prevents a whole host of other health issues,” Fagan said. “WCHF has enabled us to make an enormous impact on the lives of many local families and their children over the past ten years.”

Agencies that serve the senior population of the area have also been energized by funding from WCHF. The Peninsula Agency on Aging (PAA) supports the independence and quality of life of peninsula residents primarily 60 and over by advocating, arranging or providing vital human services.

One of PAA’s most popular programs is SHARP – Social Housekeeping Assistance Resource Project. “There is a great need among seniors whose incomes are just above poverty level and who don’t qualify for other supportive services, especially home care,” said Bill Massey, Executive Director of PAA. “There is still a large market, but we are beginning to make an impact through SHARP. Our staff coordinates services to take care of needs and prevent further problems. The goal is to help in situations early on to prevent major problems. For example, if a senior is not able to bathe properly and safely alone, we send help. Bathing and skin care

MEET **MR. BEAN**

Our wine enthusiast who can make your next wine tasting social a success!

Whether you’re planning a formal event or a casual gathering of customers and friends, Mr. Bean is who you need to call. He is our resident

wine expert and can engage your guests with knowledge about the wines you select to serve, while making sure your wine tasting event is the talk of the town!

(757) 564-4400



William E. Bean



4680-15 Monticello Marketplace, Williamsburg, VA

www.grapesbythecrate.com

Caring for the women of Williamsburg for over 27 years



WOMANCARE
of Williamsburg
A Division of Mid-Atlantic Women's Care, PLC

Camilla Buchanan, MD, MPH, FACOG
Beth Schariop, MD, FACOG
Susan Lontkowski, MD, FACOG
Jane McMillan, MD
Kristy Keller, MD
Alison Butler, RN, CFNP

Visit them at www.womancareofwilliamsburg.com or by calling **757-253-5600** to schedule an appointment for the many health concerns and needs of females.

120 Kings Way, Suite 3400, Williamsburg, VA 23185

are crucial to seniors to prevent skin breakdown, which can lead to major problems and possibly even hospitalization.”

Massey is excited about another new project that is almost ready to activate. “‘No Wrong Door’ is a web based system that facilitates referrals, so that when someone contacts an agency and expresses a need, the information is gathered immediately and only once, regardless of which agency the client contacts,” Massey said. “The information then goes into a database and can be shared with the agency that best suits the client’s needs, and their health care can be viewed and coordinated by all the agencies that serve that client. There is a delay in activating the system while PAA navigates some roadblocks involving privacy and secure information issues. We hope to be operational sometime in October, with all of the state regulated protocols for privacy in place. This is a monumental improvement. It will make seeking help so much easier for clients and will help us provide more thorough care.”

Other states have similar programs, but

only share with government agencies - not the private sector. “Virginia is unique in including nonprofit organizations, and we are the model right now,” Massey continued. “We have the opportunity to be on the leading edge of development. Without the resources from WCHF it couldn’t have happened – we would have struggled for many years to provide adequate care to our clients without that money.”

“The RIDES program literally saved one woman’s life.”

- Lisa Gibson

Lisa Gibson has worked with nonprofit organizations for 20 years, but when she became Executive Director of Historic Triangle Community Senior Services Center she found herself

working with senior citizens for the first time. The center serves Williamsburg, James City County and the Bruton District of York County. One of the most used programs the center offers is RIDES, non-emergency medical transportation for seniors and disabled persons of any age. One of the goals of the center is to help seniors remain in their homes, and this seemingly small service helps to accomplish that.

RIDES has the equivalent of four full-

time staff members and 15 volunteers who coordinate and provide approximately 6,000 rides a year. To qualify for the program, clients must be 55 or older and live in the service zone – that’s it. The center needs two business days’ notice to arrange transportation, and they will provide a ride back home as well.

“The RIDES program literally saved one woman’s life,” Gibson recalled. “She was receiving radiation treatments at a local health care facility, and she stopped keeping her appointments. She didn’t have a phone at home, so the provider called her family, who arranged for transportation for her through RIDES. She finished her treatment. She would have died otherwise.”

After many years in service to others it is clear why Kerry Mellette is right at home at WCHF. With a passion for community service in her DNA and WCHF’s commitment to promoting health awareness and services in the community, they are a perfect match. There is growing evidence all over Williamsburg that a lot of people are benefiting from that outstanding combination. NDN



We’d love to help you keep your blood pressure down this holiday season!

Keep the numbers low with one of our low-rate VISA Credit Cards

Offering: VISA Classic, Gold, and Platinum with rates as low as

8.9% APR*



BayLands Federal Credit Union

(804) 843-2520 • (888) 843-2520 • www.baylandscfu.org

To apply for your VISA, simply call or stop by today!

7031 Richmond Road, Norge

*APR - Annual Percentage Rate. Not everyone will qualify for the lowest rate. This credit union is federally-insured by the National Credit Union Administration.

HOW THEY DO IT

FOUR WILLIAMSBURG WOMEN TELL YOU WHY & HOW THEY KEEP IN SHAPE

By Rachel Sapin
William & Mary Intern

Nietzsche once wrote, "We should consider every day lost on which we have not danced at least once." Can the same be said of exercise?

The answer seems to be *yes* according to the experiences of four women who live and exercise in Williamsburg. In a recent New York Times article neuroscientist Fred H. Gage was quoted as saying, "I constantly get asked at cocktail parties what someone can do to protect their mental functioning. I tell them, 'Put down that glass and go for a run.'" The women in this story and their experiences with exercise prove Gage right: a healthy body yields a stronger mind. When asked why they choose to exercise, these women overwhelmingly responded that they exercise not merely for physical reasons, but for the quality, strength and mental stability that exercise brings into both their private and public lives.

Bunny Akers and Nicole Throckmorton are strong. They're not afraid of getting their shoes a little muddy. They trudge through woods, swamp and construction, clinging to tree branches when things get rough. They train for triathlons

that consist of swimming 500 meters, biking 10 miles and running 2 miles. Despite their busy schedules, they somehow still manage to work out with a personal trainer twice a week. No these women are not Marines or Olympic hopefuls; they're high school teachers. They have been partners in teaching for ten years.

Akers and Throckmorton weren't always this strong however. Only a year ago, the two were self-described procrastinators in the arena of exercise. "We used any old excuse in order to not have to go the gym," says Akers with a melodic southern drawl. However over the course of a year something has transformed the two. They glow with an enthusiasm that both attribute to maintaining

an active lifestyle. "When you're strong, you sparkle," explains Throckmorton. "And we like things that sparkle."

Having been avid student athletes in their high school and collegiate days, the women missed having a physical outlet for their busy adult lives. For both women, the motivation to work out began as a desire to regain a kinesthetic sense of themselves that had been lost amidst the hustle and bustle of teaching. "If you're a real school teacher, there's a sacrificing piece in that students, family and whatever community obligations you have, come before yourself," says Akers. The women in turn worried about being healthy role models for their students. "Where would I be if I couldn't show my students that I could fit activity into my schedule," says Throckmorton.

Having been jogging partners, the two started seeing B-defined personal trainer Bridgit Kin-Charlton together. With Kin-Charlton they found both a friend and someone who would hold them accountable for maintaining healthier habits. Kin-Charlton maintains a workout structure that is both challenging and fun for the women.



Nicole Throckmorton and Bunny Akers partner on their workouts at B-defined in New Town to motivate one another and have fun.

Most importantly, she never lets up on them. As a trainer she sets physical goals for the women, whether it's completing 10k marathons, breaking out Fosse-like moves in a choreographed chair-dance, or adding just one more pushup to an exhausting routine. "With Bridgit, it's not about going to the prom but always, you're getting ready to go to the prom," explains Akers.

For Akers and Throckmorton, a motivation rooted in reclaiming their kinesthetic selves has turned into so much more. Not only are they now motivated to work out for the physical aspect; they are motivated because they believe that the mind and the body are connected. "I'm writing again," explains Throckmorton with a smile. "Since I started working out I've reconnected with my creativity." Akers has also noticed an increased sense of mental awareness as a result of working out more regularly. "As a teacher with a class of thirty 9th graders, I have to have multitasking capabilities," she says. "All that comes from physical alertness and this physical alertness comes from working out."

Through reclaiming their kinesthetic lifestyles, Akers and Throckmorton have managed to find a piece of themselves that Akers describes as 'ageless'. "It's good to find yourself at any age," says Akers. "It's good to know that you can do what you did before."

For Colleen Starr, a Realtor with Liz Moore and Associates, reclaiming her kinesthetic self was not as important as first reclaiming her physical appearance. "I took a look in the mirror one day and was unhappy with what I saw," says Starr of her decision to start working out more regularly. Juggling the responsibility of both realty and family, Starr has little time for herself, let alone exercise. Determined to change what she saw in the mirror, Starr started training six weeks ago with Frank Rosalie at Fitness Together. Her resulting transformation has been no less than phenomenal. At the time of our interview, Starr had already shed 10" and dropped

a clothing size.

Starr's physical transformation has caused a stir among co-workers and family. "Co-workers have been coming up to me asking questions like, 'Where do you work out?' while others tell me I look like I'm glowing I look so happy," she explains.

Starr, like Akers and Throckmorton, has also found that working out has benefited her far beyond her physical appearance. "When I



Colleen Starr has made significant changes in her health and her body size in just 6-weeks. She likes working with a personal trainer at Fitness Together because her workout is varied and challenging. Above, Colleen is shown on elliptical cardiovascular equipment, boxing and doing stomach crunches.

come in and exercise, I feel like I can conquer the world," she explains. Mentally, Starr feels much happier and more relaxed as a result of the training she pursues at Fitness Together. Because of its mood-enhancing effects, Starr now enjoys exercise not only for the physical rewards but because it helps her maintain a better relationship with family and friends. She explains, "I'm a much happier person in general."

Kathy Martinez is a soft-spoken woman. Like Starr, her immediate reason for working out was physical: she wanted to lose weight. However, after interviewing Martinez on a day so crisp that it brought clarity to the mind and newness to the air, I learned that for Kathy, keeping a healthy weight meant something much deeper; it meant overcoming a genetic predisposition. "Diabetes and heart disease are really big in my family," says

Martinez. "Pretty much everybody in my family has diabetes so the doctor has told me in the past, it's not really *if* it's *when*." Unlike most of her family, Martinez has broken the curse of developing diabetes in her mid-late thirties. She attributes this fact not merely to luck but to pursuing a healthy and active lifestyle.

Martinez has always been a walker; she and her husband just rescued a five-year old boxer, which she walks at least 4 miles a day. Just six months ago, Martinez decided to revamp her exercise routine and came to Body Balance, a studio that offers classes in both hot yoga and pilates. At first, Martinez attended the yoga classes just for a little piece of heaven. "I think the first couple of times I did hot yoga it was just so I could have that cool cloth put on my head at the end. It felt so good," she says. However, like the other women in this story, Martinez has found the benefits of yoga go far beyond weight loss and a cool cloth. "With yoga, you almost get this feeling of euphoria," she says.

For Martinez, yoga has proven a refuge during a stressful time in her life. "I've had a pretty stressful year," she explains. Martinez recently helped her husband through some serious health issues and is always focused on her daughter who is currently stationed in Iraq. "It gives me an hour all to myself," she explains. "I just get to be 'in the moment' and that feels really, really good."

The common thread that ties the stories of these four women together is a belief in the connection between the mind and body. For all of these women, exercising is not just an activity that exists in a vacuum but an ac-

tivity that affects every aspect of their lives: from doing well at work to interacting with family to simply having the ability to take on the little stresses that accompany the day.

“You’re exercising, eating right, reading. It’s all connected,” explains Throckmorton. Whatever it is that these women are doing, it seems to be working. Believe me, they all seem to sparkle. NDN



Kathy Martinez practices yoga to relieve stress and to take action toward combating any genetic predisposition she may have for diabetes or heart problems, which run in her family.

**Look at what's growing
in our backyard!**

PANSIES & SNAP DRAGONS ARE HERE!

Healthy Shrubs & Trees

Hydroponic Lights & Supplies

Landscaping

10

% OFF
EXPIRES 12/15/07
Open 7 Days A Week!

ENTIRE BILL INCLUDES LANDSCAPING

Let it Grow

Nursery & Hydroponics

Holiday Preview - We will have fresh cut trees, live trees, handmade wreaths and more!

3279 Lake Powell Rd. - Off Rt. 199 757-220-0606

Our Healthy Heart Care Never Skips a Beat.

Dr. Vasudev Ananthram, MD, FACC, understands your concerns when it comes to matters of the heart. That’s why he provides the highest quality care and treatment options with compassion and skill.

- Board-Certified in Cardiovascular Diseases
- Fellow of American College of Cardiology
- Certified by Board of Nuclear Cardiology
- Certified by National Board of Echocardiography
- Testamur NASPE examination for pacing and defibrillation

Cardiovascular Health, PLLC

117 Bulifants Blvd., Suite B
Williamsburg, VA 23188

(757) 259-9540

New patients welcome - Office hours by appointment - Medicare and most insurances accepted

Sister Berenice

91 Years Young & Still Going Strong

By Suzi Drake

'How far this little candle throws its beams. So shines a good deed in a naughty world.' – *The Merchant of Venice* by William Shakespeare.

Sister Berenice Eltz seems to personify this classic quotation. Although it may seem odd to reference English literature when introducing one of Williamsburg's most pious citizens, when talking about Sister Berenice, a Sister of Mercy whose kindness, devotion, and acts of charity still radiate so powerfully over the city she has tended to for more than half a century, it appears, indeed, quite proper.

At 91 years young, Sister Berenice is the picture of health. She loves theater and frequently quotes classic literature. She is a consummate caregiver to the city's poor and sick, whom she continues to minister to. She is truly an engaging raconteur of her life's events. But most of all, Sister Berenice says, she is a teacher. It is a role she credits, in part, to her continued vitality.

"I have been a teacher all my life," she said. "The children keep me young."

Sister Berenice has been a fixture in the Williamsburg educational and religious community since her commitment to the Sisters of Mercy brought her here in 1951, just four years after Walsingham Academy opened its doors. Though more than half a century has passed since then, she still remembers with great clarity and affectionate detail many of the children with whom she shared her classroom.

"Penny was a student from North Carolina. She was a little loopy, but ever-so sweet," Sister Berenice recalled. "She would come up to me, throw her arms around me and say 'Sister, I love you. You look just like my grand-

pa!'"

After three decades of sharing the likes of Kipling and Yeats, Twain and Emerson with young people, Sister Berenice changed her focus from education to social ministry and community outreach. She devoted her time for 25 years, mostly in Williamsburg, to the community's poor, sick and needy.

"I distributed food, kept people on the right track and out of jail," she explained. "We saw at least five clients a day and sometimes more than ten. In the early days, I would go out into the community to minister and deliver food to those who had no transportation."

It was during this time that Jeanne Black first came to Sister Berenice with visions of opening a medical clinic for Williamsburg's less fortunate residents.

"Jeanne always wanted to help the poor and sick, and to that end she became a nurse practitioner," Sister Berenice said. Ten years ago, with her encouragement, Black opened the doors of *Angels of Mercy Clinic*, catering to the sick, poor and uninsured.

"Jeanne has come a long way since then," said Sister Berenice, who still sits on the clinic's board. "She does it all herself, seeing patients on Tuesdays and Thursdays."

The clinic's name was the Sister's suggestion, referencing Florence Nightingale, a nurse during the Crimean War who worked along side a group of Sisters of Mercy. To the troops, these caregivers were known as 'Angels of Mercy'.

"I told her it was like history repeating itself," Sister Berenice said. "She is Florence Nightingale and I'm the Sister of Mercy."

Since then, the clinic's work has become well known and continues to grow, developing a strong focus on its diabetic program. With the help of her son, Jeff, and community volunteers, Black now treats 1,200 patients each year.

Sister Berenice retired from the church's social ministry in 2002, but has recently accepted a position on its board - one she takes none too lightly. She makes weekly trips to the office to go over any business she has. She

then heads to her car, bringing food to those in need and Holy Communion to those too sick to attend mass. She also makes the 20-minute trip to *Angels of Mercy Clinic* twice each month, "just to let them know I'm there if they need me," and make arrangements for the clinic's upcoming ten-year anniversary celebration and fundraiser.

The woman whose years of selflessness have earned her the nickname 'Mother Teresa of Williamsburg' is still going strong and encouraging others to do the same. But she admits, she has slowed down - but just a little bit.

"They call me a little energizer bunny," she quipped. "And I guess I am little, I don't weigh much, but you know what they say, 'A lean horse for a long race.'"

But I am getting ready to go home," she said, now more serene. "I have more time to be quiet and to pray for the world and for people's intentions. I think it was Lord Tennyson who said, 'More things are wrought by prayer than this world dreams of.' I think of that, and I pray, because this world needs it." NDN



© 2007 Monica Sigmon Photography

Nicholas Klimenko and **The Hero Factory** *By Joe Collins*



I always found it hard to believe that Superman and other superheroes could walk around in their secret identities and not be recognized by people. I have come to realize that there are real heroes all around us – firefighters, policemen, and Emergency Medical Technicians (EMTs) - who look like ordinary everyday people when they are out of uniform. I've also come to realize that, while comic book heroes might acquire their superpowers from exposure to radioactive insects or a yellow sun, real life heroes have to develop their superpowers through hard work, extensive training, and dedication. And that is where Nicholas Klimenko and the Center for Emergency Health Services (CEHS) come in. They help produce heroes.

Klimenko is the Executive Director of the CEHS, a non-profit educational institution dedicated to the advancement of Emergency Medical Services (EMS) through the delivery of high quality, meaningful education programs. Their mission is to offer convenient, affordable, high quality education and occupational preparation within a setting that promotes innovation, personal development, career advancement and enhanced delivery of patient care in the out-of-hospital setting.

With over 40 years of active involvement

in the EMS community in Williamsburg and James City County, Klimenko is an extremely capable and experienced veteran, teacher, and administrator. "I've seen just about everything," Klimenko explains. "I got in the fire service when there were about a half dozen of us that formed the junior squad in the late 60's."

Born and raised in Williamsburg, Klimenko was encouraged to join the fire department by family friend Alvin Robertson, Williamsburg Fire Chief/Fire Marshall from 1962 to 1979. Klimenko's EMS career closely paralleled the evolution of EMS and EMS training locally, across the state, and across the country. A few years after Nick joined the fire service a paper titled "Death in the Ditch" was published by a physician named Deke Farrington, considered the "Father of EMS". The paper talked about the lack of medical care outside of the hospital, including the lack of treatment for spinal injuries, and the fact that 80 to 90% of medical transport was being provided by funeral homes just because they had the vehicle in the community that was capable of transporting someone horizontally.

In 1966, a group of scientists and physicians who spent time in Vietnam published a paper that included the startling discovery

that if you were injured in the rice paddies of Vietnam you had a much better chance of survival than if you were injured on a US city street.

Klimenko has personal recollections on the state of emergency care at that time. "We would routinely take people to the Williamsburg community hospital and the doors would be locked, and there wouldn't be anyone there," he recalls. "We'd ring the buzzer. One of the nurses would come down and turn on the lights and unlock the doors. They would look to see who's on call and you'd leave, and leave the injured person in there. The nurse and physician would be along soon and she'd go back to the floor. The only emergency departments around the country that had physicians in them were the large teaching hospitals." It was a system ripe for change.

"There was a ground swell in the US, pushed by the government, to improve the quality of care in emergency departments, specifically pre-hospital," Klimenko says. "In 1966, the Virginia Ambulance Law was enacted. It was the first piece of legislation in the US ever to regulate ambulances."

The Law mandated a certain minimal amount of equipment and required the attendant on the ambulance to have a minimum of 16 hours of American Red Cross First Aid. A good step at the time but, as Klimenko points out, "The training was from a curriculum that was published in 1922."

When an EMS text book titled "Emergency Care and Transportation of the Sick and Injured" was published in 1971 it became one of the first programs to provide a base level of education for pre-hospital providers and it became required training for the staffing of ambulances.

"There were six of us from the Williamsburg area that travelled down to Hampton to take the class," Klimenko recalls. "We finished our course in March of 1972, and I was the baby of the group at 18 years old. That started to change the way ambulance services were perceived and the quality of care, not only here in Virginia but around the country."

The EMS act of 1973 provided federal money and guidance to all 50 states to put into place the things that we take for granted today, that didn't exist 30 years ago: standardized design for ambulances, radio communications between ambulances and between ambulances and hospitals, a universal telephone number where you could dial one, easy to remember number and you could get fire,

police, and EMS.

In 1975, Dr. Rick Mosley developed a local program to train EMTs to perform at the next level as advanced providers. This was the concept that came out of Vietnam, which was to take non-physicians and train them to a very high level of skill and allow them to provide advance procedures and care outside of the hospital. The idea was to bring the level of care in the emergency department to the patient.

"There were 28 of us," Klimentko says. "I was in that pilot program; it was one of the original nine paramedic programs in the US and we started practicing Advance Life Support in April of 1975." The national standard curriculum for paramedics came out in 1977 and Klimentko was at the head of the line when that testing began in 1979. "I was one of the original generation paramedics," he continued. "That put me on the EMS track so I volunteered for Williamsburg in 1978, and then worked for James City County for 20 years and spent 14 years as a supervisor."

Fast forward several years to 2007, to the advanced EMS training facilities Klimentko oversees at the CEHS. The differences are staggering. The CEHS is a modern day train-

ing complex equipped with a computer controlled ambulance and victim simulators.

"We started the center four years ago," Klimentko says. "We were just recognized in an article in the Publication for National Association of EMS Educators and our simulation lab was featured in the magazine because it is so unique. So it's rewarding to know we're setting the standard. There are very few things done in the field that we cannot simulate in our training environment."

The center teaches several courses, ranging from EMT basic which is the minimal level required to ride on an EMS certified vehicle, to the Paramedics which is the highest level. "There's an Intermediate level in between," Klimentko adds. "Not recognized in all the states, but recognized here. It's more of a technical level. They get on the scene, gather information, and establish communication with the physician and the physician tells them what to do."

Klimentko puts the importance of EMS training in clear perspective. "We have about 60,000 people killed a year in motor vehicle collisions," he explains. "We kill more people in a month in motor vehicle collisions in the US than we've killed in the entire Iraq war.

We've had more people killed in one year in the US in motor vehicle collisions than all the US soldiers killed in Vietnam in 8 years of war. The primary purpose of the EMS system is an attempt to reduce the motor vehicle fatality rate."

Klimentko is proud to point out they are succeeding. "Prior to the early 1970s, the fatality rate for spinal injuries was about 100% and now it's next to nothing," he states. "That's a huge impact. When we are preventing people from going into cardiac arrest or stabilizing people who are having heart attacks or caring for people having life threatening allergic or diabetic reactions, that's when we know we're really making a difference."

Everything has to be in place for EMS technicians to arrive on the scene and do what they need to do. A lot of infrastructure needs to be in place, hours of training needs to take place. It takes a huge system to make everything happen and happen within seconds or minutes in order to make a difference.

In an emergency, you may only have one chance to get it right. Being a Superhero is not easy, and Klimentko knows how critical his role is in developing Superheroes for our community. NDN

Colleen Starr lost 10-inches in 6 weeks!

If she can do it, you can too!



BEFORE

"I look forward to training and I'm never bored."

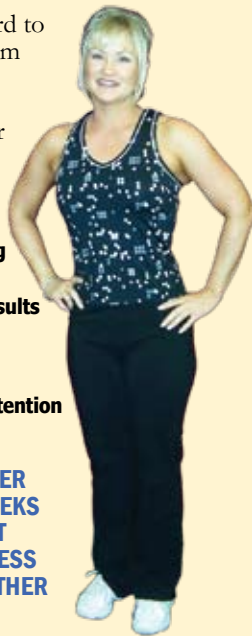
- Colleen Starr
Liz Moore and Associates

- Private Training Suites
- Accelerated Results
- Individualized Programs
- One-on-One Attention

757-345-2246



AFTER
6 WEEKS
AT
FITNESS
TOGETHER



4854 Longhill Rd., Suite 1-A In the Olde Towne Square Plaza
www.ftwilliamsburg.com

You're NEVER too OLD to become YOUNGER.

Actress Mae West

Getting older is inevitable — but you do have control over how you age, and how you look as you age. Let Reneau Medical help you discover the "new" you through aesthetic medicine. Let us guide you through an aesthetic consultation and then develop a customized plan just for you. We'll help you show your best face. Give yourself a gift this holiday season. Call 757.345.3064 or visit reneaumed.com to find out more. And start living and looking younger.

Reneau Medical
Center for Age Management & Aesthetic Medicine

Mi Nombre es Chris (My Name is Chris)

By Joe Collins

With microwave communications, radios, cell phones, beepers and a variety of other technologies, most firefighters and Emergency Medical Services (EMS) personnel would think that they had their communications needs completely covered. But as Williamsburg Fire Department Lt. Chris Bell learned, that is not necessarily the case. "We got a call for a woman who was in labor, ready to deliver," Chris explained. "She didn't speak a lick of English! My partner and I actually delivered the baby in the back of the ambulance without being able to communicate one word. The only thing she could say was 'baby's coming' and beside hand gestures and stuff like that, that's the only communication we had."

A ten year veteran of the fire service as both a firefighter and Emergency Medical Technician (EMT), Chris knows how important it is for emergency responders to be able to communicate with injured persons. Since there is a growing number of Spanish speaking residents in the area who either do not speak English or may have weak English skills, Chris saw the need for some training. So he and five other emergency responders recently completed an 8-week Spanish class at Thomas Nelson Community College, sponsored by a grant from the Williamsburg Community Health Foundation (WCHF).

While Chris and his fellow students haven't mastered Spanish as a second language, they have made a good start on bridging the communication gap. "We don't have anyone who is close to being fluent," he explained. "What we learned was specifically designed to help us with



basic communications. It's not a lot of pleasantries, but we learned how to ask medically related questions or give commands at a fire scene. I'm more comfortable than I was before, and I think I've learned some things that will help."

Chris has already had a chance to use his newfound skills. "It worked pretty well," he recalled. "We had a call where someone working for a contractor had fallen down some stairs and was laying at the bottom of the stairs and he didn't speak any English. So I was able to use some of the stuff I'd learned in class to assess him and tell him what I was going to do and he understood. He was aware of what I was saying and was able to respond." NDN

The Art of Living Beautifully...

La Belle Vie brings a bit of European charm to Williamsburg.

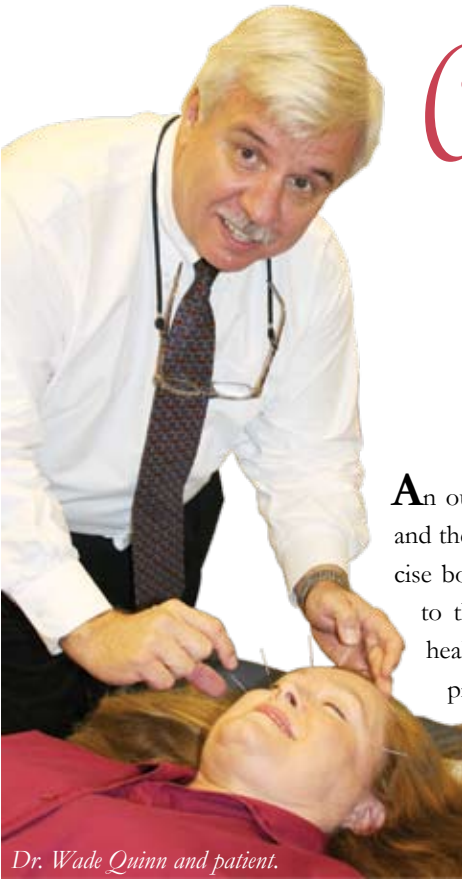
- Fine Bedding & Table Linens
- Exquisite Bathroom Rugs & Towels
- Colorful Cotton & Wool Area Rugs
- Delightful Home & Body Products
- Pajamas & Robes
- Baby Shoes & Boots
- Custom-made Furniture by Seabrook Classics & Four Seasons
- Lots more...

We look forward to your visit!



Open M-F 10-6 p.m.
Sat. 10-5 p.m.
or by appt.

4324 New Town Avenue (Behind New Town Cinema) 757-565-5725



Dr. Wade Quinn and patient.

An Ounce of Prevention

ALTERNATIVE HEALTH METHODS IN WILLIAMSBURG

By Linda Landreth Phelps

An ounce of prevention is worth a pound of cure, and the proliferation of faddish diet, health, and exercise books on the shelves at Barnes & Noble attests to the fact that many people feel that traditional health solutions are not always successful in preventing sickness or managing it effectively when it does occur. Many are turning (or RE-turning) to alternative health management practices from centuries ago. A lot of us are still a bit intimidated by or suspicious


of the terms 'alternative' or 'complementary' medicine, thinking that it's risky, weird, or not for everyone, but every time you pop a Flintstone© vitamin, you're utilizing a form of complementary medicine.

Dr. Wade Quinn's office wall on Jamestown Road displays (among other diplomas) his certification as an acupuncturist who studied with and learned from teachers in China. The long history of his profession is

Gas Logs
Safe, Warm & Natural



Taproot
HEARTH & PATIO

 Monessen

(757) 229-3722
157 Second St.

LIFE has got
to be *LIVED*.
That's ALL
there IS to it.

Humanitarian Eleanor Roosevelt

Reneau Medical is here to help you do just that. Getting older is inevitable — but you do have control over how you age. The key is to manage your health from the inside, out. As you head into the holiday season, feel your best with a consultation that helps you learn how to reduce stress, eat well and stay fit. Give yourself a gift this holiday season. Call 757.345.3064 or visit reneauimed.com to find out more. And start living and looking younger.

Reneau  **Medical**
Center for Age Management & Aesthetic Medicine

*To understand your parents' love,
you must raise children yourself.*
Charles Darwin




Celebrate your family this holiday season
with a portrait by Photographic Artist, Monica Sigmon.
Call today for your appointment.

Home for the Holidays 2007
757.564.8533
www.monicasigmon.com




Health Insurance
helps protect your
**FINANCIAL
HEALTH.**



To learn why health insurance should be an essential part of your financial plan, give me a call today. We Live Where You Live.®

David Sisk, Agent
1318 Jamestown Road
Williamsburg, VA 23185-3382
Bus: 757-229-2961
david.sisk.bv60@statefarm.com

LIKE A GOOD NEIGHBOR  STATE FARM IS THERE.®

Providing Insurance and Financial Services

Contact your State Farm agent for details on coverage, costs, restrictions and renewability.
statefarm.com® • State Farm Mutual Automobile Insurance Company • Bloomington, IL
P044056 09/04

fascinating to him.

“Acupuncture probably began two thousand years earlier, but was documented 2,500 years ago when a Chinese emperor decreed that everything that took place in his kingdom should be documented, from farming practices to medical treatment,” Quinn says. “But acupuncture isn’t just a Chinese art; Jesuit monks practiced a form of it in 15th century in Germany and France. History shows that acupuncture was known and used all across Europe and Asia before America was even a glimmer in Columbus’ eye.”

Dr. Quinn has successfully treated ‘dis-ease’ (the body’s flow of energy, or ‘chi’, being blocked or unbalanced, or not ‘at ease’) of all kinds, both physical and mental. It’s effective for such things as pain management and infertility as well as depression and anxiety. He has known some patients to respond to acupuncture quite suddenly and dramatically, and others who have not been helped at all. Acupuncture’s efficacy isn’t dependent on any great leap of faith, though an open mind is helpful.

“There is a definite mind-body connection, and if you’re convinced something absolutely will not help you, it probably won’t,” he says. “That said, just like your cell phone, you don’t need to know HOW it works to benefit from it.”

Someone who is expecting to benefit from Dr. Quinn’s acupuncture therapy for her seasonal allergy problem is Sue Frye, a local event planner. She has visited various conventional physicians for



Kimberly McCormick is a traditional naturopath, licensed physical therapist, and certified natural health practitioner.

this problem for years and the drugs in the allergists’ arsenal have not been able to control her symptoms. “Several people I’ve happened upon recently have gotten good results for their own allergies and recommended acupuncture to me, so I’ll try it this spring,” Sue says hopefully.

Sue has been interested in herbs and natural medicines for years and has incorporated into her own lifestyle a lot of what she’s learned in her ongoing study of them. “I am convinced that nature is God’s pharmacy,” Sue says. “We’re designed to heal ourselves. Our cells regenerate and healing takes place naturally unless something prevents it. Things which I’ve personally used, such as massage and aromatherapy, a good diet of fresh foods without additives, vitamins and

herbs, all are intended to restore the body's natural function. I believe living a healthy lifestyle has both an immediate and a cumulative effect. Staying away from obvious free radicals, regular exercise, not smoking, and fortifying the body with good things prevents disease more than we realize. When a bullet is dodged, there's no evidence that it has passed us by."

Kimberly McCormick is another Williamsburg resident that believes in a natural approach to health. Kimberly is a traditional



Duane Murphy has enjoyed increased mobility and his friendship with Ginger Wilkins. She has improved his health through regular therapeutic massage.

naturopath, licensed physical therapist, and certified natural health practitioner. She uses helpful analogies when she talks about how treating symptoms without understanding the underlying

cause is shortsighted.

"When you're driving your Mercedes down the road and the 'Check Engine' light goes on, cutting the wire to the warning signal isn't a very good fix for your beautiful, wonderfully complicated car," McCormick says. "There are underlying causes to symptoms and that is what I look for by using various specific assessment techniques. Everything I do is totally noninvasive. Among other things, I look at faces, skin condition and color, nails and eyes, and spend a long time in very detailed questioning about lifestyle and diet. I then recommend treatment according to what I find - maybe physical therapy, massage, whole foods, mineral supplements, homeopathic remedies, or a total cleansing of the system, since the liver is usually overburdened as it tries to filter an overload of impurities. One thing that I offer that is often very effective is an ionic cleanse footbath which pulls toxins out of the body. You wouldn't believe the black stuff left in the water after a thorough flushing of toxins. It's an intense cleansing, and not for people in a weakened condition."

Kim was able to treat her own daughter, Kelly, who had severe asthma, with a combination of traditional pharmaceuticals and holistic, homeopathic remedies, gradually weaning her away from the conventional drugs and substituting more and more of the natural remedies. Today Kelly is totally drug-free, and on the rare occasion when she notices a recurrence of her asthma symptoms, she manages them easily with homeopathics.

Ginger Wilkins of Healing Hands Wellness Center is also a true

Look for these upcoming issues of Next Door Neighbors

DECEMBER ISSUE

Williamsburg Holidays

In Home Date: November 15, 2007

Advertising Deadline:

Tuesday, October 30th

JANUARY ISSUE

2008 Forecast

In Home Date: December 13, 2007

Advertising Deadline:

Tuesday, November 27th

FEBRUARY ISSUE

Diversity in Williamsburg

In Home Date: January 24, 2008

Advertising Deadline:

Tuesday, January 8th

MARCH ISSUE

What We Say About Leadership

In Home Date: February 21, 2008

Advertising Deadline:

Tuesday, February 5th

APRIL ISSUE

Our Creative Talent

In Home Date: March 20, 2008

Advertising Deadline:

Tuesday, March 4th

MAY ISSUE

Small Business in Williamsburg

In Home Date: April 24, 2008

Advertising Deadline:

Tuesday, April 8th

For advertising information
call Meredith Collins (757) 560-3235

For a Complete List of All 2008 Issues of *Next Door Neighbors*,
Email: meredith.collinsgroup@cox.net

believer in hands-on therapy. She's seen her therapeutic massage help in cases for which traditional medicine didn't hold much hope. Ginger's clients range in age from 5 to 95 and Duane Murphy is a current regular client who is one of her many successes. Duane, though a modest man by nature, is willing to help encourage others by his example.

Duane is 92 years old and arrived for his first appointment with Ginger using a wheelchair he was told he might always need; he was unwilling to accept that assessment. "He came to me with an attitude of openness and was willing to explore healing through different holistic means - exercise, chiropractic, and massage therapy," Wilkins says. "I was just one of the methods he used in his pursuit of health. His persistence and hard work paid off; after nine months of treatment he now walks without even a cane and drives himself to his appointments!"

Modern medical and pharmaceutical discoveries and improvement of surgical tech-

niques have been amazing. Alternative, as in 'instead of', medicine alone is not recommended by any of these practitioners. The need for certain types of medical intervention might be delayed or avoided altogether by holistic methods, but all of them agree that it's best to use and blend both the traditional and non-traditional in your personal health maintenance.

As one believer in natural medicine says, "Mucous is nature's soapsuds and cleans your system of impurities, but when I get a sinus infection, only an antibiotic will do!" Tell your health care provider about any complementary and alternative practices you may use - full disclosure, right down to that Flintstone© vitamin, is the order of the day. Give them a complete picture of what you do to manage your health; this will help ensure coordinated and safe care. Make use of it all and value the difference! NDN

Next Door Neighbors

Publisher
Meredith Collins

Managing Editor
Joe Collins

Copy Editor
Al White

Writers

Karen Haywood Queen
Linda Landreth Phelps
Suzi Drake
Suzanne S. Lanier
Rachel Sapin, W&M Intern
Meredith Collins

Design Consultants
Monica Sigmon
Michael Taylor

Advertising Sales
Jennifer Innanen
Meredith Collins

For Advertising Information
Call (757) 560-3235

Please email your questions, comments and ideas to:
meredith.collinsgroup@cox.net

Next Door Neighbors is a monthly, direct-mailed magazine serving residents of the Williamsburg area.
Circulation: 34,759



PO Box 5152, Williamsburg, VA 23188



Investing in Relationships

Interest rates are near historic lows.
Now is the time to refinance your adjustable mortgage.

Call for a free consultation.

(757) 221-8020
Tim@VirginiaMtg.com

Licensed by the Virginia State Corporation Commission, MB-2845.



TIM LEAPTROT
Loan Officer



BUILDING NEIGHBORHOODS ONE HOME AT A TIME

Visit this area Realtor's website to find out how he can best serve you!

Call Me!
I have the keys to your new home!

William E. Wood
REAL ESTATE
cell phone **757-570-4076**

Robert Marakos
rmarakos@williamewood.com



For more information on this real estate feature call
Meredith Collins at (757) 560-3235
Email: meredith.collinsgroup@cox.net

GREAT WRAPS

(757) 565-5160

Come see us in the Williamsburg Market Center across from the new Sentara hospital!

Buy 1 Wrap Combo, Get a Wrap

FREE

Not valid with other offers.
Expires 12/30/07

Enjoy ANY 2 Sandwiches for ONLY

\$6.99

+ tax

Not valid with other offers.
Expires 12/30/07

Hey Neighbor!

Email: heyneighbor@cox.net

Hey Neighbor! 5th Annual Greater Williamsburg Charity Golf Tournament

The Williamsburg and James City Lions Clubs invite you to be part of the 5th Annual Greater Williamsburg Charity Golf Tournament being held at Ford's Colony Country Club on Friday, November 2nd. The tournament includes a player welcome packet, continental breakfast, lunch and multiple awards for each flight. Following the tournament fun, a dinner and auction (silent and live), will be held at the Ford's Colony Pavilion.

The Lions Clubs support the sight, hearing and diabetes needs of those less fortunate in our community. In addition, the clubs also provide resources for scholarships, Head Start programs, holiday food baskets, youth programs, United Way Day of Caring, Child Development Resources, Lions Medical Eye Bank of Eastern Virginia working with cornea transplants and Williamsburg Hospice to name a few.

We hope you will join us for this important event knowing that 100% of funds raised go to our community helping those less fortunate. Contact Sam Mickelberg, 220-1684 or Ike Luckenbaugh, 258-5428 for more information or check www.lionsgolf.info for a registration form.

Dwight Luckenbaugh

Hey Neighbor! 2007 Williamsburg Parent Coop-

erative Preschool Auction - An Autumn Night to Remember

Saturday, November 3rd
Silent Auction beginning at 6:00 pm,
Live Auction beginning at 7:30 pm
Please join us for this wonderful annual event to benefit the Williamsburg Co-Op's Scholarship Fund! Enjoy delicious food, unique auction items, and a chance to help Williamsburg's only Cooperative Preschool - a place dedicated to giving all children the chance to learn through play! There's something for everyone, so bring your holiday shopping list! Free and open to the public at St. Martin's Episcopal Church on Jamestown Road.

Sarah Kueser

Hey Neighbor! You are invited to an Event to Live By

A very special evening to celebrate A Calendar to Live By and spread the life-saving message of early breast cancer detection. October 25, 2007; 7:00 to 9:00 p.m. in the Lobby of Williamsburg Sentara Regional Medical Center. Tickets are available for \$50 per person and include "A Calendar to Live By".

To purchase calendars or tickets, please contact Mary Beth Gibson at 757.741.1027 or René Bowditch at 757.561.4749. For more information please visit www.beyond-boobs.org

Mary Beth Gibson

Hey Neighbor! DONATE TO THE DREAM! First Annual Yard Sale Fundraiser for Dream Catchers at the Cori Sikich Therapeutic Riding Center.

Saturday, October 27th, 2007, 7:30 am - 2:00 pm. All proceeds will go towards developing and enhancing our programs that provide equine-assisted therapy to special needs individuals.

Sue Pearce, President
Dream Catchers
757-566-1775

Want to know more about Hey Neighbor!?

Hey Neighbor! is a way of communicating good things happening in Williamsburg. It is primarily for individuals and non-profit organizations to have a forum for sharing information that will benefit others - similar to chatting with your neighbor over the fence about something you think your neighbors would want to know.

Inclusion in the Hey Neighbor! feature requires the full name of the person submitting the information and a telephone number. (Phone numbers do not have to be published.) Space and relevancy of content are considerations for publishing. *Next Door Neighbors* reserves the right to edit as necessary.

Find the home you've always wanted at www.williamewood.com



Viewing a home for sale in print gives you an idea of what is on the market, but sometimes you want more information than that.

That's why we encourage you to look at our print ads and then go to our website to give you in-depth information about the home you are interested in, or to view more homes currently on the market.

To search for homes that meet your needs:

1. Go to www.williamewood.com
2. Select Property Search
3. Click on Williamsburg (or another area where you might have an interest in living.)
4. Provide Search parameters that are right for you. (price range, square footage etc.)
5. Click Search!

"We recognize that buying the right home for you and your family means having a full understanding of what is available to you.

We invite you to visit our website to search the full, up-to-date MLS homes database. We look forward to serving you."

- Angela Dougherty, Broker



757-229-0550

5208 Monticello Ave., Williamsburg, VA 23188



The best place to shop for homes is online. The best website to go to is...www.williamewood.com

Next Door Neighbors

Collins Group, LLC

PO Box 5152

Williamsburg, VA 23188

(757) 560-3235

PRESORTED
STANDARD
U.S. Postage
PAID
NORFOLK, VA
PERMIT NO. 33