



SPRING 2026

INSTRUCTOR

BIOS

Alan McCrea

LA015 - Conversational German

LA028 - Conversational German

Alex Sebby

EL127 - Print a U.S. Military Story

Allen Cohen

CO252 - The Mystery of Superposition

Ana Xuan Zhang Stevens

HW511 - Tea, Health, and Harmony

Andrew Rothschild

HW472 - Understanding BPP Vertigo

Anne Clendenin and Bev Davidson

WG013 - Spades

Audrey Kane, PhD, OTR/L, FAOTA, and E. Ayn Welleford, PhD

HW517 - Play for Child Development

Audrey M. Ross

HS764 - Reflections A

HS765 - Reflections B

B. Ellen Johnson, PhD

CO169 - Automotive Basics

Becky Huddleston

EF183 - New Medicare Birthday Rule

Beth Mercer and Julie Van Buskirk

AD021 - Intermediate Tap Dancing

Beverly Perdue

AD119 - Watercolor Problem Solving

AD151 - YUPO and Watermedia

Billie Darlington

LS145 - Transportation Services

LS171 - Transportation Services

Bob Ferguson

HS089 - Great Decisions

HS734 - A Tour of Germany and Austria

Bob Ferguson and Timothy Pace

EL043 - Enjoy Poetry

Bob Ferguson and Vic Thompson

SE214 - Advertising Antics Performance

SE225 - Truly Modern Lucy Performance

Bonnie Cauthorn

LS237 - OMA in Chesterfield

Bonnie Scimone

LS069 - SeniorNavigator

Brad Bryan, Ken Carlson, and Rick Kaerwer

AD141 - Lifelong Musicians

Brian Austin, PhD

AD110 - Advanced Colored Pencil

Brian Mitchell, MD

HW513 - Understanding Anemia

HW514 - Personal Medical Charts

HW515 - How the Body Is Built

HW516 - Understanding Cancer

Brian Plante

LS217 - Critical Thinking A

LS218 - Critical Thinking B

Brighton Payne

HW503 - Memory Screenings

Carol Pritchard

LA019 - Conversational French

Carolyn Goble and Fran Judd

WG006 - Cards and Games Wednesday

Carri Pandolfe

CO256 - Introduction to Zoom A

CO257 - Introduction to Zoom B

CO258 - Zoom Practice A

CO259 - Zoom Practice B

Carri Pandolfe and Linda Szabo

AD204 - Zoltan Szabo

Charles J. Kehoe

HS724 - American Corrections

Chesterfield County Emergency Management Staff

EF132 - Financial Preparedness

HW394 - Be the Help Until Help Arrives

LS177 - Emergency Preparedness

Chesterfield County Police Department

LS176 - CCPD Citizen's Police Academy

Chris Nufer

HW518 - Caregiver Burnout Strategies

Christopher L. Kolakowski

HS770 - Admiral Nimitz in WWII

Christopher Lee and Wendy Lively

DE016 - Bridging Generations

SE224 - CIS Volunteer Mentoring

Cindy Arnold

CO216 - Introduction to Libby

Conner Parrish

LE364 - Dahlias 101

LE365 - Microgreens 101

LE366 - Ecological Gardening 101

LE367 - Mushrooms 101

Dale Atkins

HW519 - Intergenerational Relationship

Damir Strmel

AD210 - Intro to Brazilian Percussion

HW342 - Beginning Tai Chi 24 Form A

HW343 - Exploring Tai Chi

Dan Bluestein, MD, Jodi Teitelman, PhD, and Kim Ivey, MS

HW506 - Caregiver Conversations

Dan Riegel

HS771 - Sir Ernest Shackleton

Danny Arkin

CO209 - Artificial Intelligence

CO227 - Apple iPhone Tips and Tricks

Debby Hoskin

CO199 - Nearpeer Tutorial and Tips A

Debra Ogilvie, Au.D., Kim Fisher, and Tara Ruth

HW520 - Auditory Training

Diana Hinman, Diane Barbour, Mary Cox, and LuGay Lanier

AD234 - Artist Open Studio

Diane Childress

AD292 - Moving to Music

Diane Drummond and Jennifer DeRusha

LE241 - Basic Pine Needle Baskets

Donna Whitfield

LE143 - Beaded Lanyard A

LE147 - Beaded Lanyard B

Donna Whitfield and Arthur Goldberg

WG002 - Social Bingo Friday

Dorota Kawka

FI007 - Gentle Yoga Thursday

FI010 - Chair Yoga Thursday

FI046 - Chair Yoga Thursday Online

FI047 - Gentle Yoga Thursday Online

Dorothy Moses

EL015 - Aspiring Writers' Critique

EL140 - Aspiring Writers' Critique

Doug McRae and Teresa Day

AD022 - Ballroom Dance for Partners

Douglas A. Wayne, MD

HW474 - Common Nerve Conditions

Dr. John Lemza

HS632 - History of the US Constitution

Dr. Michael J. Wriston

LS084 - Becoming an Optimist

LS085 - Art of the Apology

LS090 - Controlling Inner Chatter

LS091 - Life-Changing Habits

LS094 - Discovering Gifts and Purpose

LS095 - Deepening Self-Awareness

Dr. Susan Coffey, Susan Davies, and Yvonne Ricciardelli

AD278 - Open Artists' Studio

Drew Herman

EL139 - History of Science Fiction

HW505 - Tai Chi Refinement

Ed Barbour

HS767 - Viktor Frankl's Life

Edward Blackwell

HS761 - WWII via Documentary

Emily Stone, MD

HW510 - Post-Menopausal Women's Health

Eric Levitan and Dr. Katie Starr

HW435 - Strength Training Benefits

Erin Barr

SE231 - Chesterfield Courthouse Tour

Erin Barr and Frank LaRuffa

HS772 - The Court Process

Evelyn Klumb

LE265 - Modern Floral Designs

Fran Judd and Arthur Goldberg

WG001 - Social Bingo Tuesday

Fran Judd and Carolyn Goble

WG004 - Cards and Games Monday

Gary Nelson

CO251 - Even More Fun with Geology

George Saunders

HS773 - Church Hill Tunnel Collapse

Gordon Russell, MVA

AD253 - Creative Thinking

Grace Powers

SE195 - VMHC We the People Tour A

SE196 - VMHC We the People Tour B

Heather Weidner

EL106 - Pathways to Publication

Hugh Ames

HS003 - Current Events

J. Diane Carter and Randall Kaker

WG010 - Bridge for Experienced Players

Jaime Smiley, MS, OTR/L, CAPS

HW436 - Senior Living Continuum

HW437 - Dementia Stages and Strategies

HW445 - Staying Safe at Home

James E. Davidson, Jr., CFP®

EF140 - What Kids Need to Know

EF187 - Charitable Gifting

EF188 - Investing in AI

James Kenneth Schmitt, MD

HW523 - Humor in Medicine

James P. McDonough

PR112 - Thinking and Doing Ethics

James Triesler

HS774 - The Gustav Peckmann Letters

HS775 - Ernie Pyle

HS776 - The April 1942 Doolittle Raid

Janet Abel

AD314 - The Book of Amazement A

AD315 - The Book of Amazement

AD319 - The Book of Amazement B

AD326 - Art Journaling A

AD327 - Art Journaling B

AD328 - Art Journaling

Janet Garzia and Kevin Gross

LE252 - Genealogy Discussions

Jeremy L. Pryor, Esq.

EF150 - Virginia Long Term Care

Joanna Lurie

PR116 - Women of the Old Testament

Joe Lenzi

LE337 - Alaska, Then and Now A

LE353 - Alaska, Then and Now B

John Bennett

LS236 - Living Better Every Day

John Bennett and Claude Cooper

LS198 - Discussing Polarizing Issues

John Krug

LS196 - Navigating Senior Living

John Partridge

HS777 - Pirates in the Revolution

HS778 - Pirates in the Revolution

Jon Waybright

PR117 - The Art of Haiku

Jordan Witt, DPT

HW467 - Low Back Pain Solutions

HW468 - The Importance of Posture

HW524 - Benefits of Dry Needling

Josh and Laurie Pachter

LE360 - Travel the World

Joshua Herzog, MD

HW498 - Bone Health Basics

Juana Levi

AD321 - Life and Works of Sargent

Judith Onesty

LE233 - Easy Wire Jewelry

LE253 - Cooking with Judith

Judith Onesty and Les Schaffer

AD192 - Super Senior Storytelling Slam

Julie Randolph

WG014 - Mah Jongg Tuesday

Julie Van Buskirk

AD045 - Beginner Tap Dancing

Karen Molzhon and Evelyn Klumb

LE363 - Beginning Quilling

Karen Steele

AD320 - Richmond's Architectural Gems

Kate Ayers and Antoinette Murekatete

DE017 - Connecting Paths to Belonging

Kate Conn, Don Golladay, and John Morgan III

SE164 - Company's Coming Concert

Kate Powell, MPA, CFRE

AD329 - Creativity and Wellness A

AD330 - Creativity and Wellness B

Kathleen Floyd, DPT

HW522 - Pain Starts in the Brain

Kathy Boykin

EF184 - Fraud and Scam Prevention

EF185 - Fraud and Scam Prevention

Kathy Parrish

SE228 - VMFA Fabergé Tour A

SE229 - VMFA Fabergé Tour B

Katie Reynolds

SE227 - Agecroft Ming Porcelain Tour

Katie Reynolds and Diana Damschroder

SE170 - Agecroft Gardens Daffodil Tour

Keith Chambers

LS178 - Chesterfield Fire and EMS

Kelly Gotschalk and Sarah Scarr

SE220 - VCU's Library Archives Tour A

SE221 - VCU's Library Archives Tour B

Ken Carlson

AD248 - Readers Theater

CO253 - Home Electrical Repairs A

CO254 - Home Electrical Repairs B

Kerrigan Sullivan

SE226 - Brightpoint Sneak Peek

Kim Graves and the Chesterfield Council on Aging Leadership Team

LS169 - Chesterfield Council on Aging

Kimberly Felder

HW389 - Understanding Hearing

LaVae Hoffman

LE130 - Extra Easy Greeting Cards A

LE131 - Extra Easy Greeting Cards B

Les Schaffer

EL138 - Story of American Folktales

Linda Kerman

EL132 - Read Along Short Stories

Linda Kerman and Deb Hood

EL141 - Banned Books Discussion

Linda McDorman

FI003 - Low Impact Friday

FI006 - Chair Yoga Tuesday

FI009 - Gentle Yoga Tuesday

FI015 - Pilates Online

FI028 - Gentle Yoga Monday

FI029 - Chair Yoga Friday

FI031 - Chair Yoga Online

FI040 - Gentle Yoga Monday Online

FI041 - Chair Yoga Tuesday Online

FI042 - Gentle Yoga Tuesday Online

FI048 - Low Impact Friday Online

FI050 - Chair Yoga Friday Online

Linda Szabo

AD323 - Watercolor Techniques

Linda Tsironis Caruthers and Kurt Burcume

EF136 - Long Term Care Insurance

LLI Fundraising Committee

IA017 - Souper Bowl Fundraiser

IA019 - Spring-Cleaning Fundraiser

LLI Social Committee

IA001 - January Luncheon
IA002 - February Luncheon
IA003 - March Luncheon
IA100 - Birthday Celebration

Lt. Mike Abbott

HW525 - Chesterfield Mobile Health

Luke John Coukos

PR100 - The Chosen

Marc Friedlander, MBA

LS097 - Senior Living Options

Marianne Raymond and Dawn Boehm

EF178 - Preparing a Home for Sale

Marie Ireland

LE200 - Advanced Card Making
LE362 - Wet Felted Soap Making

Marilyn Mare and Mary Jane Murphy

WG009 - Mah Jongg Thursday

Mark Grubbs

CO243 - Apple Mail
PR002 - Bible Discussion

Mark Mikuta, CPA, CFP

EF104 - Estates and Probate

Mark S. Miller, Ph.D., LPC, CSAC

HS690 - Midlothian Matters A
HS692 - Midlothian Matters B

Martha Frickert and Bob Ferguson

EL100 - Literary Society Orientation
EL101 - Literary Society Orientation
EL114 - Literary Society Book Swap

Marti Franks

AD012 - Advanced Watercolor
AD111 - Intermediate Watercolor

Mary Bradstock

AD058 - Country Line Dancing
AD075 - Line Dance Practice

Mary E. Gutberlet, M.Ed.

HW352 - Beginning Tai Chi Review
HW355 - Beginning Tai Chi 24 Form B

Mary E. Gutberlet, M.Ed. and Mark Stella

HW386 - Intermediate Tai Chi 24 Form

Mary Jane Murphy

WG007 - Canasta Variations

Mary Jane Murphy and Bev Davidson

AD080 - Woodcarving

Mary Kay Anderson and Ethel-May Simonson

LE295 - Crafting PhD

Matthew Simpson

SE113 - VA Holocaust Museum Tour

Melissa Ackley

HW526 - Lifelong Mental Health

Michael Freeman, MD

HW508 - Hearing Loss

Michael Recant

DE011 - LGBTQ+ History

Mickie McGuill

PR118 - Exploring the World of Dreams

Myron Johnson

HS698 - African American Inventors

Nena Woods

LA006 - Basic Spanish for Beginners

Nicole Thomas-Jackson

FI017 - Wednesday Fun Fitness

FI018 - Sit and Be Fit Wednesday

FI030 - Strength and Stretch Online

FI034 - Cardio and Strength Online

FI043 - Wednesday Fun Fitness Online

FI044 - Sit and Be Fit Wed. Online

Nikida Cromartie-James, Misti Pollaro, and Gena Gruber

DE018 - Caring for Diverse Needs

Patricia Ryther

CO218 - News from the Microbiome

CO232 - Forever Chemicals and Health

CO246 - Microplastics

Paula Peaden

EF115 - Estate Planning

Peppy Jones

HS617 - No Time to Grieve

Poly Cline

AD149 - Watercolor Florals

Rachel and Lucas Ramirez

CO235 - Podcasts for All

EL108 - The Boy, Mole, Fox and Horse

Rachel Lawson

HW365 - Healthy Living for the Brain

HW366 - Understanding Alzheimer's

HW367 - Warning Signs of Alzheimer's

Rachel Ramirez

CO200 - Nearpeer Tutorial and Tips B

IA077 - Workshop for Instructors

IA078 - Workshop for Instructors

IA997 - Discussion with the Director

IA998 - Orientation for New Members

IA999 - Orientation for New Members

Ramzi Aboujaoude, MD

HW476 - Women's Incontinence

Randall Kaker

AD183 - Beginning Guitar

Richard Commander

HS750 - Echoes of the Past
LS203 - Improving Self-Esteem
LS213 - Setting Goals
PR104 - God's Grace

Rick Kaerwer

AD252 - Ukulele Instruction and Jam

Rick Kinnaird

HS768 - History of The Maya
HS769 - Ancient Civilizations

Rob Thomas, MD

HW507 - Nasal Nerve Ablation

Robert Abbott

HS381 - Adventures of the Caminos

Ruth Cody and Margaret Turman Kidd

SE230 - History of VCU Tour

Sally Guynn

AD331 - Art Statement Workshop

Samuel Hayes III

HS753 - A Quest for Family Ties
HS754 - A Quest for Family Ties

Sandhi Schimmel Gold

AD322 - Treasure Tiles
LE361 - Braided Rag Rug Container

Sandy Lohman and Ellen Rennels

LE032 - Needleworkers United

Shannon M. White

LS222 - Calling 911

Sharon Macauley

AD036 - Intro to Line Dancing

Shawn Doran

EF147 - Outsmart the Scammers

Shawn L. Smith

EF186 - Consumer Scam Awareness

Sherella Brown

FI001 - Low Impact Monday
FI004 - Sit and Be Fit Monday
FI005 - Sit and Be Fit Thursday
FI038 - Low Impact Monday Online
FI039 - Sit and Be Fit Monday Online
FI045 - Sit and Be Fit Thursday Online

Sheryl Smith

LE303 - Virginia Native Plants

SignaTours

SE100 - Marine Corps Museum Tour
SE120 - Norfolk Military Tattoo Tour

Steph Coolbaugh

LE368 - Capital Trail 101

Stephanie Balarzs Douglas

LE314 - Cardmaking by Numbers

Stephanie Burris and Madison Costner

HW312 - Matter of Balance

Stone Wahl

LE348 - Logic and Reasoning Puzzles A

LE349 - Logic and Reasoning Puzzles B

Susan Atkins

LE369 - Garden for Health

Suzanne Kelly and Tom Seaborn

EL048 - Memoir Writing

Tara Semtner, AIA

AD324 - Chicago's Iconic Competition

AD325 - Paintings in Disguise

Team Vivo

FI035 - Vivo Strength Training 1x

FI036 - Vivo Strength Training 2x

FI037 - Vivo Strength Training 3x

Thomas Neviaser, MD

HW406 - Low Back Pain

HW407 - Knee Conditions

Tim Kisner

HS779 - The Black Watch and Spy-Planes

Tim Schilling

EF182 - Economic Fundamentals

Timothy Pace

HS762 - An Italian Tour of Adventure

HS763 - Mankind

PR060 - The Great Myths

PR099 - Science and Theology

PR115 - The Great Myths

Tracey Williams

FI020 - Zumba Gold Online

Valerie Fowlkes, M.Ed., RIC, ADS, and Eric Faw, LPC

HW446 - Stress Management Bingo

Vic Thompson

HS766 - Home Front Culture in 1940s

Waite Rawls

HS780 - Confederate Flags A

HS781 - Confederate Flags B

Walter and Patricia Jackson

HW426 - Basic Taiji Qigong

Wayne Moyer

PR059 - The History of the Bible

PR107 - The End Times

Wayne Swatlowski

DE015 - Aging and Ageism

William Kemp, MD

HW509 - Back Pain

Instructors

Abbott, Mike is a lieutenant with Chesterfield Fire and the Fire Department Mobile Integrated Health Program Manager. A member of Chesterfield Fire and EMS since 2002, in 2012, Mike began working with the Virginia State Police Med Flight I Program. He is a paramedic and a registered nurse.

Abbott, Robert has lived in Midlothian since 1993. Since 2014, Robert has hiked the Caminos de Santiago in Spain, France and Portugal covering five different Caminos and over 1,300 miles. He is interested in sharing the background and history of the Camino as well as the personal reasons that one goes on these hikes.

Abel, Janet and her husband moved to Chesterfield to spend more time with their two grandchildren. They also enjoy walking in the woods with their dog. Janet has been teaching yoga since 2001 and is known for her calm, soothing voice and playful spirit. In 2013, she expanded her practice by becoming an Ayurvedic consultant, and in 2022, she completed the Haden Dream Work Training Program. Janet loves how yoga, Ayurveda, dream work, and creativity complement one another as pathways to connect with our inner wisdom and support overall wellness. Her free audio recordings, YouTube videos, and published articles can be found at www.janetabel.com.

Aboujaoude, Ramzi is an award-winning, board-certified urogynecologist and OB/GYN, specializing in urinary incontinence and pelvic floor disorders at the Urogynecology Center at Virginia Physicians for Women. Dr. Aboujaoude is passionate about improving women's quality of life and helping guide them toward individualized treatment options. He is highly regarded in the Richmond community.

Ackley, Melissa LCSW, is Prevention Services Manager at Chesterfield Mental Health Support Services and co-chair of the Chesterfield Suicide Awareness and Prevention Coalition.

Ames, Hugh is a native Texan who discovered Virginia early in his Navy career. A UT Austin graduate in political science with graduate studies in statistics and computer science, he embraced the challenges of life at sea, traveling to thirty-one countries and sailing four oceans. His leadership was honed through executive officer and command roles, later serving as Director Next for the Admiral Chester Nimitz Foundation. He and his wife, an IBM computer engineer, founded Learning Foundations to teach critical learning skills to struggling dyslexic students. Hugh is active in church, family life, and community service through Habitat for Humanity ("building homes and changing lives"), Boots to Suits ("mentoring transitioning veterans"), and Helping Hands ("building beds for adopted kids"). He has been an LLI member since 2018.

Anderson, Mary Kay has always loved crafting and has taught scrapbooking for 20 years. Some of her other interests include cross stitch, embroidery, card making, diamond art, sewing, cartonnage, jewelry making, and making things with the Cricut, but what she enjoys most is doing projects with friends. Mary Kay has been an LLI member since 2024.

Arkin, Danny is all about adventures, most of which are part of the classes he teaches at LLI. Students are bound to hear stories and jokes relating to landscape architecture, non-profits, construction, building and flying his own airplane, tractoring, motorcycling, welding art, training velociraptors, and the use of technology of all flavors. He is best known as a storytelling technology guru, having presented since the early 1980s cutting edge topics at conferences and in classrooms across the country, encouraging adult learners on anything and everything technology. Nowadays, he splits his energy between taming the outdoor spaces on his three-acre property in Chester and teaching an ever-growing collection of classes, always packed with valuable information sandwiched between a healthy amount of humor and sarcasm. Danny has been an LLI member since 2018.

Arnold, Cindy is a librarian at the Chesterfield Public Library Midlothian branch. She has a masters in Library Science from Louisiana State University and has worked as a librarian since 2001 both in public and school libraries. Cindy enjoys assisting people as they pursue their learning goals. She has lived in Midlothian since 2003 and likes exploring all that Virginia has to offer.

Atkins, Dale

is a licensed psychologist, educator, storyteller, and nature enthusiast with over 40 years of experience as a relationship expert specializing in families, wellness, stress management, and living a meaningful life. She is the author of eight books, and many chapters and articles for professional and popular audiences, and is a sought-after speaker who lectures and leads seminars worldwide. Dale has appeared regularly on NBC's TODAY and CNN. She maintains a private practice in New York City and has served on several nonprofit boards, including Jumpstart for Young Children. She holds degrees from NYU, Columbia University's Teachers College, and UCLA. Drawing on her personal experiences and research in child development, Dale wrote The Turquoise Butterfly to help children and families explore anxiety, grief, and transformation in a hopeful, accessible way. Her work reflects a deep belief in the healing power of stories and the importance of honoring intergenerational bonds.

Atkins, Susan

is a Chesterfield Master Gardener and long-term Virginia gardener. She is interested in the development of healthy soil and how it relates to healthy food, people, and the environment. Her scientific education, healthcare career, and frequent family farm visits help her study and interpret the scientific and practical aspects of gardening. Experienced in teaching children and professionals, she is eager to interact and share with others.

Austin, Brian

PhD is a retired professor of psychology who, earlier in his career, practiced as a clinical psychologist. His passion for studio art blossomed upon becoming a member of LLI. Brian looks forward to sharing his passion for creative expression with others in the classroom. He can be reached at (804) 979-8377 or at baustinphd@verizon.net.

Ayers, Kate

joined ReEstablish Richmond in 2013. She was motivated by her participation in the "Just Faith" program, a class focusing on social justice issues around the world. Kate holds a master's degree in teaching and worked for eleven years as a special education teacher and department chair in Hanover County, while also serving as a volunteer mentor for refugees in the Richmond community. Kate is currently a member of the Office of New Americans Advisory Board, and her dedicated efforts continue to build a supportive, trustworthy community for refugees and new immigrants living in Richmond.

Balarzs Douglas, Stephanie

was born in Chesterfield County and is a longtime Powhatan resident who has been scrapbooking and taking pictures since the days of box cameras! She runs her own small business through the direct sales company, Creative Memories. Stephanie has been an independent advisor for over 20 years and has been ranked in the top one percent of her company for the last seven years in a row. She understands the beauty of sharing, remembering and cherishing life's special moments with family and friends through pictures and scrapbooks.

Barbour, Diane

has been a member of LLI since 2010 and served on the LLI Board of Directors since 2025. Growing up in New Jersey, she enjoyed drawing and painting as a hobby but never took any art classes. When she retired from her job as a chief information officer, she enrolled in art classes at LLI and the VMFA Studio School. Diane has taken art classes with many of the LLI art instructors. She enjoys painting in oil and watercolor, particularly birds and animals.

Barbour, Ed

is a University of Virginia graduate in history and psychology who served as a combat medic with the 101st Airborne Division in Vietnam (1967–68). He taught high school history for ten years, raced cars professionally for ten years, and worked with the Virginia Spinal Cord Project and Long Term Rehabilitation Program. He concluded his career as a gang investigator and substance abuse counselor with the Department of Corrections, from which he retired. Ed has been an LLI member since 2017.

Barr, Erin

is Chesterfield's Commonwealth's Attorney. In 2010, she began her career as a prosecutor in the Chesterfield County Commonwealth Attorney's Office where she was promoted to Deputy in 2018 and took office as the elected Commonwealth's Attorney on January 1, 2024. Most of her career has been spent prosecuting cases that originate in the Juvenile and Domestic Relations Court, a passion that led her to the Colonial Heights Commonwealth Attorney's Office in May 2020 for a little over three years. Erin has been the recipient of the Duvall Distinguished JDR Prosecutor Award from the Virginia Association of Commonwealth's Attorneys, the Unsung Heroes Award from the Virginia Attorney General's Office, and a Community Recognition and Appreciation Award from the Chesterfield County Police Department. Originally from Amherst, Virginia, Erin attended Randolph-Macon College in Ashland, Virginia, and completed her law degree at the University of Richmond. She lives in Chesterfield County with her family.

Bennett, John

PhD, was an engineering faculty member at the University of Connecticut for 29 years and was dedicated to helping students prepare for success in engineering employment. This meant that students were able to address the situations and opportunities that yielded outcomes that improved people's lives. He has lived in Virginia since 2016 and has offered classes at the Lifelong Learning Institute since 2020.

Blackwell, Edward

has taught a variety of subjects for over thirty years. Much of his time was with Chesterfield County Public Schools, but he has also worked with Richmond City Public Schools, VCU and a local private school. Mr. Blackwell has a B.A. and M.A. in English, as well as a large concentration of courses in history and education. He has taught on middle, secondary, and collegiate levels, and his courses have included English, writing, history, civics and economics, as well as alternative education. He is keenly interested in the English Renaissance and writes sonnets, but he also enjoys helping others with prose writing techniques. Mr. Blackwell loves studying and lecturing about the American Civil War. When teaching social sciences, he believes it is essential to combine the development of U.S. government with its resulting historical effects.

Bluestein, Dan

MD, MS, CMD, AGSF, is a geriatrician and family physician who retired in June 2019 as Professor Emeritus in the Department of Family and Community Medicine at Eastern Virginia Medical School. He currently serves as an adjunct professor with the Virginia Geriatric Education Center in the VCU Department of Gerontology.

Boehm, Dawn

has been in the real estate industry for over 30 years and has helped more than 300 families buy or sell their homes. In addition to earning designations such as Graduate, Realtor Institute (GRI) and Accredited Buyer's Representative (ABR), Dawn has attended numerous conferences to help deepen her understanding of real estate trends. As a realtor, she finds a sense of deep satisfaction in helping families fulfill their dreams of homeownership.

Boykin, Kathy

Director of Allstar Care Solutions, is a passionate advocate for older adults and individuals with disabilities. After successful careers in business and education, she returned to college to become a Certified Occupational Therapy Assistant, graduating at the top of her class. When the pandemic shifted her path away from clinical care, Kathy embraced new opportunities to serve seniors and families—guiding them through care decisions, accompanying them to medical appointments, organizing finances, and protecting them from fraud and scams. Today, she combines her professional expertise with a heart for service to help families navigate life's challenges with dignity and peace of mind, actively participates in Richmond-area community groups, and shares her story as a testament to faith, lifelong learning, and the power of following your passion at any stage of life.

Bradstock, Mary

is a native Virginian—born in Richmond and raised in Chesterfield County. She is a member of The Country Style Dancers of Richmond and has been dancing at LLI since 2009 and teaching since 2012.

Brown, Sherella

is a certified Jazzercise fitness instructor who specializes in combining dance and exercise in her work with active adults.

Bryan, Brad	is a former physical therapist who has been playing guitar since junior high school. He enjoys singing and making music with fellow enthusiasts, finding joy in the shared experience of creating and performing together.
Burcume, Kurt	works as a Long-Term Care Specialist with Long-Term Care Consultants, where he is dedicated to helping families plan not only for how care will be delivered but also for how life can still be lived while receiving it. His holistic approach prioritizes staying at home when possible, coordinating support networks, and planning financially to preserve comfort, choice, and control throughout the aging journey. He also serves as a financial advisor with Vaught, Spangler & Associates, blending long-term care strategies with retirement income planning to help people age well — with security, community, and peace of mind.
Burris, Stephanie	is a certified occupational therapy assistant (COTA) at Chippenham Hospital. A COTA since 2021, she loves working in the acute care setting because she can meet and treat patients from various walks of life. Her experience with having living grandparents over the age of 80 and working on a joint unit, led to an interest in teaching mobility to promote healthy and safe lifestyles while also enforcing independence in the community.
Carlson, Ken	is a former electrical engineer with an enthusiasm for music, the dramatic arts, and group participation. He joined LLI in 2019 and enjoys playing tuba and string bass with several bands and ensembles, including the LLI Lifelong Musicians group.
Carter, J. Diane	is an experienced bridge player and encourages people who have not been regular players to join the fun bridge group. She has been an LLI member since 2017.
Caruthers, Linda	CSA, LTCP, is the founder and CEO of Long-Term Care Consultants, Inc., Richmond's only dedicated long-term care insurance agency providing long-term care planning and caregiver support resources to individuals and employer groups. She has specialized in long-term care insurance since 2000 and earned the Long-Term Care Professional (LTCP) designation from America's Health Insurance Plans (AHIP) in 2005 and the Certified Senior Advisor (CSA) designation from the Society of Certified Senior Advisors in 2006.
Cauthorn, Bonnie	is a trained facilitator with the Scripps Opening Minds through Art (OMA) program. She has successfully worked with numerous individuals living with dementia and has witnessed firsthand the life-enhancing effects of our art and the meaningful relationships it fosters.
Chambers, Keith	is a lifelong resident of Chesterfield County and has worked for Chesterfield Fire and EMS for over three decades where he currently serves as the Assistant Chief of Community Risk Reduction. In this position, he provides strategic oversight and daily management of the Fire Marshal's Office, Chesterfield County Emergency Management, and Public Information where they use engineering, education, enforcement, economic incentives, and emergency response to plan, mitigate, respond to, and recover from all types of emergency events and natural or man-made disasters. Keith has been enjoying the outdoors with his wife, Jane, since 1989.
Childress, Dianne	was born in Lafayette, Alabama, raised in Baltimore, Maryland, and has lived in several other states since. She has always had a passion for music and dance, crediting music for helping her to get her life back after years spent struggling with illness. For twenty-four years Dianne taught line dancing in Pennsylvania, where she also taught "Music and Movement." Dianne cherishes the day she joined LLI in 2024.
Clendenin, Anne	is a member of LLI who enjoys dancing and has been playing Spades for years. She wants to continue sharing her love for Spades with other members at LLI!
Cline, Poly	has been teaching watercolor at LLI since 2020. A Texas transplant, she is an avid artist, gardener, and cook.

Cody, Ruth

is the University Archivist at Virginia Commonwealth University, where she ensures that VCU's materials and history are collected, preserved, and made accessible through campus instruction, outreach, and programming. She holds a Master of Arts in Public History with a focus on archives and information management, as well as a Bachelor of Arts in History, both from North Carolina State University. Ruth is a Timeslips Certified Facilitator, enabling her to lead social and educational storytelling sessions for diverse communities, including students, older adults, and individuals with dementia. Believing in the power of narrative as a tool for connection and communication, she is currently pursuing a Graduate Certificate in Storytelling at the University of North Texas. Currently, Ruth is writing an article on trends in university archives and preparing a series of oral stories for participation in the Virginia Storytelling Alliance.

Coffey, Susan

has been a member of LLI since 2009 and has taught various communication-type courses over the years. She has a doctorate in Communication Studies from UVA. She loves taking art and craft classes, including jewelry making, oil painting, watercolors, acrylics, and sketching.

Cohen, Allen

holds advanced degrees in physics, optometry, and law. In 1979 he moved to Richmond to open the Patterson Eye Clinic with his wife, Hannah. He may be contacted by email at allencothen29@gmail.com.

Commander, Richard

is a retired chemical engineer from Hercules in Hopewell, VA, who earned his M.S. in chemical engineering from Virginia Tech (Class of 1965) and retired in 2001 after a 30-year career. A Chesterfield County (Enon) resident since 1978, he has volunteered with the Hopewell Food Pantry for over 20 years, serving as Chairman of the Board. With more than 35 years of experience in budgeting education, he regularly presents at Caritas Works and has taught for Richmond Habitat for Humanity and the Lifelong Learning Institute. Richard instructs high school students and adult learners in money management, self-esteem, and public speaking. His favorite hobby is eBay.

Conn, Kate

joined LLI in 2018 after retiring from Chesterfield County Public Schools. She has many interests and hobbies. Kate gets much joy from playing banjo, autoharp, banjo uke, and the "Limberjack" with the Company's Coming band. She loves to sing harmony.

Coolbaugh, Steph

is thrilled to be back in their home state of Virginia, serving as Special Events and Program Manager for the Virginia Capital Trail Foundation. After earning degrees in arts administration and music from UNC Greensboro, Steph worked with North Carolina nonprofits - Girls Rock NC and Greensboro Downtown Parks - in community engagement and event planning. Their work has focused on their great loves: creating more inclusive and accessible pathways to participation in the arts and outdoor spaces. Originally from Manassas, VA, Steph comes from a family of hikers, climbers, and campers, and in 2024, they hiked the Tour du Mont Blanc with their dad and siblings—a tradition that has included nine Coolbaughs over the years. This year, they're looking forward to trading hiking boots for bike pedals and getting their "bike legs" on the Capital Trail.

Cooper, Claude

was a professional engineer for 40 years, working for the state of Virginia, Fairfax County, and the city of Richmond. He earned a BS in civil engineering and a MS in engineering management. His experience was primarily in administering and enforcing building codes and land development ordinances and regulations. He is a Midlothian resident and has been an LLI member since 2019.

Costner, Madison

is a physical therapy assistant who has been practicing since 2021 and has developed her skills doing inpatient work. She loves teaching people how to take control of their health, building confidence and making connections through exercise. Madison enjoys low-impact activities such as Pilates and yoga, which aid in stress reduction and promote self-reflection. She believes that we should never stop learning and hopes her students will leave the class with something new.

Coukos, Luke

was a pharmacist for 50 years and has helped many people through their struggle to understand their health issues. He is honored to help guide a class which shows Jesus' humanity and love for everyone.

Cox, Mary

dedicated forty years to a successful career in architecture, and now pursues painting driven by the pure joy of creation. With a keen sense of discovery and wonder, she strives to capture the essence of her subjects in every piece she creates. Her work spans a wide spectrum—urban sketches, landscapes, still life compositions, portraits, and collages. By blending realism with abstraction, Mary hints at familiar forms, seamlessly dissolving them into captivating patterns, shapes, and colors. Like the evocative power of a song, the graceful flow of a dance, or the gripping magic of a well-told story, Mary's art aims to stir emotions and create a lasting impression on her viewers.

Cromartie-James, Nikida

is a dedicated advocate for children of all abilities and currently serves as the Outreach and Inclusion Specialist for the Virginia Down Syndrome Association. In this role, she supports young children ages 0–6 and their caregivers throughout the greater Richmond area, with a focus on increasing inclusion for children experiencing behavioral challenges, developmental delays, or disabilities. Nikida draws on her extensive background in social work—including a master's degree from Virginia Commonwealth University and over 20 years of experience—to provide coaching and technical assistance to early childhood professionals.

Damschroder, Deedee

has been a tour guide at Agecroft Hall & Gardens since 2019. She is also active in many other arts organizations and non-profits.

Darlington, Billie

is a Mobility Coordinator for Chesterfield County. A mother of three and a grandmother of nine, Billie loves helping the community through her job. Knowing that she's helping people makes her work rewarding!

Davidson, Beverly

is a retired elementary school teacher and an avid crafter who has dabbled in many different mediums over the years. While continuing to take classes herself, Bev has taught crafts to other adults and children and has participated in craft shows as a vendor. She has been an LLI member since 2019.

Davidson, James

is a Vice President of Investments for Davenport & Company and Certified Financial Planner™ practitioner with more than 18 years of industry experience. He currently serves as an Ex-Officio member on the LLI Board of Directors and manages the LLI Endowment Fund.

Davies, Susan

is helping out in the oil painting workshop. She has been painting for five years and is still a rookie but loves the fun of it. She taught elementary school in three states for 40 years before retiring and joining LLI in 2017.

Day, Teresa

has been dancing ballroom socially for more than 15 years, taking lessons all the while to improve her ability to dance the many American School smooth and rhythm dances popular in Richmond. Teresa enjoys helping others learn this fun way to sharpen physical, mental, and social skills all at once. She has been an LLI member since 2021.

DeRusha, Jennifer

has been a member of LLI since 2015 and has 38 years of teaching experience including Chesterfield Adult Education, Allbrands, Collegiate Cougar after-school program for children, and the YMCA. She was past president, vice president, secretary and founding member of Hospitality Quilters Chapter, Richmond Quilters Guild. Jennifer is a member of and Membership Chairman of the Richmond Central VA Chapter of the American Sewing Guild. She has 50 years of sewing experience, including her own line of reversible clothing for children, has completed 100+ quilts and featured three quilt shows of her own work. Jennifer is a juried artist in watercolor, colored pencil, pastel and mixed media, and is a member of Bon Air Artist Association as well as the MidAtlantic Pastel Society. She graduated from VCU in 1969 with a degree in science and has been tap dancing at LLI for four years.

Doran, Shawn

is a Financial Advisor with Edward Jones in Midlothian. He focuses on helping people with navigating investments, saving on taxes, important estate planning items, long term care planning, creating income in retirement, and making sure they have a solid plan. Shawn and his wife, Lisa, enjoy spending their free time with their seven children, playing sports and enjoying the outdoors.

Drummond, Diane	has been an LLI member since 2009. She began making headbands, hair bows and jewelry for her beautiful granddaughter and has continued adding to her repertoire of craft skills, which she happily shares with her fellow LLI members in a variety of classes. Diane is especially interested in early settlers and Indian crafts used in everyday living.
Faw, Eric	began working for Chesterfield County Juvenile Drug Court in 2004 and began his current role at Prevention Services in 2017. He loves to travel, and he and his wife frequently visit other countries.
Felder, Kimberly	has decades of experience as a distinguished hearing instrument specialist and brings a wealth of knowledge and expertise to her practice. Her specialization in adult testing, fitting, counseling, programming, follow-ups, and maintaining sound quality is unparalleled. This enables her to help patients find the best solutions for their hearing needs and assures a customized and effective experience. Kimberly works to understand each patient's history and goals and focuses on utilizing innovative technologies that ensure maintained connectivity, even in challenging environments. She believes that hearing is essential as it impacts numerous facets of life including helping with balance and cognitive ability and supporting mental health by helping individuals stay engaged with their families and communities. This is especially important as dementia risk increases with the level of hearing loss an individual sustains. Kimberly has been an LLI member since 2022.
Ferguson, Bob	has been an active member of LLI since 2008 and has served on the LLI Board of Directors since 2015. He has a Ph.D. in Chemistry and worked at NIH before moving to Richmond. For 38 years he worked in various capacities at Philip Morris/Altria prior to retiring in 2012. Bob has varied interests including Science, History, Literature, and Theater. He has performed with LLI's Readers Theater group, Bifocals, Huguenot Community Players, and River City Community Players. He writes plays (with Vic Thompson) and acts with LLI's own Young at Heart Actors (YAHA).
Fisher, Kim	is a native of upstate New York and received her master's degree from the University at Buffalo. Kim has been practicing audiology in Richmond since 2000 and has a special interest in hearing aids and tinnitus. She is licensed by the state of Virginia as an audiologist and as a hearing aid specialist. Kim is a fellow of the American Academy of Audiology. She is married and enjoys spending her free time with her two daughters.
Floyd, Kathleen	DPT, CMPT, earned her Doctorate in Physical Therapy from Virginia Commonwealth University in 2017 and has since worked in outpatient orthopedics and sports medicine. She treats patients of all ages, addressing a wide range of conditions including post-operative recovery, chronic pain, and overuse injuries. As a Certified Manual Physical Therapist (CMPT), Kathleen integrates hands-on techniques with therapeutic exercise, balance training, and strength and conditioning. She takes a holistic approach to care and is especially passionate about helping patients achieve their personal goals.
Fowlkes, Valerie	is a Sr. Clinician and Prevention Consultant for Chesterfield County Mental Health Prevention Services. As a preventionist, Valerie wears many hats. Valerie provides parent education, leads prevention programming in elementary schools, and facilitates suicide awareness and prevention programs for middle and high school students. Driven by being of service to others, she takes pride in providing the best training possible as an ACE Interface Presenter, a Mental Health First Aid Adult Instructor, self-care and wellness advocate, and as a committee member of the Trauma Informed Leadership Team (TILT) and the Diversity and Inclusion Team (DAIT). Valerie uses her positive attitude and tireless energy to promote mental wellness, trauma-informed care, and wellness, as well as to encourage others to overcome their challenges by building resilience. Valerie is inspired by her husband and their two daughters. In her free time, Valerie likes to spend time with family and friends, plan events, and travel to new and interesting destinations.

Franks, Marti	loves watercolors! She has been painting since 1997, starting out with Ellie Cox and continuing with Sarah Hoyle, Chris Wynn, and Susan Stuller. She has participated in many workshops with nationally known artists, including John Salamien, Mary Whyte, Ted Andrews, Alvaro Cassinett, Tony Van Hassett, Frank Webb, and Jean Spicer. Marti is a past president of the Bon Air Artists Association and has served as a co-chair of its events: Art Affair and Artful Healing. She exhibits at Crossroads Art Center and at various venues with the Bon Air Artist Association.
Freeman, Michael	MD, earned his Bachelor of Science in Biochemistry and Molecular Biology from the University of Richmond, graduating summa cum laude, before studying bioenergetics at Oxford University. He received his MD with honors from the University of Virginia, where he was inducted into AOA, the national medical honor society. He completed a five-year residency in Otolaryngology—Head and Neck Surgery at Vanderbilt University, the top-ranked ENT training program at the time, followed by a two-year fellowship in neurotology and skull base surgery at the Otology Group at Vanderbilt. His clinical practice focuses on ear, hearing, balance, and lateral skull base disorders in both children and adults, with special interests in cochlear implantation, acoustic neuromas, and facial nerve conditions. He is also trained in gamma knife radiation therapy. Outside of the office, Dr. Freeman enjoys spending time with his family, playing tennis, cooking, and being outdoors and on the water.
Frickert, Martha	is retired and now serving as community advocate on several boards. She previously served as a member and president on the LLI Board of Directors.
Friedlander, Marc	is a Certified Senior Advisor (CSA) who has been helping families navigate the complexities of senior living since 2015. Inspired by personal experiences on both sides of his family, Marc understands the challenges of making difficult care decisions and the importance of having a trusted advocate. He is a member of the Richmond Senior Network and holds a bachelor's degree in psychology from The George Washington University, as well as an MBA from Montclair State University. Marc enjoys living in the beautiful Richmond area with his wife and their two children.
Garzia, Janet	has been a member of LLI since 2020. A graduate of the University of Central Florida, she worked in accounting and information technology before discovering her passion for family history and genealogy in 2001.
Goble, Carolyn	has been an LLI member since 2019 and enjoys playing games and cycling.
Goldberg, Arthur	is a semi-retired CPA from the Bronx who moved to Virginia after living and working in Miami for 40 years. He and his wife, Arlene, enjoy the scenery and climate in Virginia and the friendly people they've met at LLI. Arthur plays Bingo, Mah Jongg, and Hand and Foot, and he excels at jigsaw puzzles. He has been an LLI member since 2021.
Golladay, Don	is from Woodstock in the Shenandoah Valley. As a child, his mother took him to church where he was exposed to gospel music and joined the choir. At home, he sang harmony to the radio and Lawrence Welk. When his friend learned to play the banjo, Don bought a guitar, and they formed a duo playing the local "hot spots." In high school, Don was in the concert band, chorus, and acapella group, which formalized his musical skills. Afterwards, he moved to Richmond where he earned a degree in mathematics and was hired by a local private school where he taught math and coached football and lacrosse. Don was invited to join a bluegrass/gospel group where he learned to play upright bass. Since then, Don has been in various groups and entertained folks with bluegrass, old time, folk, and Americana music. He enjoys singing and playing bass, guitar, and mandolin for anyone who is willing to listen.
Gotschalk, Kelly	is the Senior Director of Development for VCU Libraries. As a VCU alumna, she understands the importance of strong outreach to the university's alumni and the Richmond community. A double graduate of VCU Arts, she especially enjoys sharing the Book Arts collection with visitors.

Graves, Kim

is the Manager of Aging and Disability Resources for Chesterfield County, bringing over 17 years of experience in senior services, recreation, and community programming. She most recently managed the Stonebridge Recreation Center and led 50+ programs for older adults through Chesterfield Parks and Recreation. Her earlier roles include Activity Director at Dunlop House Assisted Living and six years with Fredericksburg Parks and Recreation, where she coordinated camps, trips, and special events. Kim holds a degree in Family Studies and Gerontology, reflecting her deep commitment to serving older adults and their families. She and her husband, Aaron, have been married for 25 years and are proud parents of two sons: William, a recent Hampden-Sydney graduate, and Wesley, a sophomore at Randolph-Macon College.

Gross, Kevin

has been a member of LLI since 2018. A graduate of the University of Maryland and a retired banker, he has been actively researching his family history and genealogy since 2015.

Grubbs, Mark

is originally from and grew up in Richmond, VA. He has lived in several states and in South Korea. He has a B.S. in Aerospace and Ocean Engineering from Virginia Tech, and an M.A. in Theology from Fuller Theological Seminary. Mark has worked with computers for the last 35+ years in several occupations: engineering, aircraft piloting, teaching in universities abroad, and in vocational ministry. In 2016, he began his own business, Mark's Help LLC, in which he helps people in their homes with their technology, mostly computers and smart phones. Mark began teaching at LLI in 2015 and hopes to continue into the foreseeable future.

Gruber, Gena

is the Community Engagement Assistant at the Virginia Down Syndrome Association. A devoted big sister with a large extended family, Gena has always been passionate about caring for others, both young and old. She is an active individual with talents ranging from dance to earning a Black Belt in Taekwondo. Jacob's Chance is a big part of her life, where she participates in programs spanning music to culinary arts. Gena has been involved with VDSA since infancy, taking part in initiatives such as I'm Determined, the Summer Employment Academy, Adventure Camp, and numerous events. She has also volunteered at education conferences, handing out programs and introducing speakers for workshops. Gena's energy and commitment make her an invaluable part of the VDSA team—she's truly upward bound!

Gutberlet, Mary

M.Ed., has been interested in meditative and positive energy practices for physical and spiritual health since she was in graduate school. She attended Tai Chi classes elsewhere in the Richmond area in the late 1990s. After retiring, she joined LLI in 2015, primarily because Tai Chi instruction was offered. She has been a student in Damir Strmel's Tai Chi classes since the Fall of 2016. Mary has bachelor's and master's degrees in general and special education. During her 37.5 years in Education, she taught in two Virginia public school divisions as well as in the Hospital Education Program at what is now known as Children's Hospital at VCU. She eventually became an outpatient Educational Consultant. In this role, she served as an advocate for her patients and as the liaison between various medical teams and the school teams of her patients. Mary enjoys going to museums, plays, concerts, and movies. She likes to travel, is an avid reader, loves the beach and the mountains, and very much enjoys walking and hiking.

Gwynn, Sally

PhD, is an experienced instructor, a current exhibiting artist in several mediums, an active member of both the Virginia Watercolor Society and the Bon Air Artists Association, and the author of several books. She taught in both lower and upper public and private schools, retiring in 2013 after more than 20 years with the International Association of Fish and Wildlife Agencies, where she served as a change agent and trainer for state fish and wildlife agencies nationwide. Today, Sally lives and paints in Richmond, Virginia, and Helena, Montana. She has been a member of LLI since 2015.

Hayes, Samuel	III, is the Assistant Director for General Services in Chesterfield County, overseeing the management of capital projects, buildings and grounds, security, and energy/sustainability. He is also the founder and Managing Principal of Stratageum. His previous roles include Assistant Vice President for Facilities Management and Chief Facilities Officer at William & Mary, Assistant Vice President at the Federal Reserve Bank of Richmond, Director of the Virginia Department of Small Business and Supplier Diversity, and Special Assistant to the Governor for Small, Women, and Minority Business Development. He has served with the Virginia Department of Health, Roanoke Higher Education Authority, City of Roanoke, Richmond Metropolitan Authority, and Virginia Department of Transportation. In July 2024, Governor Youngkin appointed him to the Library Board of Virginia. Hayes also serves on the Board of Advisors for the Sydney Lewis School of Business at Virginia Union University.
Herman, Drew	has practiced Tai Chi for over 30 years, studying under first-generation disciples of Master Cheng Man-ching in the Yang lineage. For the past two decades, he has taught Tai Chi with a focus on its traditional martial arts roots and applications, including sword, push hands, self-defense, and post standing (zhan zhuang). He also holds a second-degree black belt in Taekwondo. In addition to his martial arts background, Drew spent 30 years as a print journalist and served as managing editor of the Kodiak Daily Mirror. His accolades include Best Columnist from the Alaska Press Club and first place in the fantasy adventure category of the Bulwer-Lytton Fiction Contest.
Herzog, Joshua	MD, specializes in spine surgery, including after traumatic accidents. A retired U.S. Army Lieutenant Colonel with nearly 20 years of experience in combat medical operations, he received his medical training with and served in the U.S. Army, including multiple deployments to Iraq. When not working, he enjoys running, biking, soccer, traveling, and spending time with his family.
Hinman, Diana	has a lifelong love of the arts. She loves experimenting with all mediums, and particularly loves colored pencils. Her first colored pencil class was taught by Laura Evans and she has since taken LLI Art classes led by Brian Austin, Hal Cauthen, Marti Franks, Bev Perdue, Patrice Reese, Sandy Schimmel Gold, and others. She has been a member of LLI since 2015 and enjoys traveling, hiking, camping, gardening, and playing with her grandkids.
Hoffman, LaVae	teaches basic and advanced paper craft techniques in the Charlottesville area. She hosts monthly card and scrapbook workshops and special craft events using Stampin' Up© products.
Hood, Deb	is a retired professor from John Tyler Community College (now Brightpoint) where she taught Information Technology and Mathematics classes in person and online for 22 years. She has an MA in Counseling and Guidance from Western Kentucky University and an MS in Computer Technology in Education from Nova Southeastern University. Deb's favorite pastimes are reading banned books and ballroom dancing with her husband, Mike Recant.
Hoskin, Debby	is the Program Administrator for LLI.
Huddleston, Beckey	is a trauma-informed advocate with more than three decades of experience helping families navigate complex legal and housing systems. She has dedicated her career to providing resources and guidance that promote resilience and independence within the community. Beckey and her husband, TJ—a U.S. Navy veteran who served for 14 years—are proud parents of one adult son and now work together full-time after co-founding Fresnel Financial Services in 2024. Their practice focuses on educating consumers about available options so they can make informed financial decisions.
Ireland, Marie	has been teaching craft classes at LLI since 2012. She loves to explore different creative mediums - paper crafting, pottery, quilting, felting, and more! Eager to learn, Marie takes classes and workshops to discover new techniques and enjoys sharing her knowledge with others.

Ivey, Kim

MS, CDP, is the Director of Education Services for the Virginia Center on Aging and the Department of Gerontology. She contributes to several initiatives, including the Geriatric Workforce Enhancement Program, the Virginia Memory Project, and the Virginia Long-Term Care Clinicians Network, and serves on the Board of Directors for the Lifelong Learning Institute in Chesterfield. Kim works closely with current and prospective VCU Gerontology graduate students to support their success in the program. She has been associated with VCoA since 1994 and earned her Master of Science in Gerontology from VCU's Department of Gerontology. With many years of experience in long-term care, Kim specializes in educating caregivers and professionals about Alzheimer's disease and related dementias.

Jackson, Patricia

has a brown belt in Jiu Jitsu style Karate and many years of experience teaching and performing Qigong. Together with her daughter and grandkids, she lives in a big wooden house in the Blandermill woods.

Jackson, Walter

has been a practitioner of Tai Chi and Qigong since he took his first classes in 1964. Since then, he has earned a sixth-degree black belt in Jiu Jitsu and has become fully accredited in Tai Chi and Acupressure (Shiatsu). Over the years, he has taught hundreds of classes for his San Diego organization, the Walking Tiger Tai Chi Club. After retiring from a career as an electrical engineer and a video producer, Walter and his wife moved to Richmond to help raise their two grandchildren. They live with their daughter, her husband, and their two grandkids in a big wooden house in Blandermill.

Johnson, B. Ellen

PhD, holds two degrees in nuclear engineering and a PhD in mechanical engineering. She studied and performed research in the energy field for over twenty years before switching careers to teach and tutor high school math and physics. Dr. Johnson strives to create courses that make math, physics, and engineering engaging, understandable, and relevant to students of all knowledge levels.

Johnson, Myron

and her husband, Reggie, relocated to the Richmond area from Laurel, Maryland. Prior to moving, Myron worked as the clinic manager for an orthodontic office near the White House, where they had some interesting patients. Myron loved her job and retired after 30 years with the practice. She and Reggie have been members of LLI since 2013.

Jones, Peppy

was born and raised in Midlothian, Virginia and graduated from Midlothian High School. Peppy is a graduate of University of Richmond and worked in the construction industry for 40 years. Since 2011, he has been the Director of Mid-Lothian Mines and Railroads Foundation and is a member of the Chesterfield Historical Society of Virginia.

Judd, Frances

is a Jersey Girl who used her nursing education to travel to Minnesota, Texas, and Virginia. After retiring, she became involved in the Salisbury Garden Club. Fran joined LLI after hearing about the Institute during a pedicure. She has two sons—one lives in Lexington, KY, which is great for the races, and the other lives in North Carolina, which is great for everything else. Her four grandchildren live in Kentucky.

Kaerwer, Rick

was born and raised just outside of Boston but has called Chesterfield County home for over 35 years. He's happily married and a proud father of grown twin sons, with three granddaughters. Rick has been singing since childhood and picked up the ukulele in 2018, having previously played guitar in the late 1970s. Today, he enjoys making music with the LLI Lifelong Musicians group and local ukulele groups, where the focus is on having fun and keeping the music alive. An LLI instructor since 2022, Rick loves helping others discover—or rediscover—the joy of playing music, whether they're picking up an instrument for the first time or returning after years away.

Kaker, Randall

was born and raised in Wisconsin (Go Pack, Go!) and earned his degree from the University of Wisconsin–Milwaukee. He moved to Virginia in 1980 and taught Mathematics and Statistics in Chesterfield Schools until his retirement in 2011. Married since 1975, Randall enjoys life with his family, including two children who live nearby. A lifelong guitarist since 1961, he now shares his passion for music with new guitar students.

Kane, Audrey	PhD, OTR/L, is an assistant professor in the Department of Occupational Therapy at VCU. She has a long association with the university and recognizes its position in the local Richmond community. Dr. Kane values collaborations that provide learning opportunities for students as well as community participants.
Kawka, Dorota	E-RYT 200, took her first yoga class in 1996 while pregnant with her first child and instantly fell in love with it. She was certified to teach yoga in 2008 and has been teaching ever since. Dorota especially enjoys working with older adults, teaching a variety of Chair Yoga, Senior Yoga and Gentle Yoga classes at different locations in the Richmond area. She is delighted to be able to share her practice with the LLI family.
Kehoe, Charles	holds a master's degree in social work from the University of Illinois and a BA from Lewis University. Since beginning his career in 1964, he has worked in juvenile justice and adult corrections across four states, served as director of three corrections agencies, and advised the United States Army, Navy, and Marine Corps on military correctional affairs. Experienced in both public and private sectors, Charles has toured correctional facilities in numerous foreign countries, served two terms on the Virginia State Bar Disciplinary Committee, served as an expert witness in more than 30 cases, and is a Past President of the American Correctional Association. He currently teaches as an adjunct faculty member in the Criminal Justice Program at the L. Douglas Wilder School of Government and Public Affairs at Virginia Commonwealth University.
Kelly, Suzanne	is a retired Chesterfield County teacher with degrees in business education and English. She taught for 47 years in North Carolina and in various Chesterfield County junior and senior high schools. In 2001, she and Dr. Sarah Mansfield created Teachers for Tomorrow, a program for juniors and seniors interested in becoming teachers. The program has been used at James River and Midlothian High Schools since then. Suzanne began her teaching career in Chesterfield in the LLI building in 1969 and returned as a member in 2015.
Kemp, William	MD, FAANS, is a board-certified, fellowship-trained spine neurosurgeon specializing in the full spectrum of spinal conditions—from complex scoliosis and intradural tumors to spinal stenosis and herniated discs. An expert in advanced disc replacement, he prioritizes motion preservation over fusion when appropriate. Believing that 90% of patients can be treated without surgery, Dr. Kemp emphasizes non-operative solutions such as spine-focused physical therapy, regenerative medicine, and injections. When surgery is necessary, he employs minimally invasive techniques and state-of-the-art technology to optimize outcomes. Dr. Kemp graduated with honors from the University of Notre Dame, earned his medical degree from Indiana University School of Medicine, and completed his neurosurgery residency at the Cleveland Clinic Foundation, followed by a spine-specialized neurosurgery fellowship at the University of Wisconsin. After practicing in Northern Virginia from 2022 to 2025, he joined Neurosurgical Associates in 2025.
Kerman, Linda	earned her master's degree in education from the University of Massachusetts. She taught literature courses in high school and community college, frequently moderating class discussions, and now assists students who are composing essays as they apply for college and specialty programs. Linda has one adult son and three grandchildren, all of whom are bookworms. An LLI member since 2016, she enjoys reading banned books, playing with her pet bird, and taking care of her dog.
Kinnaird, Rick	has travelled the world to see the remnants of great ancient civilizations and has returned to talk about it. The Taj Mahal, the Pyramids, Petra, Borobudur, and Angkor Wat are all in his repertoire, as well as the Mayan, Aztec, and Inca ruins. In the course of his travels he has come into contact with noted archaeologists who have shared some of their latest insights with him. Rick has been an LLI instructor since 2019.

Kisner, Tim	is a dedicated storyteller who believes everything is more engaging when told as a story. Whether sharing personal experience, history, or nonfiction, he believes that stories bring topics to life. In his personal relationships, classes, and consultations, Tim's narratives and real-life examples ensure an effective and lasting impact. Join Tim for an enjoyable learning experience filled with fun and interesting stories.
Klumb, Evelyn	is the 2024-25 president of Ikebana of Richmond and a past president of both the Oxford Garden Club in Richmond and the Watchung Garden Club in New Jersey, where she worked with a floral design and event planner. She is a student of Ikenobo, Sogetsu, Ohara, and Saga Goryu schools of Ikebana, the art of Japanese floral design first documented in the eighth century. Her designs incorporate unconventional material and embody a "less is best" philosophy and the class will cover a brief history of this artform.
Kolakowski, Christopher	is the Director of the Wisconsin Veterans Museum and former Director of the MacArthur Memorial. He has written and spoken extensively on military history.
Krug, John	has a personal reason for becoming an Oasis Senior Advisors owner- his parents. John and his family went through the process alone and endured four separate assisted living presentations while searching for the right home for them. When he saw the exponentially more pleasant experience his brother-in-law had while using a senior placement service, he knew the benefits that this could bring to families searching for the right senior living solution.
Lanier, LuGay	has a background in environmental science, biology, and landscape architecture which informs a painting style that combines unique places, local people, and their cultures. Studying environmental science helped her develop a love of nature and an appreciation for the uniqueness of each day. Even with the same location and subject, the light intensity, wind, shade, shadows, and time of year vary, producing new challenges. Biology encourages experimentation with new tools, subjects, and media. Pen and ink sketching encourages detail. Adding watercolor introduces the challenge of whether to let the media evolve or try to manipulate it. Each study is about the journey and learning new techniques and ways to apply them. Landscape architecture combines design, color, seasons, cycles, and art which translate seamlessly to Lu Gay's art. She feels each sketch or painting is an interpretation of life, which selects specific focus, details, and interconnectivity to bond the relationship to place.
LaRuffa, Frank	is the Chief Deputy Commonwealth's Attorney for Chesterfield County. Frank began his legal career in 1991 as an assistant public defender with the Richmond Public Defender's Office. In 2000, Frank switched to prosecution, joining the Henrico County Commonwealth's Attorney's Office where he was promoted to deputy in 2006. In 2012, he took a position at the Chesterfield County Commonwealth's Attorney's Office where he has served as an assistant, deputy, and now chief deputy. Frank is a graduate of the Marshall-Wythe School of Law at the College of William and Mary and resides in the Bon Air area of Chesterfield County.
Lawson, Rachel	is the Program Manager for the Alzheimer's Association supporting the Greater Richmond Chapter. She has been with the Alzheimer's Association since July 2018 after completing her internship with the association in the Spring of 2018. She holds a Bachelor of Science in Health Promotions and a Master of Science in Public Health, both from Lynchburg College. Prior to the Alzheimer's Association, she worked in medical office administration and non-profit health organizations. Rachel always strives to bring education and awareness to those impacted by all forms of dementia through the services and support of the association.

Lee, Christopher	is a dedicated educator and community advocate with decades of experience in education. He began his career as a classroom teacher, fostering student growth and learning, before transitioning into his current role as a Site Coordinator for Communities In Schools (CIS). In this position, he works tirelessly to connect families with essential resources, ensuring students receive the support they need to thrive both academically and personally. A key focus of his work is establishing mentorship programs that pair students with positive adult role models, helping them build strong relationships and feel more connected to their school community. His unwavering commitment is to creating a nurturing environment where every student has the opportunity to succeed.
Lemza, John	graduated the United States Military Academy at West Point in 1976. He served over 20 years in the Army with more than eight years abroad in Asia and Europe. His last assignment was at the Pentagon. He graduated from Virginia Commonwealth University with an MA in History and from George Mason University with a PhD in History. His research interests are post-1945 America, the Cold War, the history of immigration, consumerism, and military history. John currently teaches history at Virginia Commonwealth University. He has been a member of the LLI teaching faculty since 2005. He is a member of the LLI, sits on the Board of Directors, and currently serves as President. He has published three books, American Military Communities in West Germany: Life in the Cold War Badlands, 1945-1990 (2016); The Big Picture: The Cold War on the Small Screen (2021); and Charles A. Willoughby and the Anti-Communist Crusade (2024).
Lenzi, Joseph	retired as a Mechanical Engineer and Principal Engineer in 2015. He learned to build guitars from Charles Fox in 1976 while Joe was living in Alaska. For the next 10 years Joe built and repaired stringed instruments in Fairbanks and, through the community college, taught guitar building and music during the long winters. He now lives in Richmond, Virginia, where he and Cherie have raised two children, both of whom are grown and out of college. Since retiring from the engineering profession, Joe has been trying to perfect the art of retirement by building a few guitars and mandolins each year. Instruction and presentation have always been a significant part of his professional life. He has been an LLI member since 2017.
Levi, Juana	is a retired registered nurse who studied Art History at the University of Maryland. She is a mother of two daughters, who are both teachers, and a grandmother of four. She and her husband have been LLI members since 2013.
Levitian, Eric	is the founder and CEO of Vivo. After witnessing the decline of his parents' quality of life, he realized he wanted to better understand the aging process so that he could help them. That's why he started Vivo – a safe, engaging, and impactful program to guide older adults to a safer and healthier life. More information on the research he found and the solution he recommends is available at www.teamvivo.com/ .
Lively, Wendy	serves as Director of Program Operations for Communities In Schools (CIS) of Chesterfield, where she oversees the affiliate's mentoring program. She began her CIS journey as a Site Coordinator, leading a large and successful mentoring initiative at an elementary school. In her current role, Wendy has collaborated with CIS staff to redesign and strengthen all aspects of mentoring—from recruitment and training to data tracking and impact measurement. She is passionate about building meaningful mentor relationships that help students feel supported, connected, and confident in pursuing their goals.
Lohman, Sandy	is an experienced crocheter and knitter who has been a member of LLI Chesterfield since 2023.

Lurie, Joanna	has a master's degree in Health Administration and a Bachelor of Science in Medical Biology. She is a certified Medical Technologist by the American Society for Clinical Pathology at a master's level and is certified in Database Design. Joanna was the Chemistry Laboratory Supervisor for twenty years in a major Long Island hospital and the Laboratory Information Systems Coordinator for six. She taught Clinical Chemistry as an adjunct professor for the State University of NY at Farmingdale. Now at St. Gabriel's Parish, she serves as Lector and is a member of Women in God's Spirit (WINGS) spirituality group. She has participated in the Bible Study group since 2007 and has taken over 50 Bible Study classes. She has served on the Adult Faith Formation ministry and taught in the Children's Faith Formation ministry. Joanna has served on the LLI faculty since 2006.
Macauley, Sharon	joined the LLI in 2009 when she took her first line dance class. It's been a passion ever since then. Now she enjoys sharing this fun and social activity with newcomers.
Mare, Marilyn	is a retired Chesterfield County teacher who taught at J. B. Watkins Elementary School. She joined LLI in 2007 and is an active member who volunteers whenever needed. She also enjoys teaching Mah Jongg to fellow LLI students!
McCrea, Alan	is a transplant from the Philadelphia suburbs with some South Carolina heritage. He studied mechanical engineering at Cornell and did graduate study in control theory in Aachen, Germany. He went on to work for industrial companies there and in Austria. In 1967, Robertshaw Controls Company in Richmond hired him to develop what was probably the world's first computerized energy management system for commercial buildings. Early projects included the International Monetary Fund headquarters in Washington and the Manned Spacecraft Center in Houston. After fourteen years he began consulting in control and microprocessor applications and now he has fun publishing word puzzles. He's enjoyed being a member of LLI since 2012.
McDonough, James	is a retired Army officer and former Department of the Army civilian. He served as an assistant professor of philosophy and English at the United States Military Academy at West Point, New York, and as an adjunct professor for the University of Maryland's European Division, Saint Leo University's Fort Lee campus, and Virginia State University. He holds both bachelor's and master's degrees in English from Duquesne University, as well as a master's degree in philosophy from the University of Pittsburgh. With over 40 years experience in academia, Mr. McDonough has taught more than 4,000 students.
McDorman, Linda	has been in the fitness industry since 1990 and is certified by the American Council on Exercise as a Group Fitness Instructor, AFAA for Personal Training, Yoga Alliance RYT200 for many yoga formats, Stott Pilates, and Mad Dogg Spinning for cycling. In 2024, she obtained her Barre Above certification. Her passion is helping others become healthier and stronger through exercise.
McGuill, Mickie	has long been fascinated by dreams—both pleasant and unsettling—and the deeper meaning behind them. As an adult, she immersed herself in Dream Studies through seminars led by Henry Reed and Kevin Todeschi at the Association for Research and Enlightenment (A.R.E.) in Virginia Beach. Her passion for the subject continues today, as she finds working with dreams to be a valuable and insightful practice. Mickie hopes that others may find this class helpful—or at the very least, interesting and fun.
McRae, Douglas	completed the ballroom teacher training course at Simply Ballroom Dance Studio and has been ballroom dancing for over 25 years. He has taught for USA Dance chapters in Richmond and the Tri-Cities, The Dance Space, and has helped with beginner classes at Rigby's Jig. In addition, Doug DJs dances several times a month. He and his co-instructor, Teresa Day, have been dancing together for several years. Doug has been an LLI member since 2023.

Mercer, Beth

received her bachelor's degree in music education with a concentration in vocal performance from Virginia Commonwealth University (VCU). She taught choral music in Chesterfield County for 33 years before retiring in 2012. Over the past 45 years, she has been actively involved in musical theater, directing and choreographing numerous productions for schools, local churches, and community theaters. Beth has been a member of the LLI community since 2018.

Mikuta, Mark

is a principal with Estate Settlement Solutions, LLC. He has worked in internal audit, corporate finance and real estate management and development. Mark received his BS in accounting from the University of Richmond. He is a member of many professional organizations and is also a Certified Financial Planner.

Miller, Mark

PhD, LPC, CSAC, is currently serving as the Midlothian Supervisor on the Chesterfield County Board of Supervisors. For the past ten years, he has served as a professional counselor at Brightpoint Community College and, prior to that, served for thirteen years at Chesterfield Mental Health as a senior clinician and services supervisor working with folks of all ages diagnosed with intellectual and developmental disabilities. Dr. Miller also works in private practice with clients and couples who are dealing with a variety of mental health challenges, which include substance abuse.

Mitchell, Brian

MD, attended Duke University School of Medicine from 1981 to 1985 and began his career in hematology and oncology during his residency at Johns Hopkins Hospital. He completed four years of specialty training at the University of Chicago, where he combined clinical practice with laboratory research. Board-certified in hematology, oncology, and internal medicine, Dr. Mitchell served as an assistant professor at Virginia Commonwealth University from 1992 to 1999, chairing the Clinical Trial Review Committee and mentoring students and residents. Since 1999, he has cared for patients with cancer and blood disorders at the Virginia Cancer Institute, helping them navigate treatment decisions, assess risks, and cope with loss.

Molzhon, Karen

is a fourth-generation Richmonder, a graduate of VPI&SU with a B.A. in English (and a diehard Hokie!), and a retired paralegal who supported attorneys for over 40 years. She's a mother to an extraordinary daughter and wife to a wonderful man she calls her "best yard sale find ever." Karen has always enjoyed crafting—quilting, cross-stitch, embroidery, knitting, crocheting, scrapbooking, and card-making. She taught photography to elementary students at a local community center for three years and enjoys genealogy, trivia, reading, and bluegrass music (especially in Floyd, VA!) Her favorite creative outlet is quilling, which she discovered in the early 2000s, paused, and joyfully returned to in 2017. Karen has been a happy LLI member since 2023!

Morgan, John

III, grew up in North Carolina, South Carolina, and Virginia. He earned an associate's degree at J. Sargeant Reynolds Community College and his bachelor's from Guilford College. John has worked in procurement at VMFA, VDOT, VCU/MCV, Dominion Virginia Power (VEPCO), and Miller & Rhoads. In college, he learned to play the guitar and has added fiddle, mandolin, banjo, and harmonica along the way. John has been performing in the Richmond area since 2008 and has been privileged to play music with Jimmy Payne, Mark Campbell, Harold Hausenfluck, Trip Johnson, Doug Shackleford, Larry Wiley, Kate Conn, and Don Golladay. He currently can be found making music with Company's Coming and Stand Your Ground.

Moses, Dorothy

has been an LLI member since 2008. She's an aspiring writer and has participated in several critique groups.

Moyer, Wayne

is a 2004 graduate of the University of Richmond School of Continuing Studies and holds a bachelor's degree in Liberal Arts. He retired from Lowe's after 10 years as a kitchen designer and has been active in numerous volunteer organizations. He is currently active with the Brandermill Midlothian Woodlake Lions Club as a past president and current eyesight coordinator. Wayne has been an LLI member since 2017.

Murekatete, Antoinette	is originally from the Democratic Republic of the Congo. She was forcibly displaced from her village as a teenager and spent several years in a refugee camp before arriving in the United States in 2010. She later moved to Richmond to support newly arriving family members and now works in the healthcare field.
Murphy, Mary Jane	has a BS in Home Economics Education and a B.A. in Studio Art. She brings 25 years teaching experience to LLI and has been a member at Chesterfield LLI since 2010.
Nelson, Gary	was born and raised in Pittsburgh, Pennsylvania. He received his degree in geology from Indiana University of Pennsylvania. After working for 39 years in the quarry and asphalt business in various positions, he retired and took a part time position with the Cornell Local Roads Program, which is the New York State branch of the Federal Highway Administration's Local Technical Assistance Program. There, he was an instructor and educator, writing, presenting workshops and seminars, and producing training videos on asphalt related topics. It was during this time that he learned how satisfying it is to share knowledge with others.
Neviaser, Thomas	is a retired orthopedic surgeon of 33 years who specialized in knee and shoulder conditions. He has written or co-written over 40 peer review articles, presented many papers and instruction courses, and developed surgical procedures for the knee, elbow, and shoulder. He is an emeritus member of the American Association of Orthopedic Surgeons and a founding member of the American Shoulder and Elbow Surgeons. Tom has been an LLI member since 2023.
Nufer, Chris	is a certified caregiver counselor and serves as the lead counselor for the Jewish Family Services (JFS) F.A.M.I.L.I.E.S. program. In addition to his work with JFS, he has delivered the F.A.M.I.L.I.E.S. program in collaboration with the Richmond Chapter of the Alzheimer's Association and the University of Virginia Department of Neurology's Memory and Aging Care Clinic, helping spouses and families cope with a loved one's dementia diagnosis. Chris served as chair of the Virginia Caregiver Coalition for three years and holds degrees from the University of Virginia, Johns Hopkins University, and Brooklyn College in New York City, where he later served on the faculty in the Department of Psychology.
Ogilvie, Debra	is with Richmond Hearing Doctors, is a Virginia native, and grew up in Hampton. She received her Bachelor's degree from James Madison University, her Master's degree from The George Washington University in Washington, DC, and her Doctorate of Audiology degree from Salus University in Pennsylvania. Debra has been practicing Audiology since 1995, coming to Richmond in 1999. She spent 12 years working in a local private practice until deciding to become an owner herself. She has always appreciated both the technical and personal sides to Audiology – finding the best hearing solution for each individual person. Debra is a fellow of the American Academy of Audiology, a fellow of the Academy of Doctors of Audiology, and is a Board Member of the Virginia Board for Hearing Aid Specialists and Opticians. She and her husband enjoy spending time with their son, daughter, and extended family.
Onesty, Judith	loves to create and teach—whether it's cooking, jewelry-making, graphic design, or most especially, storytelling. In the early 1990s, an opportunity to work with a group of cowboy poets and storytellers sparked a passion that continues to burn brightly. Judith teaches and performs at workshops, conferences, storytelling festivals, theaters, and just about anywhere with an open mic and willing listeners. She often collaborates with co-instructor Les Schaffer as Two Tellers Telling, and for over 10 years, she was a founding partner of the TellTaleHearts Storytelling Theater Company. Judith has been an LLI instructor since 2018.

Pace, Timothy	received a Juris Doctorate degree from Creighton University in 1972, and was a senior adviser to the Board of Veterans Appeals from 1972 to 1990. After presidential appointment, Timothy served as Administrative Law judge for the Social Security Administration from 1990 to 2014 handling primarily Medicare cases and Disability claims. In that capacity, he presided in various courtroom proceedings along the east coast at hearing sites in eight states and in the District of Columbia. From time to time, he was called upon to lecture to fellow judges and administrative personnel on the nuances of ever-changing laws governing the administration on Social Security benefits. He has been a member of LLI since 2014.
Pachter, Josh	taught film history and appreciation at the university level for fifty years before retiring in 2022. A writer, editor, and translator of crime fiction, Josh has been a regular member of the LLI faculty since moving to Midlothian in 2020.
Pachter, Laurie	is an editor for a federal agency. She and her husband, Josh, have traveled extensively across Europe, Asia, Africa, and South America. When she's not working or exploring the world, Laurie enjoys tending her native-plant garden in Blandermill or kayaking on the Swift Creek Reservoir.
Pandolfe, Carri	is LLI Chesterfield's Program Coordinator. Her journey has taken her through every major city on the West Coast, but her roots trace back to Canada. In 2001, she made RVA her home—and she's loved it ever since. A natural mentor, creative spirit, and true adventurer, Carri brings energy and passion to her role in the LLI Office. When she's not inspiring others, you'll find her enjoying life in Midlothian with her family.
Parrish, Conner	is the Founder & CEO of Bloomistry, a conservation-focused garden and education company offering 300+ learning programs for all ages, beyond-organic garden consulting and installation, and organic garden products that help people live more eco-aligned lives. A passionate farmer and consultant, Conner promotes organic, regenerative, and science-based growing in suburban, urban, school, and community gardens. His mission is to inspire and plant the seeds of green for the world to become a more nature-based place!
Parrish, Kathy	is the Adult and College Group Education and Outreach Coordinator for the Virginia Museum of Fine Arts.
Partridge, John	retired from a 43-year practice as an OB-GYN in Central Virginia and a position as an adjunct clinical professor with MCV/VCU, and began pursuing his lifelong interests in history, archeology, and art. In 2019, Dr. Partridge served as expedition artist and photographer for a National Geographic expedition excavating a royal tomb under a pyramid in Sudan. He has continued to build his knowledge and skills in watercolor, acrylic, and oil painting through self-study and the great courses at LLI. Passionate about teaching, he has taught courses at LLI highlighting ancient civilizations and the archeologists who brought them to light. Through his teaching, Dr. Partridge hopes to spark in others enthusiasm and joy in learning.
Patel, Atul	is an engineer with Dominion, as well as a devoted father and husband. He has served as a meditation trainer since the early 2000s.
Payne, Brighton	is a clinical psychology doctoral student at Virginia Commonwealth University. Her research and clinical interests focus on cognition, particularly how it is affected by brain injuries, aging, and neurological conditions. She is excited to support lifelong learners by offering cognitive screenings, aiming to provide individuals with helpful insights into their cognitive health and inspire proactive engagement with brain wellness.

Peaden, Paula

began her professional career as a registered nurse after receiving her Bachelor of Science degree from Mount St. Mary's College. She received her legal education from Antonin Scalia Law School. Currently, she is a member of the National Academy of Elder Law Attorneys and the Special Needs Alliance and Estate Planning Council of Richmond. Paula practices law in Trust and Estate Planning, Trust and Estate Administration, Elder Law, Long Term Care & Disability Planning, Special Needs Trusts, and Guardianships. She was named the best Elder Lawyer in Richmond in the Best Lawyers in America® and was voted by Peer Recognition as 2022 Virginia Lawyer of the Year as published by Best Lawyers®. Her knowledge and professionalism are evidenced by other accolades, including her appointment to the Virginia Business Legal Elite and the Class of Leaders in the Law, Best Lawyers in America® for Trusts and Estate, Virginia Super Lawyers for Trusts and Estates and Elder Law and AV-rated by Martindale Hubbell Preeminent Women Lawyers.

Perdue, Beverly

has been creating in oils and watercolors for the past thirty years. She has been recognized with several national and international awards in both mediums. Her style of teaching is to guide and encourage students to find their own individual art voice.

Plante, Brian

holds a BA and MA from Columbia University (NYC) and the University of Michigan (Ann Arbor). He has tutored at the University of Richmond and taught critical thinking at two colleges and LLI.

Pollaro, Misti

is the Family Care Director at the Virginia Down Syndrome Association, where she supports families across the Commonwealth through education, advocacy, and connection. In her role, she serves individuals "from twinkle to wrinkle," offering guidance from birth through adulthood. With more than two decades of professional and personal experience navigating resources and special education advocacy, Misti is passionate about helping families feel seen, supported, and equipped to thrive within their communities.

Powell, Kate

MPA, CFRE, is a nonprofit professional passionate about the intersection of arts and human services—and how it advances justice, equity, and dignity for all. Her career spans both fields, including managing a music school, working in sound engineering and production, and serving as the Woodwind Teaching Artist for Soundscapes on the Virginia Peninsula. She later served as Development Manager for the Virginia Symphony Orchestra and Director of Fundraising and Grants at PORTCO, Inc., before joining Tidewater Arts Outreach, where she became Executive Director in 2020. Kate holds a Bachelor of Music in Music Industry from James Madison University and a Master of Public Administration from South University. A CFRE since 2019, she was named an Inside Business Top 40 Under 40 honoree in 2022 and received two major nonprofit leadership awards in 2025. She actively serves on boards and advisory groups, and regularly mentors and consults with nonprofit and community organizations.

Powers, Grace

is the History Education Coordinator at the Virginia Museum of History & Culture (VMHC). She holds a bachelor's degree in American studies and anthropology from the University of Virginia. Grace has worked in development, administration, and education at museums and historic sites across Virginia, including Stratford Hall and the American Civil War Museum. She joined the VMHC education team in August 2025. In addition to coordinating group visits, Grace leads exhibit tours and facilitates classroom activities for students of all ages.

Pritchard, Carol

is a French teacher who taught beginning, intermediate, advanced and adult education classes for forty years. She taught in the school systems of Baltimore City and County, Maryland; Pittsford, New York; and Chesterfield County, Virginia. Locally, she taught at Monacan High School (until 1994) and James River High School (until 2008). She retired from CCPS in July 2008 and has been a member of LLI since 2009.

Pryor, Jeremy

Esq., is a principal attorney at the law firm Carrell Blanton Ferris & Associates, PLC. His areas of practice include elder law, estate planning, and incapacity-related litigation. As an empathetic and fierce advocate for his clients' rights, Mr. Pryor concentrates on securing Medicaid coverage for nursing home care needs and safeguarding assets from the costs of long-term care. In addition, he helps clients become guardians and conservators through court proceedings. Mr. Pryor received his undergraduate degree, cum laude, from James Madison University and his Juris Doctor cum laude in 2007 from Regent University's School of Law. Actively affiliated with the legal community, Mr. Pryor has memberships in the National Academy of Elder Law Attorneys, the Virginia Academy of Elder Law Attorneys, and ElderCounsel.

Ramirez, Lucas

is the son of Rachel Ramirez, Executive Director at LLI in Chesterfield. He is an avid reader and podcast listener, and he loves learning, dinosaurs, robots, puzzles, playing on playgrounds, riding his bike, and playing anything with his father, Luis, and his little brother, Levi. Since he was born in 2018, Lucas has spent countless hours at LLI and loves seeing members and making them laugh with stories and jokes. Lucas is homeschooled and is a student at the Classical Conversations Charter Colony community that meets one half-day weekly during the school year.

Ramirez, Rachel

has been the Executive Director at LLI in Chesterfield since March 2014. She previously worked for four years in IT and as a Financial Team Manager for a nonprofit in Mechanicsville. Before that she was an Assistant Branch Manager with First Market Bank in Richmond and a Store Manager at Starbucks Coffee Company. Rachel has enjoyed attending and serving with Clover Hill Church since 2003 and is grateful for the opportunities she has had to work with Give Hope 2 Kids, a children's home in the mountains of Honduras. Rachel earned a bachelor's degree in Organizational Leadership and Management from Regent University in 2006 and a Master's Degree in Public Administration with a Graduate Certificate in Nonprofit Management from VCU in 2018. Rachel and her husband, Luis, love spending time with their two boys, their family and friends, as well as biking, hiking, and traveling!

Randolph, Julie

learned to play Mah Jongg as a young military wife in the 70s. She has enjoyed playing both Chinese and American versions for 50 years. Julie loves games and cards of any sort and has been a member of LLI since 2016.

Rawls, Waite

retired at the end of 2019. He previously served as the President of the American Civil War Museum Foundation. He received a B.A. at Virginia Military Institute and was awarded an M.B.A. and J. D. by the University of Virginia. Some of the positions he held in the banking, investment, and money markets fields were: Managing Director, Chemical Bank, New York; Vice Chairman, Continental Bank, Chicago; Executive Vice President, The Chicago Corporation; and Chief Operating Officer of Ferrell Capital Management, Greenwich, Conn. He also led a start-up technology company and has been a visiting or adjunct professor at University of Virginia's Darden Graduate School of Business Administration and Illinois Institute of Technology.

Raymond, Marianne

is a real estate agent with over 20 years of experience helping buyers find the perfect home and assisting sellers through the selling process. Along the way, she has encountered and solved a wide range of challenges. She is an active member of local, regional, and national professional organizations and regularly takes advantage of networking and educational opportunities. Marianne has earned two specialized real estate designations: Certified Residential Specialist and Senior Real Estate Specialist. Her goal is to make every transaction smooth and stress-free for her clients.

Recant, Michael

has been active in the field of LGBTQ justice since the mid-2000s. As head of the First Unitarian Universalist Church LGBTQ-Straight Alliance committee, he helped to establish the first ROSMY Alternative Prom for LGBTQ+ High Schoolers in the RVA area. Mike is a trained Sexuality Educator in the "Our Whole Lives" curriculum jointly developed by the Unitarian Universalist Association and the United Church of Christ. The Our Whole Lives program operates under the idea that well informed youth, young adults, and adults make better, healthier decisions about sexuality than those without complete information. OWL strives to be unbiased and teaches about heterosexual, bisexual, homosexual, non-binary, and transgender sexual health. Mike has been an LLI instructor since 2024.

Rennels, Ellen	is a former English teacher and passionate education advocate. She enjoys cooking and spending time in her garden. Ellen learned to sew, knit, and crochet as a child from her mother and continues to share her love of fiber arts with others. She has been an LLI member since 2023.
Reynolds, Katie	is the Manager of Tour Services at Agecroft Hall and Gardens. She has been working at the museum since 2004 and holds a B.A. degree in history. She looks forward to welcoming LLI students to learn about the unique historic home, British history, and the gardens.
Ricciardelli, Yvonne	is a loving grandmother to five accomplished adult grandchildren and has always been passionate about creativity and aesthetic expression. Her educational journey has centered around the worlds of art and beauty, fostering a deep appreciation for visual and artistic harmony. She occasionally serves as a substitute teacher in Chesterfield County Schools and spent nine years on her HOA Board of Directors, including three years as president. Yvonne also volunteers at St. Francis Hospital and serves as chairperson of the Brandermill Women's Club "Day Trippers," organizing social events. Her life beautifully blends family warmth, artistic passion, and a strong commitment to community and education.
Riegel, Daniel	worked at Altria for 32 years, holding a variety of management positions. After retiring, he taught Strategic Planning and Leadership courses at the VCU School of Management. He became a member of LLI in 2025 and has enjoyed the wide range of courses offered by the organization. Dan and his wife, Janis, have three children and six grandchildren.
Robison, Jessica	is the Emergency Management Coordinator for Chesterfield County. She manages the Chesterfield County Emergency Management staff, who are highly experienced in the areas of emergency planning, mitigation, response, and recovery, and who are committed to enhancing the resilience of the county through providing comprehensive preparedness training to those who work, live, or play in Chesterfield. In 2013, she became a certified Master Resiliency Trainer (MRT) through the University of Pennsylvania and the Department of the Army. As an MRT, she taught soldiers and family members how to build skills that would allow them to survive, then thrive in difficult situations. Jessica's passion is to educate and empower residents to play an active role in their own well-being and that of their community. She holds a Bachelor of Science degree in crime, law and justice from Pennsylvania State University and an MBA from Western Governors University with a master's degree in healthcare management.
Rogers, Matt	was raised in Chesterfield County, graduated from James River High School, and then from Longwood University with a bachelor's degree in criminal justice. Corporal Rogers has served with the Chesterfield County Police Department since 2006. During that time, he has served as a patrol officer, school resource officer, and is currently assigned to the Community Engagement Unit. Corporal Rogers is the coordinator for the Chesterfield County Police Department's Citizen's Academies and the Project Lifesaver program. He also assists in teaching crisis intervention for the Chesterfield County Police Department's CIT program.
Ross, Audrey	is a native of Midlothian, Virginia. She attended Midlothian Elementary School, and graduated from Carver High School in Chester, Virginia in 1968. Then, she attended N.C. Agricultural and Technical State University in Greensboro, NC, earning a BS in Professional Biology in 1972, and later, a Master of Public Health from Virginia Commonwealth University School of Medicine focusing in Occupational and Environmental Public Health. Audrey has worked as a Microbiologist; Quality Assurance Specialist; Regulatory Affairs Professional; Safety and Public Health Professional; and retired as a Scientist Sr. from the Commonwealth of Virginia in 2009. In retirement, she occasionally substitutes for Chesterfield County Public Schools, and enjoys gardening, fishing, photography, participating in church and community activities and events, and researching the "Rich History" of African Americans in Midlothian and Chesterfield County. Audrey is a member and historian of the Historic First Baptist Church of Midlothian; a member of the Chesterfield Historical Society of Virginia's African American History Committee; and member of the Board of Directors for the Midlothian Mines and Railroad Foundation. Audrey also serves on the Midlothian Implementation Team, and in 2023, was inducted into the Chesterfield County Senior Volunteer Hall of Fame.

Rothschild, Andrew	has been working as a physical therapist in the outpatient orthopedic setting since 2006. In 2012, he completed a manual therapy residency and fellowship program and has gone on to mentor several other fellows. His interest in pursuing physical therapy as a career began after he underwent spinal fusion surgery in 2000 at the age of 23. He has a particular interest in treating low back, neck, and chronic pain. Over the past several years, he has expanded his specialties to include concussion and vestibular rehab. Since 2022, Andrew has served as the clinic director for the Virginia Center for Spine and Sports Therapy which is now part of H2 Health in Midlothian, VA. He is also part of a select group charged with developing continuing education courses for clinicians within the company.
Russell, Gordon	has experience in both graphic design and corporate America. After graduating from VCU (RPI of the College of William & Mary) with majors in graphic design and advertising, he entered the fast-paced advertising industry in Richmond and then, in Atlanta, Georgia where he ran his own agency. Next, Gordon made major career shifts to work for Bell South and In-flight Publishing. He was the Senior Vice President of an international computer company, the Dean of a School of Design, and a Campus Director of Academic Affairs. No matter what he pursued, creativity always played an integral role.
Ruth, Tara	is a native of West Virginia and earned her Bachelor of Science in Speech Pathology and Audiology from West Virginia University. She went on to receive her PhD in audiology from James Madison University. Dr. Ruth is a Fellow of the American Academy of Audiology, holds the Certificate of Clinical Competence from the American Speech-Language-Hearing Association, and is licensed by the Commonwealth of Virginia as an audiologist and hearing aid specialist. Since 2005, Dr. Ruth has been practicing audiology in Richmond. She is married with two children and enjoys traveling and watching sports, especially college football and professional hockey. Her favorite teams are the West Virginia Mountaineers, James Madison Dukes, and the Washington Capitals.
Ryther, Patricia	is retired from a career in banking and insurance. In retirement, she's enjoyed studying 19th century American History, and teaching classes on notable environmental figures from that era. She has a degree in English Literature and has taught at the community college level. Pat has been an LLI member since 2018.
Saunders, George	is a graduate of Virginia Commonwealth University. A lifelong student of railroad history, he has been an active member of the Old Dominion Chapter of the National Railway Historical Society for more than 40 years. Contributing in countless capacities, including serving on the board of directors, he currently serves as the facilities rental manager for the chapter's museum in Richmond, Virginia. In the past, George has done PowerPoint presentations on "The Development of Trains in the South and their Use in 1864" and "Railroad Communications in 1864" at the American Civil War Museum, the Richmond Railroad Museum, and LLI as part of the Sesquicentennial lecture series on the war.
Scarr, Sarah	Arts Collections Curator, develops, promotes, and provides stewardship for VCU Libraries' Special Collections and Archives arts-related holdings, including the Book Art, Comic Arts, and Zine Collections. She is also an active book artist.
Schaffer, Les	grew up in a time when storytelling meant tuning in to favorite radio shows, listening to his grandmother read classic tales from the Daily Forvitz (Forward) Yiddish newspaper, or hearing relatives recount life in the old country. Today, he continues that tradition by teaching, coaching, and performing stories in a wide range of settings. He co-leads the LLI Senior Story Slam and shares his stories at slams, festivals, and shows across the region—and virtually, around the world. For over 20 years, Les has taught storytelling and related courses at LLI. His eclectic background includes work in photography, marketing, clay-making, and family therapy. He describes his classes as a blend of learning something new and building an ever-growing, story-centered community.
Schilling, Timothy	worked in Public Affairs at the Federal Reserve Bank of Chicago as an education specialist and has taught money and banking courses at both the University of Mary Washington and Randolph-Macon College.

Schimmel Gold, Sandy	has been a professional artist for over 15 years. Her work is in personal, corporate and museum collections around the world. Sandy's specialty is creating paper mosaic portraits and other works from recycled materials including junk mail! Prior to fine art, Sandy worked in nonprofit, visual merchandising and design. She's a lifelong learner and is always experimenting with new techniques and ideas.
Schmitt, James Kenneth	MD, was born in Berkeley, California, and studied astronomy at the University of California before earning his medical degree from the University of California, San Francisco. He completed his internship in internal medicine at Highland General Hospital and a fellowship in endocrinology at UCSF. Dr. Schmitt has practiced medicine across the globe, including in Peru, Bahrain, Uganda, Senegal, India, Bhutan, Honduras, and Azerbaijan. He is also an accomplished author, having written several books, including three memoirs and a novel.
Scimone, Bonnie	serves as the Lead Community Outreach and Marketing Specialist for The VirginiaNavigator Family of Websites. Bonnie has been with the organization since 2006. She graduated from Longwood University with a Bachelor of Science degree in Home Economics and received her Elementary Education Teaching Certificate from Virginia Commonwealth University. Bonnie has one son in Georgia, one daughter in Chesterfield and five grandchildren. Bonnie resides in Chesterfield County and serves Central Virginia and Tidewater.
Seaborn, Tom	is a native of Newport News, Virginia and holds a BS in Civil Engineering from Virginia Tech. After serving three years as a company grade officer in the Army Medical Service Corps, he started his career in Consulting Engineering and Construction Management. In 1998, he became the design manager of semiconductor wafer fabrication plants for Motorola and Siemens. Tom has been a member of LLI since 2018 and has been active in the genealogy and memoir writing classes.
Sebby, Alex	is a third-generation US Veteran. At the age of seventeen, before graduating from high school in Minot, North Dakota, he enlisted in the United States Marine Corps. During his enlistment, Alex held the Military Occupational Specialty (MOS) of 4611, combat illustrator. Combat illustrators create 2D and 3D artistic and illustrative products for use in various applications. Many veterans face challenges every day and struggle long after their service is over. Alex, like many others, believes it is up to all of us to support them and honor their sacrifices. It's important that they receive the care and resources they need to heal and thrive. Those that have served in the US military have a story to tell! Their wisdom, expertise, and experience can benefit themselves and others. They can begin writing and sharing their stories for free at https://www.wordsofveterans.com/
Semtner, Tara	brings a background in architecture and a lifelong passion for art and visual culture to her teaching. A graduate of the University of Virginia with a degree in architecture and additional study in art history, she approaches buildings and paintings through the lenses of narrative, emotion, and the stories behind their creation. Her professional experience in architecture and real estate provides a nuanced understanding of how people respond to spaces and visual expression. Having traveled extensively throughout Europe to study museum collections and historic environments firsthand, Tara strives to create a clear, welcoming, and visually rich learning experience that connects art and architecture to the people, places, and moments that shaped them.
Simonson, Ethel-May	was born and raised in Upstate New York. She loves getting people involved in events at LLI and is a welcome addition to LLI's community of crafters. Ethel-May encourages everyone to tap into their creative side, with diamond art being one of her personal favorites. She enjoys exploring its many forms and sharing her passion for creativity with others.
Simpson, Matthew	is the Director of Guest Services for the VA Holocaust Museum.

Smiley, Jaime	MS, OTR/L, CAPS, CDP MS, OTR/L, CAPS, CDP, is an occupational therapist who now serves as a healthcare consultant, educator, Aging in Place consultant, and Certified Dementia Practitioner. Jaime is a 2001 graduate of VCU's occupational therapy program. She has over two decades of experience in senior care as a therapist, director, clinical educator, and vice president of therapy services. Jaime is also an adjunct instructor in VCU's Department of Occupational Therapy and South University's Occupational Therapy Assistant Program. Her passion lies in helping the aging population secure healthy lifestyle options as well as providing training to encourage seniors to become educated consumers of services. She has been an LLI instructor since 2024.
Smith, Shawn	serves as the State Director for the Virginia Senior Medicare Patrol (SMP). He is an ordained minister, a certified business coach, and the author of "101 Fraud Tips for Protecting Your Money, Your Credit, and Your Identity from Thieves, Hackers, and Scammers." Shawn has had a long career serving underserved and marginalized communities and is passionate about advocating for others, but he also values the process of encouraging others to become self-advocates. He has two sons, Shawn and Vaughn, and lives in Richmond, VA.
Smith, Sheryl	has two great loves: music and plants. She holds a bachelor's degree in music performance from Boston University in clarinet, but over the years she has played several instruments. Currently, she is a member of a local string quartet and a piano trio. A Virginia Certified Master Naturalist volunteer, Sheryl gives talks to the public about native plants. She is the organizer of the Richmond Area Native Plant Garden Open House and a fall native plant share.
Starr, Katie	PhD, RD, is an Associate Professor of Medicine at Duke University School of Medicine and Research Health Scientist at Durham VA Medical Center. Dr. Starr is also Co-Director of the Duke Center for Aging Clinical Nutrition Laboratory, and her research and professional experience focuses on understudied, older adult populations at high risk for chronic health conditions and functional disability. She is also the Chief Scientific Advisor for Vivo.
Steele, Karen	is a native West Virginian who moved to Richmond over 50 years ago. She holds a BA in psychology and an MA in art history. Karen taught art history at several institutions including Longwood University, Brightpoint Community College, Virginia Commonwealth University, Virginia Union University, and J. Sargeant Reynolds Community College, where she also served as curator. A reader, quilter and knitter, Karen has three granddaughters who regard her stash of yarn and fabric as a creative mess which, in their world, is high praise indeed.
Stella, Mark	has an interest in Tai Chi that started with a trip to China 27 years ago. His formal Tai Chi journey began in Cincinnati where he studied with his first instructor who had spent two years in China learning Tai Chi and Chi Gong. Then, he studied under Amber Hue, owner of the Sun Moon Dojo Tai Chi & Enrichment School in Ohio, and who had over twenty years of teaching experience. Later, Mark continued his training by learning from Larry Murray who shared his interest in Chi Gong and the Chinese teaching of healing sounds.
Stone, Emily	MD, is a Certified Menopause Practitioner at Virginia Physicians for Women. She is fully trained on the latest scientific-based information for providing quality menopause care and improving the health of women during their menopause transition and beyond. Dr. Stone no longer practices obstetrics, but her other areas of interest and expertise include family planning and contraception as well as adolescent and young women's gynecology. She sees patients at VPFW's St. Francis and Prince George offices.
Strmeli, Damir	has been practicing Tai Chi since 2000 and has been sharing his Tai Chi journey with the LLI community since 2016. In 2021, Damir began sharing his longstanding interest in ethnomusicology by offering Cuban and Brazilian percussion classes in which students learn the fundamentals of polyrhythmic drumming. His third love is developing and employing quantitative investment strategies. He occasionally shares his insights with workshops that focus on his current research and development.

Sullivan, Kerrigan	(She/Her) is currently the Department Chair of Performing Arts at Brightpoint and the Producing Artistic Director of the Lynn Theatre. Kerrigan has been in over a hundred plays since she began her career at the age of six. Some of her favorite professional credits include "A Christmas Carol" at Madison Square Garden and "The Batman Forever Stunt Show" at Six Flags Great Adventure. Locally, her favorite roles include Becky in "Becky's New Car" at CAT Theatre and Dinah in "The Quality of Life" at HATTheatre. She directs locally including, "Wings" (RTCC nominated for Best Director), "The Fourth Wall," and "This World We Know" at Firehouse Theatre Project. Kerrigan holds a Bachelor of Fine Arts from NYU's Tisch School for the Arts and a Master of Fine Arts from Brooklyn College.
Swatlowski, Wayne	began his adult career as a catholic priest and served for 15 years in various areas of Appalachia. After resigning and marrying, he worked with various non-profit homeless and low-income housing organizations. Wayne graduated summa cum laude from Clown College at John Tyler Community College (now Brightpoint), has been clowning around for about 15 years with Clowns of America International and local Virginia Clown Alley #3. He retired three years ago and is now enjoying volunteer activities, reading, and watching birds and Netflix movies from his recliner. He continues to use bubbles, rocket balloons, and perform a little magic as Basa (his clown alter-ego) and loves the opportunity it provides him to be with kids and the young at heart. Wayne has been an LLI member since 2019.
Szabo, Linda	expresses her passion for painting, her love of color, and her creative ideas through experimentation with watercolor and other media. She creates vibrant, crisp paintings of landscapes and flora, capturing the essence of the natural world. A sought-after watercolor teacher, Linda has taught students of all ages and skill levels for more than 40 years, continuing to inspire creativity and self-expression. Her teaching style is clear and detailed, guiding students step by step to create beautiful work. Linda earned a graduate degree in textile arts and later honed her painting skills under the mentorship of world-renowned watercolor artist and author Zoltan Szabo—who was also her husband. She joined LLI in 2021 and now calls Midlothian home.
Teitelman, Jodi	PhD, is a retired faculty member from the VCU Department of Occupational Therapy and currently serves as adjunct faculty with VCU's Virginia Center on Aging. Her current work focuses on addressing the needs of family caregivers.
Thomas, Rob	MD, has practiced general otolaryngology since 2012 in Minot, North Dakota and is excited to return to the South, with family in Alabama and in-laws native to Richmond. He graduated summa cum laude from Asbury University and earned his medical degree from Vanderbilt University, where he was inducted into the Alpha Omega Alpha Honor Society. He completed his ENT residency at the University of Florida in 2012. Driven by a commitment to underserved communities, Dr. Thomas spent over a decade in North Dakota, refining his surgical skills and developing a holistic approach to patient care for both children and adults. Now back in the South, he is proud to join Richmond ENT, a patient-centered practice where he feels aligned with its mission of compassionate, high-quality care. Outside of work, he enjoys spending time with his family, playing tennis, cooking, and being outdoors.
Thomas-Jackson, Nicole	EdD, has been in the fitness industry for over 20 years. A certified fitness instructor since 2001, Nicole has taught group fitness classes in a variety of settings, including high and low impact aerobics, lite physical fitness, and senior fitness. Nicole has also taught elementary physical fitness and currently holds an elementary teaching certificate and administrative endorsement.
Thompson, Victor	earned a BA in English Literature from Middlebury College (1963), followed by an MA (1966) and PhD (1972) in English and American Literature from Rutgers University. He taught at the University of Cincinnati and later at Thomas Nelson Community College, where he is now Professor Emeritus. Vic has published four books—Eudora Welty: A Reference Guide, The Trumpets of Jericho: A Romantic Novel about Bands and Musicians in the American Civil War, Safe at Home: Baseball and Other Forms of Life in a Small New Jersey Town, and Muses of Fire—as well as numerous articles and book reviews. He joined LLI in 2013 and performs with both the Readers Theater and the YAHA Players, writing some of the original plays the group performs. Vic enjoys singing, wood carving, swimming, dog walking, and spending time with his wife, Sharon, their three children, and four grandchildren.

Triesler, James

has been educating and entertaining students of all ages for over thirty years. He currently serves as the Director of Education at the Virginia War Memorial and as Historian for the National Battle of the Bulge Association. Jim has a BA in political science from East Carolina University and an MEd from Virginia Commonwealth University. For twenty years, he taught social studies at Clover Hill High School in Chesterfield County. He and his students were the recipients of a Save Our History Award from the History Channel for their class project on WWII. Jim has been the Chesterfield County Teacher of the Year and the Virginia Region One Teacher of the Year. He loves learning and teaching about history!

Turman Kidd, Margaret

is Senior Curator for the Health Sciences and Associate Professor in Special Collections and Archives at VCU Libraries. She manages health sciences collections, including rare books, manuscripts, records, medical artifacts, textiles, and art. Her work involves acquiring materials, collaborating with donors, and ensuring archival resources are discoverable and accessible through accessioning, processing, and description. She also oversees the ingestion and preservation of electronic records and contributes to reference services, exhibit design, and outreach. Margaret is active in professional organizations such as the Mid-Atlantic Regional Archives Conference, ArchivesSpace, Archival Resources of the Virginias, and the National Digital Stewardship Alliance. Her research interests include the history of medicine as well as women's and religious history.

Van Buskirk, Julia

enjoys dancing, cooking, sewing, knitting, and spending time with her family. She is happy to have been an LLI member since 2018.

Wahl, Stone

has a PhD in Quantum Physics; was published in Aerodynamics, in Physics, and in Finance; was lead investigator for a patent in DVR processes; and was on an Emmy-winning team. After working as a software development analyst and project manager in various industries, he made a career change in 2018 to full-time grandpa and professional disc golfer (PDGA #68590). Stone is active in his church choir, Bible studies, and children's ministry, and serves as the treasurer for the River City Disc Golf Club, which he led through 501(c)3 certification and through which he runs youth clinics and tournaments. He has been an LLI member since 2019.

Waybright, Jon

is an associate teaching professor in Religious Studies at Virginia Commonwealth University (VCU). Mr. Waybright has been an instructor at VCU since 1997 with a focus on World Religions, Buddhism in particular, Biblical Studies and Syro-Palestinian Archaeology. He earned his Master of Theological Studies from Boston University's School of Theology and has degrees in History and Religious Studies from VCU. Mr. Waybright is also a core faculty member in the VCU Open Minds Program which partners with the Richmond City Justice Center. Classes are held in tandem with both VCU students and incarcerated residents, where the Asian arts, specifically the use of Haiku, are employed as creative means of therapeutic reflection. He leads an innovative hybrid study abroad program to Jerusalem, Israel in the summers, where students engage in archaeological research and conduct peace education activities. He enjoys the outdoors, traveling abroad and practicing Tai-Chi.

Wayne, Douglas

MD, recently retired from OrthoVirginia where he was the medical director of the electrodiagnostic laboratory. He practiced medicine in the Richmond area for 40 years, specializing in physical medicine and rehabilitation with an emphasis on the diagnosis and treatment of musculoskeletal, spine, and nerve injuries/diseases. Dr. Wayne has been an LLI member since 2023.

Weidner, Heather

has worn many hats over the years—cop's kid, technical writer, editor, college professor, software tester, and IT manager. She is the author of the Pearly Girls Mysteries, Delanie Fitzgerald Mysteries, Jules Keene Glamping Mysteries, and Mermaid Bay Christmas Shoppe Mysteries. She blogs regularly with Writers Who Kill. Her short stories appear in Virginia is for Mysteries, 50 Shades of Cabernet, Deadly Southern Charm, Murder by the Glass, First Comes Love, Then Comes Murder, and Crime in the Old Dominion. She also has nonfiction pieces featured in Promophobia and The Secret Ingredient: A Mystery Writers' Cookbook. Originally from Virginia Beach, Heather has been a mystery fan since the days of Scooby-Doo and Nancy Drew. She now lives in Central Virginia with her husband and a crazy mini Australian shepherd.

Welleford, E. Ayn

PhD, has taught extensively in the areas of lifespan development, developmental gerontology, trends in gerontology, and ethical decision-making. As an associate professor and the gerontologist for Community Voice, she works to make our community a great place for all people to GROW older by bridging classroom and community, affirming and equipping our workforce through appreciative education, and supporting us all in learning to love our longevity. Dr. Welleford leads VCU GeroAging Community and Continuing Education whose mission is to equip and affirm Virginia's eldercare workforce community to bring forth meaningful change. She has been known to say, "Let's do something that does something."

White, Shannon

began her journey in 1999 as a rookie dispatcher on the midnight shift and now she serves as the Chief of Personnel Development at Chesterfield Emergency Communications Center. Her work embodies the transformative power of dedication, creativity, and a love of public safety/emergency communications. Through her passion for training, Shannon imparts leadership skills, wisdom, and excitement in both new and veteran emergency communication officers, helping others discover the joy of personal development along their journey. Shannon has a degree in criminal justice from VCU and was named the 2023 Virginia APCO Trainer of the Year, having also served as a cross trained dispatcher, community educator and recruiter, lead dispatcher, assistant shift supervisor, general instructor, training officer, and training facilitator.

Whitfield, Donna

was born and raised in Newport News. She received a BA in English from the College of William and Mary and went on to teach English in grades 6-12 for thirty years. In the early 2000s, she took what was to be the first of many beading classes and was hooked. Donna was an artist in residence at the Crossroads Art Center, and today she specializes in bead embroidered necklaces and bracelets. She enjoys teaching beading courses and has been an LLI member since 2012.

Williams, Tracey

was honorably discharged from the United States Marine Corps Reserves. She has various Aerobics and Fitness Association of America Group Exercise & Personal Trainer Certifications, including Kickboxing (IFTA), Zumba and Yoga. Tracey has been teaching and training since 2002. She is energetic and knowledgeable! She also has the ability to motivate and inspire clients regardless of physical fitness level and encourages habits that are life changing.

Witt, Jordan

is the founder of and a physical therapist (PT) at Preventative Physical Therapy in Midlothian. He graduated from UVA before beginning PT school at VCU, where he received a doctorate in physical therapy. Since then, he has become a Board Certified Orthopedic Clinical Specialist and is Dry Needling certified. Dr. Witt works with patients of all ages, but most commonly he works with active older adults and people on Medicare. He is excited to bring his knowledge and experience to the LLI community.

Woods, Nena

has a BA in French and Spanish from the University of North Carolina at Wilmington and has taught all levels of Spanish since 1981. Her latest experience was teaching K-8th grade at the Sabot at Stony Point private school here in Richmond. She has traveled many times to Spain especially the Canary Islands where her mother's family lives.

Wriston, Michael

has been an adjunct member of the faculty at the University of Richmond for over 25 years and is the founder and president of The Reinvention Factory and The Competitive Edge. An established and published expert on leadership development and the creation of high-performance teams and cultures, Dr. Wriston has most recently developed broad and practical expertise on the development of talent, nurturing personal resiliency and enabling people to discover their gifts, their story and their life's purpose to ensure that they're able to fulfill their destiny. A native Vermonter and guardian of the environment, Dr. Wriston is a long-time soccer coach and the proud father of four remarkable sons.

**Zhang Stevens, Ana
Xuan**

is the owner of Cha and Grace LLC, a tea education business centered on sensory experiences, cultural appreciation, and Chinese loose leaf teas. She leads interactive workshops and tastings that explore the art, history, and enjoyment of tea, making the practice accessible and engaging for all learners. With a diverse background in education, performing arts, and etiquette training, Ana brings a unique and thoughtful approach to teaching. Her classes are designed to slow things down, spark curiosity, and encourage mindful connection—one cup at a time.