



FALL 2025

INSTRUCTOR

BIOS

Alan McCrea

LA015 - Conversational German

Alex Meredith

CO230 - What is Modern Science?

Alex Sebbby

EL127 - Writing a Military Story

Alice Herlihy, MD

HW497 - Lung Health

Andre Santamaria

EF181 - Deciphering Digital Banking

Andrew Rothschild

HW472 - Understanding BPP Vertigo

Annabelle Bugay

AD307 - Cape Breton Square Dance

LS228 - Neighbors Helping Neighbors

LS229 - From Farm to Front Door

Anne Clendenin and Bev Davidson

WG013 - Spades

Annebel Lewis

PR003 - Socrates Café

Annette G. Alabaster

PR113 - Mental Health and Faith

Annette Khan, Wayne Swatlowski, and Donna Blackwell

DE012 - The Faith Club

Ann-Marie Walsh

LS221 - Proactive Home Accommodation

Ashley Hall

LS230 - Developmental Relationships

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

HW504 - Lifespan Reflection

Audrey M. Ross

HS759 - Honoring Heroes

B. Ellen Johnson, PhD

CO144 - Alternative Energy Sources

CO249 - Introduction to Calculus

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

Bob Ferguson

HS089 - Great Decisions

HS734 - A Tour of Germany and Austria

SE213 - The Book Burning Performance

SE214 - Advertising Antics Performance

Bob Ferguson and Timothy Pace

EL043 - Enjoy Poetry

Bob Ferguson, Martha Frickert, and Anita H. Prince

EL100 - Literary Society Orientation

EL101 - Literary Society Orientation

EL114 - Literary Society Book Swap

SE171 - Literary Society Celebration

Bonnie Scimone

LS069 - SeniorNavigator

Brad Bryan, Ken Carlson, and Rick Kaerwer

AD141 - Lifelong Musicians

Brian Plante

LS217 - Critical Thinking A

LS218 - Critical Thinking B

Brighton Payne

HW503 - Memory Screenings

Carol Pritchard

LA001 - Intro to French

LA019 - Conversational French

Carolyn Goble and Ethel-May Simonson

WG006 - Cards and Games Wednesday

Chan Mohny

HS696 - United States Intelligence

Charles J. Kehoe

HS724 - American Corrections

Charlie Downing

HW494 - Medical Imaging and Advocacy

Chesterfield County Emergency Management Staff

EF132 - Financial Preparedness

HW394 - Be the Help Until Help Arrives

LS177 - Emergency Preparedness

Christopher L. Kolakowski

HS738 - The Korean War

Cindy Arnold

LS086 - Chesterfield Library Resources

Cindy Graunke

HS739 - Voting Rights and Selma

LE207 - Road Scholar Education Travel

Cody Youngblood

HS740 - Architecture at Red Hill

Conner Parrish

LE306 - Regenerative Seed Starting 101

LE308 - Live Holiday Wreaths

LE342 - Pest Management for Gardens

Crystal Tillman, SRES

LS232 - Designing the Next Chapter

Cryst'I Scheer

LS231 - Death in the VA Legislature

Damir Strmel

HW342 - Beginning Tai Chi 24 Form A

HW343 - Intermediate Tai Chi 42 Form

Damir Strmel and Josie Schmidt

AD210 - Intro to Brazilian Percussion

Danny Arkin

CO125 - The ABCs of Flight
CO175 - Google Photos A
CO176 - Google Photos B
CO209 - Artificial Intelligence A
CO210 - Artificial Intelligence B
CO227 - Apple iPhone Tips and Tricks A
CO228 - Apple iPhone Tips and Tricks B
CO236 - Facebook Tips and Tricks

Dave Bass, PT, DPT

HW473 - Foot and Ankle Pain
HW484 - Myths About Arthritis
HW485 - Rotator Cuff Tears

David Miller, MD

HW332 - Joint Replacement Surgery

David Randolph, MD

HW495 - Osteoarthritis

David Reynolds, PT, DPT

HW375 - Joint Replacements
HW376 - Vertigo and Dizziness
HW377 - Chronic Pain
HW409 - Dry Needling

Debby Hoskin

CO199 - Nearpeer Tutorial and Tips A

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

Donna Whitfield and Arthur Goldberg

WG002 - Social Bingo Friday

Dorota Kawka

FI007 - Gentle Yoga Thursday
FI010 - Chair Yoga Thursday

Dorothy Moses

EL015 - Aspiring Writers' Critique

Doug McRae, Teresa Day, and Phyllis Harris

AD022 - Ballroom Dance for Partners

Dr. Alan A Winter

HS683 - Inevitability of the Holocaust

Dr. Casey Pherson, PT, DPT, Cert DN, VC-Cert

HW499 - Falls Prevention and Recovery

Dr. John Kirn

HS619 - The Life of Norman Rockwell A
HS631 - The Life of Norman Rockwell B

Dr. John Lemza

HS422 - Rethinking the Korean War
HS657 - Intro to the US Constitution

Dr. John Lemza and the LLI Board of Directors

IA016 - Annual State of the LLI

Dr. John Partridge

HS747 - Native Americans in War

Dr. John Partridge and Poly Cline

AD313 - Pigments in Art and Culture

Dr. Joseph P. Casey

HS368 - Local Government

Dr. Michael J. Wriston

LS084 - Becoming an Optimist

LS085 - Befriending Your Subconscious

LS090 - The Power of Habits

LS091 - The Art of the Apology

LS094 - Strengthening Relationships

LS095 - Becoming a Better Grandparent

LS099 - Resolving Conflict

Dr. Priyadarshini Pattath

HW272 - Biomechanics of Sitting

Dr. Susan Coffey, Susan Davies, and Yvonne Ricciardelli

AD278 - Open Artists' Studio

Drew Herman

EL136 - Humor Writing Workshop

HW481 - Beginning Tai Chi 37 Form

E. Ayn Welleford, PhD, and Rachel Ramirez, MPA

HW492 - InterAge Seminar

HW493 - InterAge Seminar

Ed Barbour

HS735 - Vietnam War Precursors

Edward Blackwell

HS526 - Courtroom Conversations

Elizabeth Bock and Courtney Lulich

LE357 - The Marvelous Monarch

Emily Stone, MD

HW475 - Common Menopause Symptoms

Eric Levitan and Dr. Katie Starr

HW435 - Strength Training Benefits

Erin Barr and Frank LaRuffa

HS741 - The Court Process

Fran Judd and Arthur Goldberg

WG001 - Social Bingo Tuesday

Fran Judd and Carolyn Goble

WG004 - Cards and Games Monday

Heather Weidner

EL091 - The Many Hats of a Writer

J. Diane Carter and Randall Kaker

WG010 - Bridge

James E. Davidson, Jr., CFP®

EF006 - IRA Strategies and Rules

EF018 - Smart Investing

EF102 - After the Last Paycheck

James Kenneth Schmitt, MD

HW500 - Diabetes and GLP-1 Agonists

James P. McDonough

PR112 - Ethics

James Triesler

HS742 - The Final Summer of WWII

HS743 - Margaret Bourke-White

HS744 - American WWII Presidents

HS745 - The Battle of the Bulge

Jan Carrington, CDP

LS211 - Senior Care 101

LS233 - Home Health vs. Home Care

Janet Abel

AD314 - Art Journaling

AD315 - Art Journaling

Jennifer Perry

LS234 - Ask the Experts

Jeremy L. Pryor, Esq.

EF150 - Virginia Long Term Care

Jimmy King

SE219 - Pocahontas Railroad Hike Tour

Joanna Lurie

PR114 - The Letter of James

Jodi Winship, Sheryl Finucane, and Kelly Hancock

LS225 - Rollator Walkers 101

LS226 - Rollator Walkers 201 A

LS227 - Rollator Walkers 201 B

Joe Lenzi

LE337 - Alaska, Then and Now A

LE353 - Alaska, Then and Now B

John Bennett and Claude Cooper

LS198 - Discussing Polarizing Issues

John Byrd

AD182 - Explore Ventriloquism

HS541 - History of Ventriloquism

John Keith Schwarz

HS746 - USS Houston CA-30

John Krug

LS196 - Navigating Senior Housing

Jordan Witt, DPT

HW467 - Low Back Pain Solutions

HW468 - The Importance of Posture

HW501 - Shoulder Pain Solutions

Josh Pachter

EL111 - The Early History of Movies

Joshua Herzog, MD

HW498 - Bone Health Basics

Josie Schmidt

AD308 - Creating a Mandala A

AD309 - Creating a Mandala B

LS223 - Communicating with Ease

LS224 - Connecting with Adult Children

Juana Levi

AD186 - Life and Works of Raphael

Judith Onesty

LE253 - Cooking with Judith

LE355 - Creative Earring Workshop

Judith Onesty and Les Schaffer

AD192 - Super Senior Storytelling Slam

Julie Randolph

WG014 - Mah Jongg Tuesday

Julie Van Buskirk

AD045 - Beginner Tap Dancing

Karen Steele

AD306 - Visual Art as Story

Kate Conn, Don Golladay, and John Morgan III

SE164 - Company's Coming Concert

Kathy Parrish

SE186 - VMFA Frida Kahlo Tour

Katie Reynolds

SE170 - Agecroft Autumn Garden Tour

Keith Chambers

LS178 - Chesterfield Fire and EMS

Kelly Gotschalk

SE220 - VCU's Cabell Library Tour A

SE221 - VCU's Cabell Library Tour B

Ken Carlson

AD248 - Readers Theater

CO238 - Basic Electricity

SE154 - Holiday Music and Sing-Along

Kerrigan Sullivan and Foster Solomon

SE215 - Macbeth Sneak Peek

Kevin Gross and Janet Garzia

LE252 - Genealogy Discussions

Kevin Parks

LS168 - Senior Housing Options

Kim Graves and the Chesterfield Council on Aging Leadership Team

LS169 - Chesterfield Council on Aging

Kimberley Dickerson and Marie Ireland

LE130 - Frazzled Snowman and Ornament

LE354 - Whimsical Wooden Pumpkins

Kimberly Felder

HW389 - Understanding Hearing

Kyndall Drumheller

HS748 - The Story of Amelia Earhart

Les Schaffer

EL135 - Hasidic Holocaust Stories

Leslie Matthews

SE160 - Love Songs from Op to Pop

Libby Girard and Katie Reynolds

SE218 - Agecroft Curator Talk and Tour

Linda Hawkins, Erin Barr, and Catherine Gray

LS152 - Human Trafficking

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

Linda Tsironis Caruthers

EF136 - Long Term Care Insurance

Lindsay Cunningham and Sarah Gagnon

HW502 - Medication Safety

LLI Committee Chairs

IA022 - LLI Committee Fair

LLI Fundraising Committee

IA017 - Bake Sale Fundraiser

LLI Social Committee

IA009 - September Luncheon
IA010 - October Luncheon
IA011 - November Luncheon
IA012 - December Luncheon
IA100 - Birthday Celebration

Luke John Coukos

PR100 - The Chosen

Mackenzie Cocherell

LS219 - Capital Trail 101

Maggie Creech

SE195 - VMHC Un/Bound Exhibit Tour A
SE196 - VMHC Un/Bound Exhibit Tour B

Marc Friedlander, MBA

LS097 - Senior Living Options

Marianne Raymond and Dawn Boehm

EF178 - Preparing a Home for Sale

Marie Ireland and Mary Ann McCrum

LE200 - Advanced Card Making
LE258 - Messy Advanced Card Making

Marilyn Mare and Mary Jane Murphy

WG009 - Mah Jongg Thursday

Mark Grubbs

CO240 - Apple App Store
CO241 - Apple Photos
CO242 - Apple Messages
CO243 - Apple Mail

Mark Mikuta, CPA, CFP

EF104 - Estates and Probate

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

HS690 - Midlothian Matters

Mark S. Miller, Ph.D., LPC, CSAC, and Jessica Schneider

HS758 - Midlothian and Clover Hill

Martha Steger

HS757 - Visiting Turkey

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

LS147 - Crafts for Community
WG007 - Canasta Variations

Mary Jane Murphy and Bev Davidson

AD080 - Woodcarving

Mary Kay Anderson and Ethel-May Simonson

LE295 - Crafting PhD

Matthew Huk, MD

HW430 - Colorectal Disorders

Melissa Ackley and Kevin Skellett

HW392 - Suicide Prevention

Michael Recant

DE005 - LGBTQ+ Basics
DE011 - LGBTQ+ History

Mike Pagel and Mark Grubbs

PR002 - Bible Discussion

Myron Johnson

HS698 - African American Inventors

Nathan Guerette, MD

HW496 - Understanding Urogynecology

Nelson Calisch

HS700 - The Invisible Women

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

Pasquale Accardo

EL137 - Apuleius and His Novel

Pat Meek

AD311 - Interior Design Drawing A
AD312 - Interior Design Drawing B

Patricia Ryther

CO218 - Microbiome
CO232 - Forever Chemicals and Health
CO246 - Microplastics A
CO247 - Microplastics B
CO248 - Microplastics C

Paul Glancy

HS736 - The Vietnam Wars

Paula Peaden

EF115 - Estate Planning

Phyllis Maples

LS172 - Mercy Mall Emergency Food

Poly Cline

AD016 - Watercolor Basics

AD149 - Watercolor Florals

Rachel and Lucas Ramirez

CO235 - Podcasts for All

EL108 - The Boy, Mole, Fox and Horse

Rachel Ramirez

CO200 - Nearpeer Tutorial and Tips B

IA077 - Workshop for Instructors

IA078 - Workshop for Instructors

IA997 - Q&A for Current Members

IA998 - Orientation for New Members

IA999 - Orientation for New Members

Ramzi Aboujaoude, MD

HW476 - Pelvic Floor Health

Randall Kaker

AD183 - Beginning Guitar

Randall L. Lanning, Colonel, USAF (Retired)

HS749 - German Vengeance Weapons

Reamey Belski

LS206 - What Are Death Cafes?

LS235 - When Breath Becomes Air

Rebecca Whalen

SE136 - Pocahontas State Park Tour

Richard Commander

EF167 - Financial Stability

HS750 - Echoes of the Past

HS751 - Echoes of the Past

LS203 - Improving Self-Esteem

LS213 - Setting Goals

PR104 - God's Grace

Rick Kaerwer

AD252 - Ukulele Instruction and Jam

Rick Kinnaird

HS737 - The Angkor Exhibit

HS752 - The Mayan Lunar Series

Robert Abbott

HS381 - Adventures of the Caminos

Robin Hoerber

DE006 - Coping with Blindness

Roy Dahlquist and Hugh Ames

HS003 - Current Events

Sabrina Guerin

EF117 - Identity Theft

EF118 - Organizing Financial Records

Sabrina Guerin and Amy Pridemore

EF180 - Finance Across Generations

Samuel Hayes III

HS753 - A Quest for Family Ties

HS754 - A Quest for Family Ties

Sandy Lohman and Ellen Rennels

LE032 - Needleworkers United

Sarah Matthews

AD316 - Op Art for Beginners A

AD317 - Op Art for Beginners B

AD318 - Op Art for Beginners C

Shannon M. White

LS222 - Calling 911

Sharon Macauley

AD036 - Intro to Line Dancing

Shawn Doran

EF147 - Outsmart the Scammers

Shep Smith

HS729 - Finding Osama bin Laden

PR111 - Favorite Parables

Sherella Brown

FI001 - Low Impact Monday

FI004 - Sit and Be Fit Monday

FI005 - Sit and Be Fit Thursday

Sheryl Smith

AD288 - History of the Cello

LE303 - Virginia Native Plants

SignaTours

SE222 - Best of Baltimore Tour

SE223 - History in Lexington Tour

Sorana Blackfoot

EF163 - Money Mindset Makeover

Stephanie Balarzs Douglas

LE314 - Cardmaking by the Numbers

LE315 - Scrapbooking by the Numbers

Stone Wahl

LE279 - Introduction to Disc Golf

LE317 - Mah Jongg Boot Camp

LE348 - Logic and Reasoning Puzzles A

LE349 - Logic and Reasoning Puzzles B

Susan Atkins

LE356 - Regenerative Gardening

Susan Campbell

LS157 - Planning Final Arrangements

Suzanne Kelly and Tom Seaborn

EL048 - Memoir Writing

Tammy Akers

EF113 - Medicare 101

EF138 - Medicare 101

Tara Semtner, AIA

AD283 - El Greco

Team Vivo

FI035 - Vivo Strength Training 1x

FI036 - Vivo Strength Training 2x

FI037 - Vivo Strength Training 3x

Ted Heck

DE007 - Understanding Gender Identity

Thomas Neviasser, MD

HW406 - Low Back Pain

HW407 - Knee Conditions

HW408 - Shoulder Conditions

HW442 - Introduction to Anatomy

Tim Kisner

HS755 - Hindenburg and the Airship Era

Tim Schilling

EF179 - Federal Reserve Basics

Timothy Pace

HS730 - Sex in the Middle Ages

HS731 - American History

HS732 - Lewis and Clark

PR099 - Science and Theology

Tracey Williams

FI020 - Zumba Gold Online

Vic Thompson and Mary Jane Murphy

AD305 - Fun from Script to Stage

SE216 - Readers Theater Performance A

SE217 - Readers Theater Performance B

Vybhav Jetty, MD

HW463 - Heart Arrhythmias

Waite Rawls

HS756 - End of the Confederacy

Walter and Patricia Jackson

HW426 - Basic Taiji Qigong

Wayne Moyer

PR059 - The History of the Bible

Wayne Swatlowski

DE013 - Disability and Ableism

DE015 - Aging and Ageism

LS208 - Medical Aid in Dying

Instructors

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.
Accardo, Pasquale	is Professor Emeritus at VCU School of Medicine. He has published extensively in the field of developmental disabilities, including co-editing the fourth edition of <i>Neurodevelopmental Disabilities in Infancy and Childhood</i> (Elsevier, 2025). His interests are reflected in his many volumes on Sherlock Holmes and G.K. Chesterton's Father Brown.
Ackley, Melissa	LCSW, is Prevention Services Manager at Chesterfield Mental Health Support Services and co-chair of the Chesterfield Suicide Awareness and Prevention Coalition.
Akers, Tammy	has lived in Central Virginia for over 35 years and has been a Medicare consultant since 2020. As a self-employed insurance agent, she specializes in helping individuals navigate their Medicare options with clarity and confidence. Before transitioning into the insurance field, Tammy worked as a bankruptcy paralegal—a role that deepened her appreciation for financial security and the value of personalized support. She is passionate about her work and takes pride in guiding clients through some of the most important decisions affecting their health and future.
Alabaster, Annette	was held captive by depression for much of her life and finally received the help she needed in 1989. Through decades of individual, marital, and group therapy, she has come to embrace her unique worth and her calling to reflect Christ's light and love in the world. She spent many hours reading, researching, and compiling information that led her to teaching a class on the subject. A member of LLI since 2010, Annette has previously taught classes on floral design and continues to explore a wide range of subjects with deep focus—a skill she's especially proud of, given the challenges she faced concentrating in school. She considers it a miracle that she finished college! Today, Annette finds joy in reading, knitting, walking the scenic trails of Woodlake, and working on intricate floral prints with fill-in markers.
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, 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.
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. 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.

Bass, Dave	PT, DPT, has over two decades of experience in orthopedics and has developed a unique approach to the evaluation and treatment of pain. Dr. Bass specializes in treating non-traumatic pain when there is no identifiable moment or event that immediately caused it. Education is the cornerstone of his practice, and he helps patients understand what's causing their pain and how to effectively treat it in the comfort of their own home. He enjoys teaching and is excited to help demystify pain and orthopedics and to make it easily understandable for everyone.
Belski, Reamey	is an End of Life Doula (EOLD), trained through the Doulagivers Institute and recognized by the Virginia Department of Health as a Qualified Advance Directive Facilitator. She is also a certified Dementia Consultant, offering guidance and support to families navigating the challenges of brain change. With a focus on holistic, compassionate care, Reamey provides emotional support and practical assistance to individuals at the end of life and their loved ones. She specializes in helping those coping with dementia, caregiver fatigue, and unexpected diagnoses.
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.
Blackfoot, Sorana	moved to the U.S. from Romania in 2002 and built a successful career in the financial industry to make it worth the sacrifice of uprooting herself. During her 15-year career in finance, she learned that a lot of women are uncomfortable with their finances and therefore, are left in a very precarious situation if/when they are alone due to divorce or widowhood. In January 2018, Sorana published her first Amazon best-seller, "New World, New Dreams: My Money Story," sharing the money lessons she learned by living on two continents and through three different regimes. Sorana is a prosperity mentor who teaches women to create, preserve, and transfer their wealth by building better relationships with their money. She put this passion into a second best-seller, "Money Mindset Makeover" – a 21-day challenge to help people improve their understanding of how money really works.
Blackwell, Donna	was raised in Northern Virginia and has lived her life advocating for civil and human rights. She was a co-founder of Black Women United for Action, a NAACP Youth leader, and a board member for the Human Rights Commission, the Human Relations Council, and the Fairfax History Commission. Before moving to Chesterfield, Donna was the administrative assistant and research analyst for Fairfax Legal Aid and Bar Association. An LLI member since 2016, she has been the instructor of Black Lives Matter course and is serving as Chair of Diversity, Equity and Inclusion Committee.
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.
Bock, Elizabeth	is a master gardener with Chesterfield County. She has been rearing, tagging, and studying monarch butterflies since 1975 and has been presenting and teaching about iconic insects since 2015. Her love of monarch butterflies is rooted in her mother's passion that intrigued her from the age of five. Elizabeth can cater her presentations to all ages and experience levels and loves teaching to children and adults. She also developed and presents a program entitled "How to Create Your Own Pollinator Garden." Elizabeth created two pollinator demonstration gardens in Chesterfield County: one at North Courthouse Library and one at Bon Air Library.

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.
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.
Bugay, Annabelle	spent years studying in Ireland and Nova Scotia, and is excited to bring the rich traditions of North Atlantic step dance to her hometown of Richmond, Virginia. She is committed to preserving time-honored cultural practices while building vibrant, inclusive communities. Her passion for community-building is reflected in her professional role as the Coordinator of Volunteer Recruitment, Retention, and Recognition at Feed More. A background in nonprofit work in Denver and New York City, where she supported individuals experiencing homelessness and food insecurity, prepared her to contribute to Feed More's mission of hunger relief. Whether she's engaging volunteers, sharing the organization's story, or inviting others to the table, Annabelle brings heart, heritage, and a deep commitment to service to everything she does.
Byrd, John	is an award-winning ventriloquist and has been performing as a ventriloquist in the Richmond area for the past 25 years. He graduated from the Virginia Military Institute and received a master's degree from Virginia Commonwealth University. He retired from the Commonwealth of Virginia with 38 years of service. He also retired from the Army Reserve as a Lieutenant Colonel.
Calisch, Nelson	is a former mental health clinician with the Henrico County Community Services Board, where he served for 30 years before retiring in 2017. From his first week of retirement, Nelson has been a regular attendee of history and political science classes at Virginia Commonwealth University. Encouraged by one of his professors, he began teaching at LLI in 2023. His debut course, "The Living New Deal," was followed by a second class - "The Invisible Women" - which he has expanded and is excited to share with LLI members!
Campbell, Susan	has worked with seniors and their families during difficult transitions for 25 years. She is a pioneer in the senior move management industry and now uses her compassion and training to work with families and professionals during end-of-life celebrations and transitions.
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.
Carrington, Jan	brings over 20 years of sales, marketing, and business development expertise to the senior care community. A community relations representative for Amada Senior Care and a Certified Dementia Practitioner, Jan spreads brand awareness while helping seniors and their families navigate important aspects of in-home care and finding the right senior living solutions through placement assistance. Previously, Jan worked for both Crater Community Hospice and the Central Virginia Seniors Guide. She holds a bachelor's degree in business administration/marketing from Strayer University, and she has dedicated her career to working with older adults and their families. Outside of work, Jan enjoys camping, new adventures, and spending time with her parents, children, and eight grandchildren. Jan has lived in Chesterfield County her entire life so if she doesn't know you, she thinks she knows you!

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.
Casey, Joseph	has been the Chesterfield County Administrator since July 2016. Dr. Casey holds a bachelor's degree in accounting from the University of Richmond, a master's degree in public administration and a doctorate in Public Policy and Public Administration from Virginia Commonwealth University. He is a certified public accountant who started his career with KPMG accounting firm. Dr. Casey also participates in many community projects and mission-based work through his church. He and his wife, Suzanne, have three grown sons.
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.
Cocherell, Mackenzie	(Kenzie) grew up in Woodbridge, Virginia and moved to Richmond in 2017 to attend Virginia Commonwealth University. She was introduced to the James River Park System through a group of friends in school and quickly fell in love with outdoor adventures such as rafting, whitewater kayaking, and mountain biking. After graduation, she and a friend rode their first "century" on the Capital Trail and fell in love with it! Kenzie is excited to share her passion for the trail with LLI members!
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.
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.
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.
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.
Creech, Maggie	currently serves as Director of History Education at the Virginia Museum of History and Culture, overseeing a talented staff focused on in-person and virtual student learning experiences, community-based public programming, and teacher outreach. She has more than a decade of experience in public history, archaeology, and education, and is passionate about the power of places and objects to create past-present connections and build empathy. In 2024, Maggie won the Virginia Council for Social Studies "Friend of Education" Award.
Cunningham, Lindsay	MSW, serves as the Outreach Coordinator at Chesterfield SAFE (Substance Abuse Free Environment). She is committed to making a positive impact in her community by sharing public health knowledge, particularly around opioid use safety. Lindsay is a certified Revive! trainer.
Dahlquist, Roy	recently retired from the Virginia Economic Development Partnership in 2015. He was an economic advisor to Governors Kaine, McDonnell and McAuliffe on issues related to Asian business opportunities and challenges, serving as Managing Director, International Business Development - Asia. He met with high level government and business leaders throughout Asia. Roy first retired from Alcoa/Reynolds Metals Company in 2006 with 30 years of global and domestic service. He was Managing Director of Food Packaging Operations in China and Director of International Business Development for the Food Packaging Division, overseeing operations worldwide. He traveled to over 60 different countries developing global business relationships and opportunities. He met with international, federal, state and local government officials including governors and federal agency heads. Roy currently serves as Vice President of the Madison Village Homeowners Association located in Charter Colony and serves on the Board of Directors for the Salisbury Country Club Senior Men's Association. He has a BS degree from Saint Joseph University in Philadelphia and has been an LLI member since 2016.
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.
Dickerson, Kimberley	retired in 2023 from Chesterfield County, where she was an elementary school assistant principal. Since then, she started Kreative Gifts by S&K. Kimberley loves making seasonal and sports-themed items and sharing her creations with others. In her free time, she enjoys playing co-ed softball, hiking, and spending time with her grands.
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.
Downing, Charlie	had over ten years of experience as a nuclear medicine and CAT scan technologist before stepping into the role of clinical coordinator. She worked in hospital and outpatient facilities conducting PET, general nuclear medicine, nuclear cardiology, and diagnostic CT scans. A certified radiation safety officer, Charlie enjoys traveling and exercising in her free time.
Drumheller, Kyndall	has been employed in various roles by the Virginia War Memorial since April 2012 and currently serves as the Assistant Director of Education. She received her BA in History from Randolph-Macon College and her MA in American History from Liberty University. While in graduate school, she completed an education internship at the National D-Day Memorial in Bedford, Virginia, where she conducted tours and summer camp programs, and performed research on the involvement of African Americans on D-Day. Kyndall recently served on the Board of the Greater Richmond Association for Volunteer Administration as Treasurer. Currently, she is working on the Virginia War Memorial's Veterans Database - a massive project that locates photographs and information on the nearly 12,000 Virginians who have been killed in action from World War II to the Persian Gulf War.
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.

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).
Finucane, Sheryl	is a physical therapist and Professor Emeritus in the Department of Physical Therapy at Virginia Commonwealth University, where she trained future physical therapists for nearly 35 years. For the past decade, she has focused on repairing rollators to help older adults maintain safe mobility. She serves on the Board of Directors for Richmond Aging and Engaging and supports their rollator repair clinics. When she's not fixing rollators or teaching others how to do so, Sheryl enjoys spending time outdoors—biking, kayaking, hiking—and relaxing with her husband and their dog.
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.
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 helps families navigate the complexities of assisted living and memory care. Inspired by personal experiences on both sides of his family, Marc understands the challenges of making difficult care decisions and the value 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 and an MBA from Montclair State University. Marc enjoys living in the beautiful Richmond area with his wife and two children.
Gagnon, Sarah	is the Chesterfield Health District Medical Reserve Corps (MRC) Coordinator with the Virginia Department of Health. She is dedicated to community outreach, focusing her efforts on educating community members on health topics and promoting safe medication storage and disposal. Sarah is a certified Revive! trainer.
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.
Girard, Libby	is the Manager of Collections at Agecroft Hall. She holds a Masters in Art History with a Museum Studies concentration from VCU.

Glancy, Paul	is a former high school and college instructor who earned a BA in history and an MS in education, with a focus on broad-field social studies, from the University of Wisconsin. He spent 14 years in the newspaper industry, including as part of the USA TODAY start-up team, and later developed newspaper-in-education curricula based on that experience. Paul has held leadership roles as VP of Marketing and Business Development at the Martin Agency and Director of Sales at WebsiteAlive/Alive5. Most recently, he worked as a substitute teacher in Chesterfield County. Since joining LLI in 2022, Paul has taught courses on the Holocaust, the Middle East crisis, and Heroes of History.
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 a native Richmonder who earned both a BFA in sculpture and an MA in art history from VCU before joining the university's workforce. Since 2015, she has served as the Senior Director of Development for VCU Libraries, where she passionately advocates for the Libraries' role in supporting students, faculty, and the broader community. Currently, she is pursuing a Certificate in Aging Studies at the VCU School of Gerontology, with the goal of making VCU Libraries a welcoming and inclusive space for learners of all ages.
Graunke, Cynthia	has been a member of LLI since she moved to Midlothian in 2014. She serves as a Road Scholar Ambassador and an officer in a local chapter of the National Active and Retired Federal Employees (NARFE.)
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.
Gray, Catherine	has worked as a prosecutor since graduating from the University of Richmond School of Law. She began her career with the City of Fredericksburg in 2015 and joined the Chesterfield County Commonwealth's Attorney's Office in 2019. Her work has focused on prosecuting narcotics distribution, human trafficking, and violent crime. Originally from Orange County, Virginia, Catherine is a proud alumna of the College of William & Mary and now resides in Chesterfield County with her family.

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.
Guerette, Nathan	MD, is the director and CEO of The Intimate Wellness Institute of Virginia. He is an internationally recognized, Cleveland Clinic trained, board-certified urogynecologist specializing in minimally invasive surgical options for pelvic reconstruction and cosmetic surgery, including advanced vaginal and robotic surgery and non-surgical options. Dr. Guerette has been voted Top Doctor in his field locally and nationally for over a decade. He is dedicated to improving the lives of women affected by pelvic health issues and has established the region's only state-of-the-art center focused exclusively on these concerns. The center offers comprehensive care in sexual wellness, urogynecology, cosmetic gynecology, and advanced robotic surgery - addressing conditions that can significantly impact a woman's happiness and self-confidence.
Guerin, Sabrina	is a Financial Education Specialist for Adult Education at Virginia Credit Union, where she draws on nearly a decade of experience in the credit union industry to empower individuals with practical financial knowledge. She holds a B.A. in Liberal Arts from the University of Richmond and an MBA from William & Mary, and is a certified Credit Union Counselor through America's Credit Unions. Sabrina has delivered financial education to over 800 adults in custody across state, regional, and federal prison systems. In 2024, she represented Virginia in the Crash the GAC program, and in 2025, received both the YWCA Richmond Rising Outstanding Women Award and the Gibb Family Distinguished Alumni Award from UR's School of Professional and Continuing Studies. A proud alumna and past president of the SPCS Alumni Board, Sabrina is passionate about financial education as a tool for equity and empowerment.
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.
Hall, Ashley	is the Executive Director of Communities in Schools of Chesterfield, where she leads efforts to provide wrap-around support for students and families. Ashley holds a master's in public affairs from Indiana University and a bachelor's from Georgia College. A former Peace Corps volunteer in Guatemala, Ashley has worked in nonprofit leadership across early education, youth development, workforce readiness, community health, financial stability, and strategic donor engagement. Previously, she led the Capital Region Collaborative, aligning regional priorities across sectors, and served as Director of Strategic Engagement at United Way of Greater Richmond & Petersburg. Before moving to Richmond, Ashley led community initiatives for United Way of Monroe County in Indiana. She remains engaged in her community, serving on the boards of the Manchester YMCA and Perkinson Art Center, and mentoring with Big Brothers Big Sisters. She lives in Westover Hills with her husband Lincoln Saunders, their daughter Story, and their dog Winnie.

Hancock, Kelly	is an outpatient occupational therapist with Fox Rehabilitation who serves older adults in their home/senior living environments. She works on a wide range of interventions with her patients from regaining independence with self-care skills, to helping folks return to meaningful hobby engagement, and increasing their ability to go out in the community. She has been with Richmond Aging and Engaging's rollator repair program/pop up clinic since its origin and loves any opportunity to be crafty or work with her hands. Her latest craft painting/wainscoting her guest bedroom with her fiancée.
Harris, Phyllis	is a social ballroom dance instructor in the American Style. Throughout her 30+ year career, Phyllis has taught in Richmond, Colonial Heights, Williamsburg, and Virginia Beach. Working with people of all ages, from middle school children and teens, to seniors who are "young at heart," and every age in between, she truly enjoys helping folks discover the many benefits of social dancing.
Hawkins, Linda	was born in Virginia and has lived most of her life here. She worked as a critical care and cardiac registered nurse for 30 years and continues to maintain her active nursing license—something she considers essential to her ongoing work in the fight against human trafficking. Since 2016, Linda has been dedicated to raising awareness and supporting survivors. In 2020, she revived Recover Hope to provide a two-year, cost-free residence for survivors of human trafficking as they heal and rebuild their lives. At her church, she serves on the Next Steps and Prayer Teams and leads the Recover Hope Crew, a mission-focused volunteer group that supports the organization's work.
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.
Heck, Ted	grew up in Richmond, VA and graduated from Open High in the mid-1980s. His master's thesis was on services for victims of hate crimes against LGBTQ people. This led him to help found the Virginia Anti-Violence Project where he served on the board as treasurer and then president. Ted has volunteered with many other organizations, including the Virginia Sexual and Domestic Violence Action Alliance, and Side by Side. He works in HIV prevention at the Virginia Department of Health (VDH), where he serves as Transgender Health Services Specialist. He often facilitates the Richmond Transformers transmasculine support group as a peer member. Finally, Ted is a Quaker who is active in Richmond Friends Meeting. He and his spouse live in the Blackwell section of Richmond with their two cats. For this workshop, he is NOT representing VDH.
Herlihy, Alice	has been with Pulmonary Associates of Richmond since 2012 and is board certified in pulmonary and critical care, and internal medicine. In 2005, she earned her medical degree from Virginia Commonwealth University, where she also completed her residency and fellowship in pulmonary and critical care. Dr. Herlihy is a member of the American College of Chest Physicians, the Society of Critical Care Medicine, and the American College of Physicians.
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.
Hoerber, Robin	was born in Teaneck, New Jersey, and raised in the rural farming community of Montague. Born three months premature and totally blind due to Retinopathy of Prematurity (ROP), she was among the first in New Jersey to be mainstreamed in public school. Robin earned a BA in psychology from Dickinson College and an MS in vocational rehabilitation counseling from East Carolina University. Her career includes roles as a rehabilitation counselor, disability rights advocate, Braille instructor, and rehabilitation teacher with the Virginia Department for the Blind and Vision Impaired. Now retired, she remains active in her church, LLI, and as president of the Brandermill Midlothian Woodlake Lions Club. She volunteers with Camp Rainbow Connection and serves on several boards and committees supporting the blind and visually impaired. Robin enjoys visiting her family, baking, reading, hiking, and sharing her story with community groups.
Hoskin, Debby	is the Program Administrator for LLI.
Huk, Matthew	MD, is a board-certified colorectal and general surgeon with Surgical Associates of Richmond. He earned a Bachelor of Science in Biology from the University of Richmond before graduating from New York Medical College in Valhalla, New York. Dr. Huk completed his general surgery residency at University of Pittsburgh Medical Center - Mercy Hospital. Following medical school, he fulfilled a colon and rectal surgery fellowship with Indiana University's Kendrick Colon and Rectal Center.
Ireland, Marie	has taught craft classes with LLI for many years. She enjoys paper crafting, pottery, quilting, and more.
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 Brandermill 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 Brandermill.
Jetty, Vybhav	MD, is a fellowship-trained electrophysiologist specializing in comprehensive arrhythmia care. Coming from a long line of physicians committed to education and patient-centered care, he chose cardiology and electrophysiology to make a meaningful impact on patients living with arrhythmias and heart disease. He has a particular interest in pacemaker technologies that utilize the heart's natural conduction system. Passionate about research and education, Dr. Jetty has authored numerous publications in the fields of cardiology and electrophysiology. He is board-eligible in both cardiology and clinical cardiac electrophysiology.
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.
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	(Chuck) holds a master's of social work degree from the University of Illinois and is a certified corrections executive. He began his career in 1964 and has worked in juvenile justice and adult corrections in four states. In addition to being the director of three corrections agencies, he served as an advisor to the United States Army, the United States Navy, and the United States Marine Corps on military correctional affairs. Experienced in both public and private sectors of the corrections field, he toured correctional facilities in a number of foreign countries, served two terms on the Virginia State Bar Disciplinary Committee, and is a Past President of the American Correctional Association. Chuck is an adjunct faculty member at Virginia Commonwealth University's Criminal Justice Program.
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.
Khan, Annette	has been an active member of the Interfaith Community of Greater Richmond (ICGR) since 2004, served on the board for Richmond Peace Education Center (RPEC), and chaired and co-chaired the Richmond Peace Festival from 2004-2017. She retired in 2019 after 20 years at a local private school, where she now is a member of the board. Annette has been an LLI instructor since 2023.

King, Jimmy	has taught in a variety of educational settings and strives to spark creativity and critical thinking through historical interpretation.
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.
Kirn, John	is a Professor Emeritus of American History at Brightpoint Community College in Midlothian, VA. He received his BA from Cornell University and his MA and PhD from the University of Virginia. His research specialty is the Civil War era, but he enjoys teaching and learning about all aspects of American history. Dr. Kirn has always been fascinated with Norman Rockwell, the humor and poignancy of his artwork, and what his popularity tells us about twentieth-century American society and culture.
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.
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.
Lalich, Courtney	grew up in Westminster, MD and has degrees in Chemical Engineering from Virginia Tech and Chemistry from Elon University. She is a manufacturing quality engineer by day, and a huge garden geek the rest of the time. Courtney became a certified VCE Master Gardener for Chesterfield County in 2022, which spurred her interest in native plants, biodiversity, and sustainable gardening practices. She raises monarchs and black swallowtails from eggs found in her yard and loves using them to help teach people how (and why) to support the ecosystem in their own yards.
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.

Lanning, Randall	has a passion for aviation history and enjoys sharing it with others. He was commissioned through the Air Force ROTC program at the University of Nebraska at Omaha, where he graduated with a BA in history in 1973. He earned an MA in history from Central Missouri State University in 1977. His 30-year Air Force career encompassed 12 assignments, which included nine years in Europe, a tour at the Pentagon, and a residency at the Air War College. His assignments were divided into four broad areas: guided missile operations, political-military affairs, academia, and command. He retired from active duty in 2003, and entered the Air Force Junior ROTC program, teaching at high schools in NJ and IL. He completed this 14-year "second career" with full retirement in 2017. Randy is a recently retired docent at the National Museum of the USAF and is currently a volunteer docent at both the Virginia War Memorial and Virginia Holocaust Museum.
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.
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.
Levitan, 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/ .
Lewis, Annebel	is a Socio-Cultural Anthropologist whose primary research is in ritual, belief systems, and mythology. She is retired from California State University Fullerton and from Southern California Kaiser Permanente Medical Group. She appeared in Who's Who in American Women in 91-92 and has been published in various professional journals. Annebel has been a faculty member of LLI since 2007 and serves on the Board of Directors.
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.
Maples, Phyllis	is a retired educator who spent 40 years teaching Kindergarten and second grade in Chesterfield County. In addition to her classroom work, she led an after-school enrichment program at a Title One school for eight years, coordinated a morning program, and served as summer school coordinator for eight years. Currently, she manages her brother's rental property business where she assists with truck load analysis and tax reporting. Phyllis is a proud mother to Emily and Justin, and she and her husband, Terry, cherish their three grandchildren. They are active members of Bon Air Baptist and are devoted to living a joyful life centered on service to others.
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!
Matthews, Leslie	is a citizen of both the US and the UK and has pursued her studies and a career on both sides of the Atlantic. She studied with Metropolitan Opera sopranos, Judith Raskin and Clarice Carson in New York, and with Madame Lo Siew Tuan in the UK. Beginning her career as a mezzo, Leslie made the switch to the full-lyric/dramatic soprano repertoire, including: Fiordiligi in "Cosi fan Tutte", the Countess in "Figaro," Leonora in "Il Trovatore," Amelia in Ballo in "Maschera," Mimi in "La Boheme," First Lady in "Magic Flute," Maddalena in "Andrea Chenier," Violetta in "La Traviata," the title role in "Tosca," and Giulietta and the Voice in "Tales of Hoffmann." Leslie founded the Metropolitan Lyric Theatre in the NYC area and now resides in Chester.
Matthews, Sarah	taught elementary art for 34 years in Chesterfield County. She won numerous local, state, and national awards, including Art Educator of the Year for the State of Virginia. Sarah published magazine articles and taught dozens of workshops. She loved teaching others how to teach and mentored over 25 student teachers and currently supervises student teachers for VCU. Sarah appreciates how they keep her on her toes and teach her new things all the time. She was a mural painter for 20 years and has worked in schools, daycare centers, and private homes. Since retiring, she has begun selling smaller-scale work at art shows and boutiques, working in mixed media, mainly acrylics. Sarah is passionate about bringing the joy of art to all and believes anyone can learn the basics and find joy in the process.
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.
McCrum, Mary Ann	is a retired teacher and elementary school counselor who has worked as a part-time reading tutor since 2020. She and her husband share a love of travel and joined LLI in 2025 to continue exploring new interests and learning opportunities.

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.
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.
Meek, Patricia	graduated from VCU with a bachelor's degree in fine arts (BFA). She spent most of her working years operating a commercial interior design company before retiring so she could focus on renovating houses.
Mercer, Beth	taught choral music in Chesterfield County for 33 years and retired in 2012. She has spent the last 44 years working in musical theater, where she has directed and choreographed numerous shows for various schools, local churches, and community theater. Beth is so happy to have been a member of the LLI community since 2018.
Meredith, Alex	PhD, is Professor Emeritus of the Department of Anatomy and Neurobiology at the VCU School of Medicine. Dr. Meredith came to science through a non-traditional route by first training and working as a biomedical illustrator. His career spanned 40 years and his research into the neuroscience of multisensory processing and crossmodal plasticity produced more than 100 peer-reviewed publications supported by multiple grant awards. He received numerous teaching awards for, and directed courses in human anatomy and neuroscience. A collector of perceptive quotes, one of his favorites is: "The greatest enemy of progress is not ignorance, it is the illusion of knowledge" - D. Boorstin.
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, David	is a native of Hopewell, graduated from Hopewell High School, and earned a bachelor's degree in biology from the University of Richmond. He received a master's degree in human physiology from Georgetown University before accepting an Army scholarship to attend Georgetown School of Medicine. Following his internship at Tripler Army Medical Center in Hawaii, he completed his orthopedic surgery residency at Walter Reed Army Medical Center, where he served as Chief of the Adult Reconstructive Service. Dr. Miller completed a fellowship at Queens Medical Center in Nottingham, England, and returned to Richmond in 1999 to join West End Orthopaedic Clinic, now OrthoVirginia, where he is a former Board President. A decorated Army veteran and former Lieutenant Colonel in the Virginia National Guard, he was awarded the Bronze Star and Air Medal for his service during Operation Desert Storm. Dr. Miller specializes in hip and knee replacements and complex revision joint surgery.

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.
Mohney, Chanley	is a retired CIA military analyst who spent 38 years working on the Soviet Ground Forces, as well as Afghanistan and other countries and subjects. Chan completed four overseas assignments. He has been an LLI member since 2024.
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.
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.
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.
Onesty, Judith	loves to create! Although she loves to cook, she doesn't want to spend hours in the kitchen and, in the 1990s, began creating recipes that follow her mantra of "tasty, healthy, and quick." When she is not preparing delicious and easy food, Judith enjoys art in many forms. She has been learning and teaching jewelry-making for over 20 years and is an experienced storyteller. 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.

Pagel, Mike	graduated from the University of Wisconsin-Stevens Point with majors in chemistry and physics, and a master's degree in education. He retired in 2013 after teaching for 40 years in public and private high schools. Mike has been a student and teacher of the Bible since college. In his church, he has taught two-year overviews of the Bible, in-depth studies of individual books, and courses in creative Bible teaching techniques. He has been involved in the leadership of the Bible discussion class since becoming an LLI member in 2017. His hobbies include playing stringed instruments and starting projects that he doesn't know how he will finish, such as designing and building mountain banjos, hammered dulcimers, and dollhouses.
Parks, Kevin	is a formerly licensed Assisted Living Facility (ALF) Administrator. He has been working in the senior housing industry since 2001 and has served older adults in various capacities from Community Relations to Executive Director. As an advocate for older adults and active member of several organizations focused on improving quality of life for elders, Kevin champions quality of life issues in senior housing and recognizes the importance of offering choice and involving seniors in the decision-making process when a more supportive environment is being considered. Kevin provides a comprehensive, personalized service that helps his clients identify supportive housing options that best fit their unique situation, thus eliminating the chaos often accompanying a search for the best option. "Replacing chaos with clarity in your search for senior housing options" is what he strives for.
Parrish, Conner	owns Blossoming Roots Farm and Supply in Ashland, Virginia. They are a local cut flower farm with a mission to protect and nurture the environment. Connor has been a nature lover since the sudden loss of his father at an early age, when he quickly realized that nature grounded him. After becoming a beekeeper in college, he began to understand the therapeutic benefits of the natural world. Flower farming entered the picture as he was planting flowers to feed his bees. Today, Blossoming Roots donates a portion of its profits to pollinator conservation each month and Conner is living his dream to help the world become a better 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.
Pattath, Priyadarshini	earned her Master of Public Health from Virginia Tech in 2020 and a doctorate in Education in Adult Learning from Virginia Commonwealth University in 2017. She has worked as a physical therapist and as a research analyst with both a state health department and the Centers for Disease Control and Prevention. Her research interests include chronic diseases, health equity, community-based research, and health education and promotion.
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	<p>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.</p>
Perdue, Beverly	<p>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.</p>
Perry, Jennifer	<p>has worked with the geriatric population for over 20 years in both clinical and operational roles. As an occupational therapist, she focuses on function and safety in the home and brings a discerning eye to senior living options. Her career spans skilled nursing centers, independent living, assisted living, and memory care communities across Virginia. Jennifer has held leadership roles as a rehab and regional rehab director, giving her insight into the senior living industry. Committed to high-quality care and positive outcomes, she offers clients at Benchmark Senior Solutions compassionate, informed guidance. Jennifer holds a Master of Science in Occupational Therapy from Washington University School of Medicine in St. Louis. She is licensed by the Virginia Board of Medicine, certified by the National Board for Certification in Occupational Therapy, and is a Certified Geriatric Care Professional and Certified Dementia Practitioner. She works as an independent contractor and owns OnPoint Solutions LLC.</p>
Pherson, Casey	<p>PT, DPT, Cert DN, VC-Cert, is a physical therapist and clinic manager at CORA Physical Therapy's Stony Point (Bon Air) location. She earned her Doctor of Physical Therapy degree from Emory & Henry College. Before pursuing physical therapy, she completed a master's degree in applied linguistics with a focus on sociolinguistics at Old Dominion University and a bachelor's degree from the University of Mary Washington. A Richmond native, Casey returned from Asheville, NC to join CORA's team. She specializes in treating musculoskeletal and neuromuscular disorders across all age groups, incorporating dry needling for musculoskeletal dysfunction. She also holds advanced certification in vestibular and concussion care. Her professional interests include orthopedics, neurologic and vestibular rehabilitation, amputee care, injury prevention, and return-to-sport and return-to-work programs.</p>
Plante, Brian	<p>taught at two colleges to both individuals and small groups through the university instructors' tutorial service.</p>
Pridemore, Amy	<p>MBA, serves as the Executive Director of the VCU Financial Success Center by Virginia Credit Union and is an Instructor in the VCU School of Business Finance, Insurance and Real Estate Department, specializing in personal finance education. With a passion for empowering individuals through financial literacy, Amy leverages her extensive experience to oversee the center's mission of enhancing financial well-being within the VCU community and beyond. Under her leadership, the center offers comprehensive programs and services aimed at equipping students and community members with essential financial skills. Amy's commitment to education extends beyond the classroom through innovative outreach initiatives and partnerships, ensuring that her impact on financial education reaches diverse audiences throughout Richmond and the state of Virginia.</p>

Prince, Anita	is a native Virginian and has been a resident of Chesterfield County since 1980. She retired in 2018 after 44 years of service to the Commonwealth in five different agencies, including Social Services, the Department for Children, the Department of Education, the Department of Correctional Education, and the Department of Corrections. Anita served as a member of the faculty at Virginia Commonwealth University (VCU) in the School of Social Work and the School of Education. She received her undergraduate degree in Psychology/Biology from Radford College and her master's degree and Doctorate in Adult Education from VCU. She currently volunteers at Joy House working with homeless women, on the African American Committee of the Chesterfield Historical Society, and more recently with the Lifelong Learning Institute. Anita has been an LLI member since 2022.
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, David	II, MD, is a board-certified radiation oncologist and President of Virginia Radiation Oncology Associates. He also serves as Medical Director and Chair of Medicine at Chippenham and Johnston-Willis Hospitals, practicing through the Sarah Cannon Cancer Institute at Johnston-Willis Hospital in Richmond, Virginia. A Richmond native, Dr. Randolph earned his undergraduate degree from the University of Richmond as an Oliver Hill Scholar, majoring in leadership studies with a minor in biology. He received his medical degree from VCU School of Medicine and completed his residency in Radiation Oncology at Wake Forest University School of Medicine, where he served as Chief Resident. His clinical expertise includes high-dose brachytherapy, external beam radiation therapies, and gamma knife radiosurgery. Returning home to practice alongside his father, Dr. Randolph is committed to advancing cancer care in his community. Outside of medicine, he enjoys fitness, sneakers, the James River, and time with his wife Morgan, their children David III and Camryn, and their dog Trudith.

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 with the selling process. Along the way, she has encountered and solved many problems. She is a member of local, regional, and national professional organizations and continuously takes advantage of networking and educational opportunities. Marianne has earned two specialized real estate designations: Certified Residential Specialist and Senior Real Estate Specialist. She aims to make all transactions 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, David	earned his Doctor of Physical Therapy degree from the University of Lynchburg in 2016. He now manages the CORA Physical Therapy in Midlothian, VA where he specializes in the treatment of patients with musculoskeletal and neuromuscular disorders. David believes in leveraging the body's natural healing processes through movement and encouraging patients to manage their impairments with less reliance on medications and surgeries. On several occasions, David has participated in medical missions as a physical therapist in North Africa, including mentoring and teaching local providers and taking PT students from various universities on clinical rotations.
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.

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.
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.
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.
Santamaria, Andre	is the Assistant Branch Manager at Burke & Herbert Bank's North Chesterfield branch, bringing nearly a decade of experience to the role. A Virginia Commonwealth University (VCU) graduate, he holds a degree in business administration. Outside of work, Andre enjoys hiking, playing soccer, and creating pencil sketches in nature.
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. As one listener put it, hearing Les tell a story is "like watching scenes from a Christopher Walken movie."

Scheer, Cryst'I	is a NEDA (National End-of-life Doula Alliance) proficient end-of-life doula and small business owner who supports end-of-life education and community outreach. She has a Bachelor of Science in Sociology from Oregon State University, professional training through Peaceful Presence in Bend, Oregon, and her End-of-life Doula Professional Certificate through the University of Vermont's Larner School of Medicine. Cryst'I sees clients in the Williamsburg area and provides remote and in-person presentations, training, and workshops. Trained as a Qualified Advance Directive Facilitator, Cryst'I believes it is never too early to start preparing for a thoughtful and intentional final stage of life. She is also a certified Guided Autobiography instructor through the Birren Center for Autobiographical Studies, and a certified Legacy Navigator through Living Wisely. A native Oregonian, Cryst'I enjoys spending time with her family, road trips, hazelnut lattes, and Halloween.
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.
Schmidt, Josie	earned her bachelor's degree in music education from James Madison University, graduating Magna Cum Laude with a major in piano and a minor in voice. Now retired from teaching in Chesterfield County Public Schools, she continues to enjoy the fine arts—especially drumming and dance—and finds joy in nature through kayaking, swimming, walking with her little dog Charlie, and playing pickleball. A lifelong learner and extrovert, Josie also enjoys drawing, decorating, entertaining, and being in community. She has completed over 350 hours of training in Nonviolent Communication (also known as Compassionate Communication) through the Center for Nonviolent Communication in Los Angeles. Josie is on the teaching staff at the Innerwork Center in Richmond, facilitates Empathy Practice Groups, and offers private coaching. Josie engages with difficult topics such as conflict resolution, healing the inner critic, and navigating political conversations. She is also a certified Reiki Practitioner and Mindful Meditation Guide.
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.
Schneider, Jessica	was elected Clover Hill District Supervisor in November 2023. A heart-centered leader and community advocate, she is passionate about building trust, fostering connections, and serving others. Jessica has a background in interior design, catering, and community service, and previously led her homeowner's association as board president. She currently serves on several regional boards, including the Manchester YMCA, Maymont Foundation, and Richmond Metropolitan Transportation Authority. Jessica and her husband, Karl, have two adult children and three dogs—one of which is a therapy dog who visits local hospitals weekly. She is committed to strengthening the Clover Hill community and supporting meaningful local initiatives.
Schwarz, John Keith	is the youngest son of USS Houston (CA-30) survivor Otto C. Schwarz and Trudy Schwarz, co-founders of the USS Houston CA-30 Survivors Association & Next Generations. Immersed in the ship's legacy from an early age, John had the unique opportunity to know many of his father's fellow shipmates. A retired U.S. Postal Service manager and certified elementary school teacher, he has served as Executive Director of the Survivors Association since 2010. Following in his father's footsteps, John now shares the story of the USS Houston and the POW experience through public presentations. He holds deep respect for all U.S. service members—especially the brave crew of the Houston—and is honored to help fulfill the Association's mission: to perpetuate the memory of the ship and the sacrifice of its captain and crew.

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	AIA, is an architectural graduate of the University of Virginia, where she minored in art history. She has worked as an architect, a project manager, and in real estate sales.
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.
Skellett, Kevin	is a pastor at Southside Church, founder of Love Never Ends ministry, and a member of the Chesterfield Suicide Awareness and Prevention Coalition.
Smith, Shep	is a native of Richmond. He holds a Bachelor's degree from RPI, now VCU, and a Master's degree from the University of Richmond. He taught American history at Thomas Dale High School in Chesterfield County for over 30 years.
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.
Solomon, Foster	is an actor, writer, and director. His directing highlights include "Arcadia" and "Much Ado About Nothing" for Richmond Shakespeare; "The Piano Lesson" for Virginia Union University; "To Kill a Mockingbird" for The Barksdale Theatre; and the world premiere of "Cartoon for a New Ceiling" for New Perspectives Theater in NYC. He has written "The Penny Executive: The Maggie L. Walker Story" for Carpenter Science Theatre and the award-winning short film, "Tamed." Solomon's racially charged dramatic feature film, "Hawks Ridge," which he wrote and directed, is now streaming on Amazon Prime and Tubi. Solomon holds an MFA from The Shakespeare Theatre's Academy for Classical Acting. All love to his family!

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.
Steger, Martha	was the public relations director for Virginia's office of tourism for 25 years. She has covered Virginia destinations and attractions for Richmond Magazine, Boomer Magazine, and Mid-Atlantic Recreation News. Martha has been an LLI member since 2020.
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.
Strmel, 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.

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.
Tillman, Crystal	is a Senior Real Estate Specialist (SRES). An SRES is a real estate agent who specializes in helping adults over fifty simplify their lives, downsize smartly, and preserve their legacy.
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!
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.
Walsh, Ann-Marie	has forty years of experience in the design and construction of commercial real estate. Decades of living with arthritis and serving as a caregiver for both a quadriplegic parent and a sister-in-law with ALS, have given her an understanding of the importance of thoughtful home adaptation. While her work has been grounded in ADA compliance, her experiences have fueled a passion for universal design, going beyond legal standards to create spaces that are inclusive and accessible for all.
Weidner, Heather	has been a cop's kid, technical writer, editor, college professor, software tester, and IT manager. She is the author of the Pearly Girls Mysteries, the Delanie Fitzgerald Mysteries, the Jules Keene Glamping Mysteries, and the Mermaid Bay Christmas Shoppe Mysteries. 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 Crimes in the Old Dominion. She also has nonfiction pieces in Promophobia and The Secret Ingredient: A Mystery Writers' Cookbook. A regular blogger with Writers Who Kill, Heather has been a mystery fan since the days of Scooby-Doo and Nancy Drew. Originally from Virginia Beach, she now lives in Central Virginia with her husband and a crazy Jack Russell Terrier

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."
Whalen, Rebecca	has been with Virginia State Parks since 2009. After graduating from Western Carolina University with a degree in Parks and Recreation Management in 2007, she moved to Virginia Beach and began working at First Landing State Park as a seasonal environmental educator. She has also worked at False Cape and Twin Lakes State Parks before coming to Pocahontas as Chief Ranger Visitor Experience, overseeing the environmental education programs. In her spare time, she enjoys the outdoors with her family, collecting Pyrex and all things vintage, and talking about North Carolina.
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 teaches three beading courses; one to make a beaded lanyard for the LLI name tag, one to make a necklace with matching earrings, and one to learn the basic beading skills needed to make jewelry. She 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.
Winship, Jodi	is the Executive Director of Richmond Aging and Engaging, a nonprofit that brings intergenerational programs to low-income senior apartment buildings. She is a licensed occupational therapist with a passion for helping older adults stay safe, mobile, and engaged in their communities. Jodi has been repairing rollators in the Richmond area for nearly a decade and leads hands-on training for health professional students and volunteers. When she's not organizing programs or tightening brakes, she's probably hanging out with her two cats, who, despite their best efforts, are still not certified in rollator repair.
Winter, Alan	has published six novels, including two collaborations with litigating attorney and former federal judge, Herbert J. Stern. His novel "Savior's Day" was a Kirkus Best Book Selection of 2013. "Wolf" and "Sins of the Fathers" are suspense/thrillers about the rise of Hitler and the Nazi Party built around little-known facts that resonate with today's headlines. "When Ashes Cried" completes the trilogy and is to be published in Fall 2025. Alan graduated from Rutgers with a degree in history and has advanced degrees from NYU and Columbia.

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.
Youngblood, Cody	is an architectural historian and the Director of Historic Preservation and Collections at Patrick Henry's Red Hill. He holds a BA in historic preservation and museum studies from the University of Mary Washington and an MA in the Conservation of Historic Buildings from the University of York. He formerly served as Museum Director of George C. Marshall's Dodona Manor and the Collections Manager at Oatlands Historic House & Gardens in Leesburg, Virginia, where he led significant reinterpretation and refurnishing projects. At Red Hill, Cody stewards a collection of nearly 3,000 artifacts and manages the preservation of its historic built environment. A lifelong taphophile, Cody has been an LLI instructor since 2025.