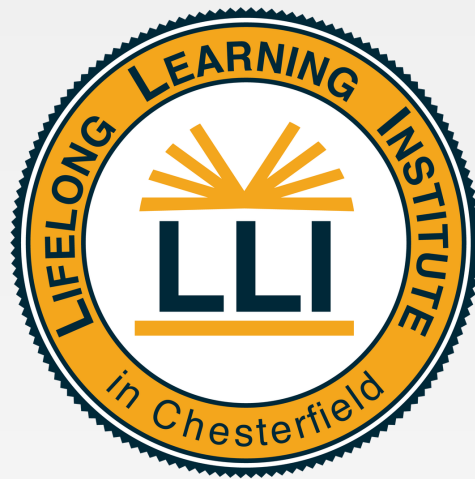




FALL 2026

INSTRUCTOR

BIOS

Alan McCrea

LA015 - Conversational German

Alex Meredith

CO230 - What is Modern Science?

Alex Sebbby

EL127 - Virginia Military Veterans

Amanda Rudderman and Shelly Clary

HW557 - Tips for Injury Prevention

Amy Pridemore

EF192 - The College Cost Divide

Anne Clendenin and Bev Davidson

WG013 - Spades

Annette G. Alabaster

PR113 - Mental Health and Faith

Annette Khan, Wayne Swatlowski, and Donna Blackwell

DE012 - The Faith Club

Annie Edwards, DNP

HW528 - Women's Urology Wellness

Ann-Marie Walsh and Kristi Gregory, OT

LS221 - Aging in Place Explored

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

HW504 - Lifespan Reflection

Bailey Hilliard, MSW, and Sherriff Karl S. Leonard

SE241 - Chesterfield County Jail Tour

Beckey Huddleston

EF183 - New Medicare Birthday Rule

EF189 - New Medicare Birthday Rule

EF190 - Medicare Essentials

EF194 - Life Insurance Then and Now

Beth Mercer and Julie Van Buskirk

AD021 - Intermediate Tap Dancing

Beverly Perdue

AD119 - Watercolor Problem Solving

Billie Darlington

LS145 - Transportation Services

LS171 - Transportation Services

Bob Ferguson

HS089 - Great Decisions

HS783 - The World's Sacred Sites

Bob Ferguson and Timothy Pace

EL043 - Enjoy Poetry

Bob Ferguson and Vic Thompson

SE238 - The Cruise Performance

Bob Fiero

CO271 - Wi-Fi Network Health

CO272 - Wi-Fi Network Health

Bonnie Scimone

LS069 - VirginiaNavigator Overview

Brad Bryan, Ken Carlson, and Rick Kaerwer

AD141 - Lifelong Musicians

Brian Austin, PhD

AD110 - Advanced Colored Pencil

Brian Mitchell, MD

HW548 - Guided Medical Discussion

Brian O'Laughlin

LS245 - Protecting Home Equity

Brian Plante

LS217 - Critical Thinking A

LS218 - Critical Thinking B

Brooke Rogers

SE073 - Feed More Tour A

SE167 - Feed More Tour B

SE168 - Feed More Tour C

Brooke Rogers and Diana Gomez

LS229 - From Farm to Front Door

Cara Kinning

LS244 - Organized for Life

Carol Pritchard

LA019 - Conversational French

Carolyn Goble and Fran Judd

WG006 - Cards and Games Wednesday

Carri Pandolfe and Scarleth Castillo

CO256 - Introduction to Zoom

CO258 - Zoom Practice

Charles Gerena

CO273 - The Basics of Going Electric

Charles J. Kehoe

HS724 - American Corrections

Chesterfield County Emergency Management Staff

EF132 - Financial Preparedness

HW394 - Be the Help Until Help Arrives

LS177 - Emergency Preparedness

Christopher L. Kolakowski

HS662 - Vietnam

Christopher Lee

SE224 - CIS Volunteer Mentoring

Christopher Lee and Wendy Lively

DE016 - Bridging Generations

Cindy Arnold

LS086 - Chesterfield Public Library

Cindy Graunke

LE379 - Travel Tips and Strategies

Conner Parrish

LE298 - Honeybee 101

LE308 - Live Evergreen Wreaths

LE364 - Dahlia Flowers 101

LE366 - Ecological Gardening 101

LE382 - Ecosystem Landscaping

Damir Strmel

AD210 - Intro to Brazilian Percussion

HW342 - Beginning Tai Chi 24 Form A

HW343 - Intermediate Tai Chi

Damir Strmel and Mary Gutberlet

HW238 - Tai Chi Demonstration

Dan Riegel

HS771 - Sir Ernest Shackleton

Danny Arkin

CO209 - Understanding AI A

CO210 - Understanding AI B

CO263 - Working with AI A

CO264 - Working with AI B

CO268 - Working with AI C

CO269 - Digital Payment Tools

David Randolph II, MD

HW495 - Radiation for Arthritis

David Reynolds, PT, DPT

HW375 - Joint Replacements

HW376 - Vertigo and Dizziness

HW377 - Chronic Pain

HW409 - Dry Needling

Deb Hood

EL150 - Freedom to Read

EL151 - Librarians for Democracy

Deb Hood and Donna Blackwell

DE009 - Crazy Stories About Racism

Debby Hoskin

CO199 - Nearpeer Tutorial and Tips A

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

HW486 - Hearing Loss Apps

Diana Hinman, Diane Barbour, and Karen Masley

AD234 - Artist Open Studio

Diane Childress and Marsha Garrett

AD292 - Moving to Music

Diane Drummond and Jennifer DeRusha

LE241 - Basic Pine Needle Baskets

Donna D. Zampi, PhD

HW551 - Today's Cannabis

Donna D. Zampi, PhD, and I. Scott Pickus, ESQ

LS246 - Firearms Basics

Donna Whitfield

LE143 - Beaded Lanyard A

LE147 - Beaded Lanyard B

Donna Whitfield and Arthur Goldberg

WG002 - Social Bingo Friday

Dorota Kawka

FI007 - Gentle Yoga Thursday

FI010 - Chair Yoga Thursday

Dorothy Moses

EL015 - Aspiring Writers' Critique

Doug McRae and Teresa Day

AD022 - Ballroom Dance for Partners

Dr. Dale Atkins

HW552 - From Screen Time to Green Time

Dr. John Lemza

HS060 - America, Land of Immigrants

Dr. John Lemza and the LLI Board of Directors

IA016 - Annual State of the LLI

Dr. Marschall Runge

HW553 - Medical Breakthroughs

Dr. Michael J. Wriston

LS084 - The Art of the Apology

LS085 - The Power of Listening

LS090 - Increasing Grandparent Impact

LS091 - Thirteen Life-Changing Habits

LS094 - Befriending the Subconscious

LS095 - Enhancing Focus and Joy

LS099 - Boundaries with Children

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

LS247 - Higher Education Access

Ed Barbour

HS804 - The Life of Osceola

Edward Blackwell

HS761 - WWII via Documentary

Ellen Rennels

LE032 - Needleworkers United

Emily Stone, MD

HW510 - Post-Menopausal Women's Health

Emme Elaine Anderson-Simon

HW549 - Understanding Emotions

Eric Faw and Allyson Butler

HW502 - Medication Safety

Erin Barr and Frank LaRuffa

HS807 - Virginia Sentencing Options

Evelyn Klumb

LE265 - Modern Floral Designs

Fran Judd and Arthur Goldberg

WG001 - Social Bingo Tuesday

Fran Judd and Carolyn Goble

WG004 - Cards and Games Monday

GeGe Beall

AD220 - Improv for Brain Health

George Saunders

HS808 - The Story of the Hindenburg

Gouthami Chennu, MD

HW544 - Renal Denervation

Grace Powers

SE195 - VMHC Women's History Tour A

SE196 - VMHC Women's History Tour B

Heather Weidner

EL128 - Setting in Mysteries

Herbert Loveless

HS809 - Stonewall Jackson

HS810 - Stonewall Jackson

Hugh Ames, Steve Bunch, Mark Stella, and Phil Umansky

HS003 - Current Events

Jaime Smiley, MS, OTR/L, CAPS

HW436 - Senior Living Continuum

HW437 - Dementia Stages and Strategies

HW445 - Staying Safe at Home

James E. Davidson, Jr., CFP®

EF006 - Unlocking an IRA

EF100 - Investor Alert

EF188 - Investing in AI

James Kenneth Schmitt, MD

CO274 - Origins of Human Elements

James P. McDonough

PR112 - Ethics

PR121 - Contemporary Moral Issues

James Triesler

HS805 - WWI Letters of Private Lamb

HS806 - Hampden-Sydney Goes to War

Jane Polivka

WG010 - Bridge for Experienced Players

Janet Abel

AD314 - The Book of Amazement

AD315 - The Book of Amazement

AD326 - Art Journaling

AD328 - Art Journaling

HW554 - Meditation Practices

HW555 - Meditation Practices

HW556 - Laughing Yoga

Janet Garzia and Kevin Gross

LE252 - Genealogy Discussions

Jennifer Kell, LCSW, and Eric Faw

HW530 - Remembering Decades Past

Jeremy L. Pryor, Esq.

EF150 - Virginia Long Term Care

Jessica Strunkin

CO260 - Fusion Power in Chesterfield

CO261 - Fusion Power in Chesterfield

Joanna Lurie

PR087 - The Roman Catholic Mass

Jodie Musgrove

LS243 - Preparing for Care and Crisis

John Aiello

AD337 - Lifelong Voices Choir

John Bennett

HW547 - Getting Better with Age

John Bennett and Claude Cooper

LS198 - Discussing Polarizing Issues

John Byrd

AD182 - Explore Ventriloquism

HS541 - History of Ventriloquism

John Countryman

HS409 - The Islands of Ireland

John Krug

LS196 - Navigating Senior Housing

John Whaley

HS800 - History of Brazil

Jordan Witt, DPT

HW467 - Low Back Pain Solutions

HW468 - The Importance of Posture

HW469 - Fall Prevention Tips

Josh Pachter

EL147 - International Animation

Joshua Herzog, MD

HW498 - Bone Health Basics

Juana Levi

AD218 - The Works of Salvador Dali

Judith Onesty

LE233 - Wire Jewelry Workshop

LE253 - Easy Cooking with Judith

Judith Onesty and Les Schaffer

AD192 - Super Senior Storytelling Slam

Julie Randolph

WG014 - Mah Jongg Tuesday

Julie Van Buskirk

AD045 - Beginner Tap Dancing

Juwairia Mulla, MD

HW428 - AFib and Stroke Prevention

Karen Brown, MSW, MDiv, and Jen Dowda

HW550 - Walking Through Grief

Karen Molzhon

HS791 - Mementos and Memories A

HS792 - Mementos and Memories B

Karen Molzhon and Evelyn Klumb

LE363 - Beginning Quilling

Karen Steele

HS799 - Great Palaces

Kate Conn, Don Golladay, and Tom Baker

SE164 - Company's Coming Concert

Kate Powell, MPA, CFRE

AD329 - Creativity and Wellness

Kathy Boykin

EF184 - Fraud and Scam Prevention

Katie Reynolds and Matt Rowlett

SE126 - Agecroft Hall Folktales Tour A

SE170 - Agecroft Hall Folktales Tour B

Keith Chambers

LS178 - Chesterfield Fire and EMS

Kelly Gotschalk

SE220 - VCU's Cabell Library Tour

Ken Carlson

AD248 - Readers Theater

SE154 - Holiday Music and Sing-Along

Kerrigan Sullivan

SE233 - Brightpoint Sneak Peek

LaVae Hoffman

LE130 - Extra Easy Greeting Cards

Les Schaffer

EL149 - The Iron John Fairy Tale

Les Schaffer and Judith Onesty

AD334 - InterAge Storytelling

Linda Hawkins, Erin Barr, Catherine Gray, and Hannah Collins

LS152 - Human Trafficking

Linda McDorman

FI003 - Low Impact Friday

FI006 - Chair Yoga Tuesday

FI009 - Gentle Yoga Tuesday

FI015 - Pilates

FI028 - Gentle Yoga Monday

FI029 - Chair Yoga Friday

FI031 - Chair Yoga Online

Linda Tsironis Caruthers and Donald Vaught

EF136 - Long Term Care Insurance

LLI Committee Chairs

IA022 - LLI Committee Fair

LLI Social Committee

IA100 - Birthday Celebration

Logan Bernhardt, DO

HW543 - Advanced Cardiac Imaging

Lt. Bryan Bersch and Dan Athey

LS202 - Chesterfield Mobile Health

Luke John Coukos

PR100 - The Chosen

Marc Friedlander, MBA

LS097 - Senior Living Options

Marianne Raymond and Dawn Boehm

EF178 - Preparing a Home for Sale

Marie Ireland

LE200 - Advanced Card Making

LE335 - Needle Felting Dryer Balls

LE371 - Wine Bottle Wind Chimes A

LE376 - Wine Bottle Wind Chimes B

Mark Grubbs

CO240 - Apple App Store App

CO243 - Apple Mail App

Mark Grubbs and Julius Tolbert

PR002 - Bible Discussion

Mark Mikuta, CPA, CFP

EF104 - Estates and Probate

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

HS690 - Midlothian Matters

Martha Frickert and Bob Ferguson

EL100 - Literary Society Orientation

EL101 - Literary Society Orientation

EL114 - Literary Society Book Swap

SE171 - Literary Society Celebration

Martha Steger

LE380 - Traveling 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
HW356 - Beginning Tai Chi 24 Form C

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

HW386 - Intermediate Tai Chi 24 Form

Mary Jane Murphy

WG007 - Canasta Variations

Mary Jane Murphy and Bev Davidson

AD080 - Woodcarving

Mary Jane Murphy and Marilyn Mare

WG009 - Mah Jongg Thursday

Melissa Ackley and Maria Crostic

HW462 - Cultivating Gratitude

Michael Mariscalco, MD

HW188 - Shoulder Pain

Michael Recant

DE005 - LGBTQ+ Basics
DE011 - LGBTQ+ History

Mickie McGuill

PR118 - Exploring the World of Dreams
PR122 - Subconscious Awareness

Mike Jack Stoumbos

EL143 - Writing a Novel
EL146 - Workshopping Fiction
EL148 - Developing Fiction Writing

Milbrey A. Bartholow

HS811 - The Art of the Fan
LE007 - Basic Quilting
LS147 - Crafts for Community

Millie Bishop

LS050 - EMS Passport Program

Nicole Thomas-Jackson

FI017 - Wednesday Fun Fitness
FI018 - Sit and Be Fit Wednesday
FI030 - Strength and Stretch Online
FI034 - Cardio and Strength Online

Norman Robinson and Susan Atkins

LE381 - Composting

Patricia Ryther

CO265 - Sleep and the Renewing Brain A
CO267 - Sleep and the Renewing Brain B
CO276 - Sleep and the Renewing Brain C

Paula Peaden

EF115 - Estate Planning

Peppy Jones

HS617 - No Time to Grieve

Phyllis Maples

LS172 - Mercy Mall Emergency Food

Poly Cline

AD149 - Watercolor Florals

Raahat Basal, MD

HW546 - Understanding PAD

Rachel and Lucas Ramirez

CO235 - Podcasts for All

EL108 - The Boy, Mole, Fox and Horse

Rachel Lawson

HW477 - Building Caregiver Foundations

HW478 - Support Dementia Independence

HW479 - Caregiver Communication

HW480 - Exploring Dementia Services

Rachel Ramirez

CO200 - Nearpeer Tutorial and Tips B

IA077 - Workshop for Instructors

IA078 - Workshop for Instructors

IA997 - Discussion with the Director

IA998 - Orientation for New Members

IA999 - Orientation for New Members

Ramzi Aboujaoude, MD

HW476 - Pelvic Floor Health

Randall Kaker

AD183 - Beginning Guitar

Randall L. Lanning, Colonel, USAF (Retired)

HS812 - George Gay

Rebecca Lint, MSW, and Eric Faw

HW446 - Stress Management Bingo

HW536 - Self-Compassion

Rebecca Lint, MSW, and Jennifer Kell, LCSW

HW535 - Social Wellness

Richard Commander

EF167 - Financial Stability

EF168 - Financial Stability

HS750 - Echoes of the Past

LE378 - U.S. Coins and Postage Stamps

LS203 - Improving Self-Esteem

LS213 - Setting Goals

PR104 - God's Grace

Rick Kaerwer

AD231 - Ukulele Jam

AD252 - Ukulele Holiday Playalong

Rick Kaerwer and Myron Johnson

DE020 - Sharing Life Experiences

Rick Kinnaird

HS803 - The Mayan World

Robert Abbott

HS381 - Adventures of the Caminos

Robin Hoerber

DE006 - Coping with Blindness

Ruth Clemo

CO275 - The Neglected Sense of Smell

Sami Ibrahim, MD

HW545 - Heart Rhythm Solutions

Samuel Hayes III

HS753 - A Quest for Family Ties

HS754 - A Quest for Family Ties

Shannon Arnette, MS, and Maddie McIntyre, MS

LS248 - VCU Senior Mentoring Program

Shannon M. White

SE911 - Chesterfield 911 Center Tour A

SE912 - Chesterfield 911 Center Tour B

Sharon Macauley

AD036 - Intro to Line Dancing

Shawn Doran

EF147 - Outsmart the Scammers

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

SignaTours

SE239 - History in D.C. Tour

SE240 - Blue Ridge Adventure Tour

Siobhan Carlton

HW540 - Muscles, Macros, and Mindset

Stephanie Balarzs Douglas

LE314 - Cardmaking by the Numbers

LE315 - Scrapbooking Made Easy

Stone Wahl

LE279 - Introduction to Disc Golf

LE317 - Learn American Mah Jongg

LE348 - Logic and Reasoning Puzzles A

LE349 - Logic and Reasoning Puzzles B

LE377 - American Mah Jongg Boot Camp

Susan Campbell and Ben Lombardi

LS157 - Planning Final Arrangements

Susan Davies, Sarah Matthews, and Yvonne Ricciardelli

AD278 - Artists' Workshop

Suzanne Kelly and Tom Seaborn

EL048 - Memoir Writing

Tammy Akers

EF113 - Medicare Part D

EF138 - Medicare Part D

EF195 - Understanding Medicare's AEP

Team Vivo

FI035 - Vivo Strength Training 1x

FI036 - Vivo Strength Training 2x

FI037 - Vivo Strength Training 3x

Ted Heck

DE007 - Understanding Gender Identity

Thomas Neviaser, MD

HW406 - Low Back Pain

HW407 - Knee Conditions

HW408 - Shoulder Conditions

Tim Kisner

HS796 - Airwomen in Flight

Timothy Pace

HS802 - Tour of Ireland

PR099 - Science, Theology, and Beyond

Tracey Williams

FI020 - Zumba Gold Online

Trupti (T) Kulkarni and Emme Elaine Anderson-Simon

HW239 - Guided Meditation

Trupti Kulkarni

EF193 - Financial Literacy

Vic Thompson

HS801 - Popular Culture of the 1950s

Waite Rawls

HS813 - Abraham Lincoln A

HS814 - Abraham Lincoln B

Wayne Moyer

PR059 - The History of the Bible

PR107 - Biblical End Times Prophecies

PR123 - What Is Heaven Like?

Wayne Swatlowski

DE015 - Aging and Ageism

LE276 - Balloonology 101

LS208 - Medical Aid in Dying

Wilbur Good

HS815 - Sara Allen of Deerfield, MA

Wilbur Good and Carol Good

DE019 - A Week in Billy's Life

William Dompke and Susan Davies

AD338 - Intermediate Oil Painting

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.
Ackley, Melissa	LCSW, is Prevention Services Manager at Chesterfield Mental Health Support Services and co-chair of the Chesterfield Suicide Awareness and Prevention Coalition.
Aiello, John	earned a BFA in classical music performance from SUNY Purchase, an MFA in creative writing from The New School, and an MS from Long Island University. His writing has appeared in publications including Tin House, Quarterly West, The Penn Review, Philadelphia People Magazine, Tea for One, and Dot Dot Dot, among others. He has taught music at Greenwich House Music School and creative writing at The New School. His program, Writing from Life, received the 2023 RCLS Award for Best Program. In 2025, he was a member of the American Delegation of Artists, and his work was selected for inclusion in the permanent collection of the Salon des Beaux Arts in Paris, founded in 1861. In 2026, his photography was exhibited at Espace Gallery in Brussels, Belgium. He plays cello in the Hey Hoe Woods Quartet and drums in the Mid Century Mods.
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 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-Simon, Emme	is an Energy Intuitive, an Energy Codes Facilitator, and an Integrative Love Life Coach. Emme empowers women to transform their lives from the inside out by changing their energy and restoring their true nature of radiant health, wholeness, love, and happiness. Her intention is to see the entire planetary family living in health, wholeness, and a consciousness of life more abundant.
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.
Arnette, Shannon	MS, serves as a Research Analyst for the Virginia Center on Aging and an instructor in the Department of Gerontology at Virginia Commonwealth University. Her work supports a range of research initiatives through literature reviews, data analysis, and facilitation of focus groups. She also leads the Senior Mentoring Program within the Geriatric Workforce Enhancement Program, pairing first year medical students with senior mentors across Virginia to broaden understanding of aging and reduce ageism in clinical practice. In addition, she contributes to the Working Interdisciplinary Network of Guardianship Stakeholders (WINGS), which evaluates Virginia’s adult guardianship system and develops improved practices and educational resources for courts and the public. Shannon holds a Master of Science degree in Gerontology from VCU and brings experience applying research and gerontological principles to strengthen policies and procedures in corporate and nonprofit settings.
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.
Athey, Dan	is a Firefighter/Paramedic with Chesterfield Fire & EMS, where he serves as a Mobile Integrated Healthcare (MIH) Paramedic. In this role, he specializes in helping patients navigate complex medical and social systems, connecting them with community resources, improving health outcomes, and reducing unnecessary emergency department visits and 911 utilization. In addition to his MIH responsibilities, Daniel serves as a MedFlight backup flight paramedic and has extensive experience in tactical medicine, field training, and crisis intervention instruction. He holds a Bachelor of Science in criminal justice and paramedic certification from Virginia Commonwealth University. Dan is passionate about advancing patient-centered care through innovation, collaboration, and education.

Atkins, Dale	is a licensed psychologist, educator, storyteller, and nature enthusiast with over 40 years of experience as a relationship expert specializing in families, wellness, stress management, and living a meaningful life. She is the author of eight books, and many chapters and articles for professional and popular audiences, and is a sought-after speaker who lectures and leads seminars worldwide. Dale has appeared regularly on NBC's TODAY and CNN. She maintains a private practice in New York City and has served on several nonprofit boards, including Jumpstart for Young Children. She holds degrees from NYU, Columbia University's Teachers College, and UCLA. Drawing on her personal experiences and research in child development, Dale wrote <i>The Turquoise Butterfly</i> to help children and families explore anxiety, grief, and transformation in a hopeful, accessible way. Her work reflects a deep belief in the healing power of stories and the importance of honoring intergenerational bonds.
Atkins, Susan	is a Chesterfield Master Gardener and long-term Virginia gardener. She is interested in the development of healthy soil and how it relates to healthy food, people, and the environment. Her scientific education, healthcare career, and frequent family farm visits help her study and interpret the scientific and practical aspects of gardening. Experienced in teaching children and professionals, she is eager to interact and share with others.
Austin, Brian	PhD, is a retired professor of psychology who, earlier in his career, practiced as a clinical psychologist. His passion for studio art blossomed upon becoming a member of LLI. Brian looks forward to sharing his passion for creative expression with others in the classroom. He can be reached at (804) 979-8377 or at baustinphd@verizon.net .
Baker, Tom	was born in Ohio and has lived in Virginia since 2008. He has played guitar and harmonica for over 30 years. Tom has jammed with old time groups in Ohio, California, New York, and Virginia. He is a loving husband, father, and grandfather. He is also a lover of knock-knock jokes and has been an LLI member since 2026.
Balarzs Douglas, Stephanie	was born in Chesterfield County and is a longtime Powhatan resident who has been scrapbooking and taking pictures since the days of box cameras! She runs her own small business through the direct sales company, Creative Memories. Stephanie has been an independent advisor for over 20 years and has been ranked in the top one percent of her company for the last seven years in a row. She understands the beauty of sharing, remembering and cherishing life's special moments with family and friends through pictures and scrapbooks.
Barbour, Diane	has been a member of LLI since 2010 and served on the LLI Board of Directors since 2025. Growing up in New Jersey, she enjoyed drawing and painting as a hobby but never took any art classes. When she retired from her job as a chief information officer, she enrolled in art classes at LLI and the VMFA Studio School. Diane has taken art classes with many of the LLI art instructors. She enjoys painting in oil and watercolor, particularly birds and animals.
Barbour, Ed	is a University of Virginia graduate in history and psychology who served as a combat medic with the 101st Airborne Division in Vietnam (1967–68). He taught high school history for ten years, raced cars professionally for ten years, and worked with the Virginia Spinal Cord Project and Long Term Rehabilitation Program. He concluded his career as a gang investigator and substance abuse counselor with the Department of Corrections, from which he retired. Ed has been an LLI member since 2017.

Barr, Erin	is Chesterfield's Commonwealth's Attorney. In 2010, she began her career as a prosecutor in the Chesterfield County Commonwealth Attorney's Office where she was promoted to Deputy in 2018 and took office as the elected Commonwealth's Attorney on January 1, 2024. Most of her career has been spent prosecuting cases that originate in the Juvenile and Domestic Relations Court, a passion that led her to the Colonial Heights Commonwealth Attorney's Office in May 2020 for a little over three years. Erin has been the recipient of the Duvall Distinguished JDR Prosecutor Award from the Virginia Association of Commonwealth's Attorneys, the Unsung Heroes Award from the Virginia Attorney General's Office, and a Community Recognition and Appreciation Award from the Chesterfield County Police Department. Originally from Amherst, Virginia, Erin attended Randolph-Macon College in Ashland, Virginia, and completed her law degree at the University of Richmond. She lives in Chesterfield County with her family.
Bartholow, Milbrey	was born and raised in North Carolina and graduated from High Point University (formerly High Point College) with a bachelor's degree in mathematics. She has been crafting since the age of three, when she began redesigning her father's hatbands, and has maintained a lifelong love of creativity. Milbrey taught high school mathematics for two years before spending 28 years as a mathematician analyst with the Department of the Navy. She enjoys history, a wide range of crafts, and connecting with others. A member of LLI since May 2025, she has volunteered in the LLI office since September 2025. Milbrey is a widow who has lived in North Chesterfield with her fur babies for six years and has two children and one grandson, all residing in the greater Richmond area.
Basal, Raahat	MD, is a fellowship-trained interventional cardiologist with expertise in complex coronary interventions, structural heart procedures, and endovascular and peripheral interventions. He earned his M.B.B.S. from Dayanand Medical College and Hospital, completed his Internal Medicine residency at Creighton University, and a Cardiovascular Medicine fellowship at West Virginia University, and is completing his Interventional Cardiology fellowship at the University of Illinois at Chicago before joining James River Cardiology. Dr. Bansal is board-certified in Internal Medicine and Cardiovascular Disease and holds additional certifications in echocardiography and nuclear cardiology, and is board-eligible in cardiac imaging and interventional cardiology. An accomplished researcher and educator, he has published extensively and presented at national conferences. Fluent in English, Punjabi, Hindi, and Urdu, he brings advanced expertise and a compassionate, patient-centered approach to care to the Richmond community.
Beall, GeGe	has a bachelor's degree in theatre and a master's degree in industrial/organizational psychology from Radford University, where she serves on the Alumni Board of Directors. She has been a professional improv comedian at ComedySportz Richmond since 2013 and performs there several times a month. GeGe created "Upstaged", which improvises a 20-minute sitcom set in the 1960's, and is part of "Bardalicious", a group that improvises one hour plays in the style of Shakespeare. She is the Richmond producer for "Murder Mystery" where embedded actors improvise characters at the dinner table with guests. A professional healthcare consultant and speaker, GeGe often teaches improv games in the corporate world to help people tap into their creativity and to get teams laughing and bonding. Her additional certifications include Yoga, Laughter Yoga, Ageless Grace, and Nia. GeGe's goal is to make improv accessible to everyone by focusing on brain health and play, rather than on performance.
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.

Bernhardt, Logan	DO, is a board-certified cardiologist with specialized fellowship training in advanced cardiac imaging, bringing expertise in cardiac CT and MRI along with comprehensive clinical cardiology experience to James River Cardiology. He earned his Bachelor of Science in Biomedical Sciences, cum laude, from the University of Arizona and his Doctor of Osteopathic Medicine from Lake Erie College of Osteopathic Medicine. He completed his Internal Medicine residency at Mount Sinai Beth Israel, an Advanced Cardiac Imaging fellowship at Lenox Hill Hospital, and will complete his Cardiology fellowship at Deborah Heart and Lung Center prior to joining the practice. Dr. Bernhardt is board-certified in Internal Medicine, Cardiac CT, Nuclear Cardiology, and Echocardiography, and is board-eligible in Cardiovascular Disease and Cardiac MRI. Outside of work, he enjoys basketball, weightlifting, travel, and exploring local restaurants with his family.
Bersch, Bryan	is a lieutenant with Chesterfield Fire and EMS and has served the community since 2003. He began his career as a Firefighter EMT and earned his Paramedic certification while working in the field. Over the course of his service, he has worked at multiple stations across the county, gaining broad experience in emergency response and patient care. He now serves as the Mobile Integrated Healthcare Program Manager, where he leads efforts to improve care coordination and support the community's evolving healthcare needs.
Bishop, Millie	has been the Revenue Recovery Manager with Chesterfield Fire and EMS for nine years. She was a prior medic and has an accounting degree. Millie has a passion to help people.
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.
Boehm, Dawn	has been in the real estate industry for over 30 years and has helped more than 300 families buy or sell their homes. In addition to earning designations such as Graduate, Realtor Institute (GRI) and Accredited Buyer's Representative (ABR), Dawn has attended numerous conferences to help deepen her understanding of real estate trends. As a realtor, she finds a sense of deep satisfaction in helping families fulfill their dreams of homeownership.
Boykin, Kathy	Director of Allstar Care Solutions, is a passionate advocate for older adults and individuals with disabilities. After successful careers in business and education, she returned to college to become a Certified Occupational Therapy Assistant, graduating at the top of her class. When the pandemic shifted her path away from clinical care, Kathy embraced new opportunities to serve seniors and families—guiding them through care decisions, accompanying them to medical appointments, organizing finances, and protecting them from fraud and scams. Today, she combines her professional expertise with a heart for service to help families navigate life's challenges with dignity and peace of mind, actively participates in Richmond-area community groups, and shares her story as a testament to faith, lifelong learning, and the power of following your passion at any stage of life.
Bradstock, Mary	is a native Virginian—born in Richmond and raised in Chesterfield County. She is a member of The Country Style Dancers of Richmond and has been dancing at LLI since 2009 and teaching since 2012.

Brown, Karen	MSW, MDiv, earned her Master of Social Work from Virginia Commonwealth University in 2009 and her Master of Divinity from Baptist Theological Seminary at Richmond in 2017. She has experience in mental health, hospice, and short-term rehabilitation, and currently works with Dowda Senior Consultants, helping families navigate aging-related care needs. Karen provides emotional support, thoughtful care coordination, and guidance during times of transition. Her passion for grief education is shaped by personal loss: while caring for her mother with dementia, she also lost her younger brother in a tragic accident. This experience informs her understanding of both sudden and prolonged grief. Karen's goal is to ensure those she serves feel heard, supported, and empowered, and that no one feels alone in their journey.
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.
Bunch, Stephen	has been a member of LLI since 2023. He holds a BS in mechanical/aerospace engineering and a PhD in the history of U.S. and European foreign affairs, a path that led to a distinguished career as a forensic scientist with the FBI and the Virginia Department of Forensic Science before retiring in 2018. Steve's interests span history, foreign affairs, the natural and social sciences, and philosophy. A widower, he enjoys time with his adult children and grandchildren, connecting with widow and widower groups, and even occasionally stepping into a dance class.
Butler, Allyson	is a prevention specialist with Chesterfield Mental Health. She is an expert on medication management and the opioid epidemic.
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.
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.
Carlton, Siobhan	is a yoga teacher, nutrition coach, bodyweight and kettlebell instructor, and the creator of Healthy Living with Siobhan, with over 20 years of combined experience. Throughout her journey teaching yoga and strength training, she has learned to adapt her practice—and that of her students—to the physical and mental ebbs and flows of life, including pregnancy, motherhood, perimenopause and menopause, and injury recovery. Through Healthy Living with Siobhan, she supports women in building strength and losing fat without becoming slaves to diets or exercise, so they can live confidently, gracefully, and healthfully. She does this through customized programs that encompass strength training and yoga, nutrition coaching, and mindset work. Siobhan lives in Richmond, VA, with her two sons and enjoys traveling, long nature walks, and a good cup of coffee.
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.

Castillo, Scarleth	is the office assistant at LLI Chesterfield. She graduated from VCU with her BS in health services in May 2026. In her spare time, she loves reading - especially romance and classic literature. Baking is her favorite form of therapy, and she often makes desserts for her family and friends. She also has a four-legged daughter named Selena, a very curious (and naughty) cat.
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.
Chennu, Gouthami	MD, is a board-certified interventional cardiologist who recently completed her Interventional Cardiology Fellowship at Newark Beth Israel Medical Center, where she specialized in complex percutaneous coronary interventions (PCI) and peripheral interventions. She is also board-certified in general cardiology, echocardiography, and nuclear medicine, and completed both her internal medicine residency and cardiology fellowship at the same institution. Dr. Chennu earned her medical degree from Gandhi Medical College in Hyderabad, India.
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.
Clary, Shelly	is a public health professional dedicated to keeping communities safe through poison prevention education. She serves as the Outreach and Public Education Coordinator at the Virginia Poison Center at VCU Health, where she supports outreach efforts that help individuals and families better understand everyday risks and how to respond to exposures. Shelly holds two Master of Arts in Teaching degrees from Liberty University - one in Elementary Education and one in Special Education - as well as a Bachelor of Science in Communication Sciences and Disorders from Radford University. She developed her passion for education early in her career while teaching elementary school for nine years. Shelly is committed to meeting people where they are and making health information practical, approachable, and easy to apply in everyday life, believing that prevention starts with awareness.
Clemo, Ruth	grew up in the UK before moving to Virginia to complete her education. She earned her doctorate in anatomy at VCU, where she spent 40 years teaching and conducting research in the medical school, focusing on how the brain interacts with the environment through the sensory systems. A dedicated advocate for STEM education, she volunteered for many years in K-12 classrooms, offering science demonstrations and contributing to curriculum development. After retiring in the middle of COVID, she discovered a new world of sensory expression by taking art and poetry classes at LLI.
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	is a Texas transplant with a lifelong interest in painting, gardening, and animals of all kinds, including dogs and horses. Now retired, she previously worked as a business consultant and was also active as a horse show exhibitor and judge.

Collins, Hannah	currently serves as the Human Trafficking Case Manager for the Chesterfield County Police Department. The first person to hold this position, she has spent the past year and a half developing and shaping the role. Hannah holds a master's degree in social work from the University of North Carolina at Chapel Hill. Prior to entering law enforcement, she worked in the nonprofit sector as a medical social worker at a Level I trauma center and as a crisis intervention specialist supporting victims of domestic violence, sexual assault, and human trafficking. She is driven by a passion for service and for helping others overcome injustice. In her free time, Hannah enjoys spending time with her family, traveling, and working on a variety of fiber arts, most recently knitting.
Commander, Richard	is a retired chemical engineer who spent 30 years with Hercules in Hopewell, Virginia, and holds a master's degree in Chemical Engineering from Virginia Tech (Class of 1965). A resident of Chesterfield County (Enon) since 1979, he retired in 2001 and later served for 22 years as Director and Chairman of the Board of the Hopewell Food Pantry. Richard has more than 35 years of experience delivering presentations on budgeting and financial literacy and currently presents regularly at the Caritas Works Program and the Lifelong Learning Institute in Chesterfield. He has also taught budgeting for Richmond Habitat for Humanity and spoken at high schools, adult education programs, and shelters throughout the Richmond area. His presentation topics include money management and self-esteem, and he is available for commencement addresses. His main 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.
Countryman, John	is a retired theatre professor, a narrative gerontologist, and an Irish Studies scholar. Since 1976, he has traveled extensively throughout the Emerald Isle and has taught in Ireland (Galway, Waterford, and elsewhere) on five occasions. John is the CEO of Storying Later Life and serves as Lifelong Learning Coordinator for The Shepherd's Center of Richmond. He has been a member of LLI since 2018.
Croctic, Maria	is a bilingual Prevention Specialist at Chesterfield Mental Health Support Services. She has her degree in Psychology from Virginia Tech and enjoys helping people of all ages! Maria prioritizes well-being and incorporates daily practices such as journaling, reading, and expressing gratitude. Maria loves to craft on her Cricut during her spare time.
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 with Davenport & Company and a Certified Financial Planner™ practitioner. He has worked in the financial planning industry since 2000 and currently serves as an ex-officio member of the LLI Board of Directors, where he also manages the LLI Endowment Fund. His professional background includes comprehensive financial planning, investment management, and long-term strategy development for individuals and organizations.

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 brings 38 years of teaching experience, including work with Chesterfield Adult Education, Allbrands Sew and Vac, the Collegiate Cougar Afterschool Program, the YMCA, and the American Sewing Guild. She has served as president, vice president, secretary, and founding member of the Hospitality Quilters of the Richmond Quilt Guild. With more than 50 years of sewing experience, she created a former line of reversible clothing and has completed over 150 quilts, presenting three solo quilt shows of her work. Jennifer is the jury chairman for the Bon Air Artists Association and a juried artist in watercolor, colored pencil, pastel, oil, mixed media, acrylics, and textiles. She earned a degree in science from VCU in 1969 and has also taught tap dancing at LLI, where she has been dancing for eight years.
Dompke, William	earned his BA in studio arts-painting from the University of Illinois Chicago. While working professionally in an IT environment, he also spent time painting with the Virginia Plein Air Painters. He now looks forward to dedicating more time to making art.
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.
Dowda, Jen	is blessed to have worked with seniors and their families since 2016 and is deeply passionate about partnering with them during this unique time in their lives. In order to meet a wide variety of needs and aware that she could not be an expert in every field, Jen created the Dowda Senior Consultants team. As a person who loves to be able to walk alongside of and serve others, this company is her dream come true – a culmination of all of her gifts and longings.
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 Native American crafts used in everyday living.
Edwards, Annie	earned her Doctor of Nursing Practice (DNP) and Master of Science in Nursing (MSN) from Old Dominion University where she serves as adjunct faculty in the Family Nurse Practitioner Program. She has extensive experience in prehospital and emergency medicine, aesthetics, weight loss, and integrative health. Dr. Edwards is passionate about women's health and is dedicated to improving quality of life for all women. She is Bioidentical Hormone Replacement Therapy Certified, a Certified Menopause Coach, a member of The North American Menopause Society, and a certified yoga instructor. She has contributed to research in alternative, herbal, and integrative medicine and has presented to the Virginia Council of Nurse Practitioners and the International Council of Nurses in Ireland. Dr. Edwards presents at state conventions on emergency medicine, preventive care, and integrative health. Her awards include the Outstanding Prehospital Provider Award and the Aetna Hero Award. She is a member of many professional organizations including the American Association of Nurse Practitioners, the Virginia Council of Nurse Practitioners, Omicron Delta Kappa- The National Leadership Honor Society, Sigma Theta Tau- The International Honor Society of Nursing, and The North American Menopause Society.
Faw, Eric	began working for Chesterfield County Juvenile Drug Court in 2004 and began his current role at Prevention Services in 2017. He loves to travel, and he and his wife frequently visit other countries.

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).
Fiero, Bob	has worked in IT since 1988, building a career rooted in a passion for computing that began in high school. He continues to enjoy his work every day and remains energized by the constant evolution of technology. Bob looks forward to sharing meaningful insights and practical knowledge with learners at the Lifelong Learning Institute.
Fisher, Kim	is a native of upstate New York and received her master's degree from the University at Buffalo. Kim has been practicing audiology in Richmond since 2000 and has a special interest in hearing aids and tinnitus. She is licensed by the state of Virginia as an audiologist and as a hearing aid specialist. Kim is a fellow of the American Academy of Audiology. She is married and enjoys spending her free time with her two daughters.
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 has been helping families navigate the complexities of senior living since 2015. Inspired by personal experiences on both sides of his family, Marc understands the challenges of making difficult care decisions and the importance of having a trusted advocate. He is a member of the Richmond Senior Network and holds a bachelor's degree in psychology from The George Washington University, as well as an MBA from Montclair State University. Marc enjoys living in the beautiful Richmond area with his wife and their two children.
Garrett, Marsha	was a stay-at-home mother who worked part-time as a medical transcriptionist while her three daughters were in school. She eventually moved into full-time work until retirement, although technological advancements have since made the transcription role largely obsolete. When Dianne Childress invited her to help lead Music and Movement, she was excited to step in. Marsha loves music and dancing, and her experience with Sit and Be Fit and chair yoga classes helps her support Dianne's program. The group is lively, welcoming, and always having fun — a great reason for others to give the class a try.
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.
Gerena, Charles	is the lead organizer of Drive Electric RVA, the Richmond, VA chapter of the Electric Vehicle Association. Through a range of outreach and advocacy efforts, the group promotes electric vehicles as a fun, practical, and sustainable transportation option. In his professional role at the Federal Reserve Bank of Richmond, Gerena uses storytelling and digital communication to make economics relevant to everyday life. He earned a bachelor's degree in technical writing from the New York Institute of Technology in 1991.
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.
Gomez, Diana	is the Manager of Volunteer Recruitment, Retention, and Recognition at Feed More in Richmond. Before joining Feed More, Diana lived in Orlando, Florida, where she worked in HR for Universal Orlando Parks and Resorts and owned a trucking logistics company. Passionate about uplifting the community and supporting those in need, Diana is dedicated to making a positive impact. In her free time, she skates on a roller derby team, works towards authoring her first novel, and enjoys spending time in nature.
Good, Carol	is the daughter of Bill and Reta Good and the sister of Billy Good. She has been a member of LLI since 2020.
Good, Wilbur	participated in Civil War reenactments for 10 years as an infantryman and in the ambulance corps. He has a wealth of knowledge about the Civil War. Bill is also the father of Billy Good. He has been a member of LLI since 2007 and enjoys history, genealogy, and woodcarving.
Gotschalk, Kelly	is the Senior Director of Development for VCU Libraries. As a VCU alumna, she understands the importance of fostering strong connections with the university's alumni and the Richmond community. A two-time graduate of VCU Arts, she is especially passionate about sharing the many resources, programs, and opportunities that VCU Libraries offers to alumni, retirees, and community members.
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.)
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.
Gregory, Kristi	MS, OT/L, CHT, hails from Augusta County, Virginia, where her love for sports and the outdoors flourished. After earning her degree from Lynchburg College and stepping into the professional world, Kristi discovered a deep passion for empowering others to preserve their independence and enhance their quality of life through effective pain management. Motivated by this calling, she pursued a degree in occupational therapy at Virginia Commonwealth University, focusing her expertise on upper extremity and hand therapy.
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.
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.
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.
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.
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.

Hilliard, Bailey	MSW, serves as the Inmate Programs Manager at the Chesterfield County Jail. She holds a master's degree in social work from The Ohio State University and previously worked with the Pathways re-entry program in Columbus, supporting women with co-occurring mental health and substance use disorders. Bailey joined the Chesterfield County Sheriff's Office in 2020 and now oversees the Helping Addicts Recover Progressively (HARP) program. Drawing on professional experience in substance use treatment, mental health services, and re-entry programming, she is responsible for the monitoring, growth, and development of inmate programs at the jail. Her work focuses on supporting individuals as they build the skills needed for healthy, productive reintegration into their communities. Outside of her professional role, Bailey enjoys yoga, gardening, reading, and spending time with her husband and friends.
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.
Hoffman, LaVae	teaches basic and advanced paper craft techniques in the Charlottesville area. She hosts monthly card and scrapbook workshops and special craft events using Stampin' Up® products.
Hood, Deb	is a retired professor from John Tyler Community College (now Brightpoint) where she taught Information Technology and Mathematics classes in person and online for 22 years. She has an MA in Counseling and Guidance from Western Kentucky University and an MS in Computer Technology in Education from Nova Southeastern University. Deb's favorite pastimes are reading banned books and ballroom dancing with her husband, Mike Recant.
Hoskin, Debby	is the Program Administrator for LLI.
Huddleston, Becky	is a trauma-informed advocate with more than three decades of experience helping families navigate complex legal and housing systems. She has dedicated her career to providing resources and guidance that promote resilience and independence within the community. Becky and her husband, TJ—a U.S. Navy veteran who served for 14 years—are proud parents of one adult son and now work together full-time after co-founding Fresnel Financial Services in 2024. Their practice focuses on educating consumers about available options so they can make informed financial decisions.
Ibrahim, Sami	MD, is a board-certified cardiologist and advanced fellowship-trained electrophysiologist who joined James River Cardiology in August. A Richmond native, he earned his B.S. in biology from Emory University and his medical degree from the University of Toledo before completing his Internal Medicine residency, Cardiology fellowship, and advanced Clinical Cardiac Electrophysiology training at the University of Virginia Health System. He is highly trained in the full spectrum of electrophysiology procedures, including device implantation, complex ablations, and advanced techniques such as pulsed field ablation and zero-fluoroscopy approaches. An accomplished educator and researcher, he has developed curriculum, published peer-reviewed work, and presented at national conferences. Outside the hospital, Dr. Ibrahim enjoys staying active with soccer, weightlifting, hiking, and running. He and his wife share their home with their energetic tabby kitten, Leo.

Ireland, Marie	has been teaching craft classes at LLI since 2012. She loves to explore different creative mediums - paper crafting, pottery, quilting, felting, and more! Eager to learn, Marie takes classes and workshops to discover new techniques and enjoys sharing her knowledge with others.
Johnson, Myron	and her husband, Reggie, relocated to the Richmond area from Laurel, Maryland. Prior to moving, Myron worked as the clinic manager for an orthodontic office near the White House, where they had some interesting patients. Myron loved her job and retired after 30 years with the practice. She and Reggie have been members of LLI since 2013.
Jones, Peppy	was born and raised in Midlothian, Virginia and graduated from Midlothian High School. Peppy is a graduate of University of Richmond and worked in the construction industry for 40 years. Since 2011, he has been the Director of Mid-Lothian Mines and Railroads Foundation and is a member of the Chesterfield Historical Society of Virginia.
Judd, Frances	is a Jersey Girl who used her nursing education to travel to Minnesota, Texas, and Virginia. After retiring, she became involved in the Salisbury Garden Club. Fran joined LLI after hearing about the Institute during a pedicure. She has two sons - one lives in Lexington, KY, which is great for the races, and the other lives in Youngsville, NC with his lovely wife, Jill, his two sons, and three dogs; Penny, Charlie, and Archie, the great dane. Her four grandchildren live in Kentucky.
Kaerwer, Rick	was born and raised just outside of Boston but has called Chesterfield County home for over 35 years. He's happily married and a proud father of grown twin sons, with three granddaughters. Rick has been singing since childhood and picked up the ukulele in 2018, having previously played guitar in the late 1970s. Today, he enjoys making music with the LLI Lifelong Musicians group and local ukulele groups, where the focus is on having fun and keeping the music alive. An LLI instructor since 2022, Rick loves helping others discover—or rediscover—the joy of playing music, whether they're picking up an instrument for the first time or returning after years away.
Kaker, Randall	was born and raised in Wisconsin (Go Pack, Go!) and earned his degree from the University of Wisconsin–Milwaukee. He moved to Virginia in 1980 and taught Mathematics and Statistics in Chesterfield Schools until his retirement in 2011. Married since 1975, Randall enjoys life with his family, including two children who live nearby. A lifelong guitarist since 1961, he now shares his passion for music with new guitar students.
Kane, Audrey	PhD, OTR/L, is an assistant professor in the Department of Occupational Therapy at VCU. She has a long association with the university and recognizes its position in the local Richmond community. Dr. Kane values collaborations that provide learning opportunities for students as well as community participants.
Kawka, Dorota	E-RYT 200, took her first yoga class in 1996 while pregnant with her first child and instantly fell in love with it. She was certified to teach yoga in 2008 and has been teaching ever since. Dorota especially enjoys working with older adults, teaching a variety of Chair Yoga, Senior Yoga and Gentle Yoga classes at different locations in the Richmond area. She is delighted to be able to share her practice with the LLI family.
Kehoe, Charles	holds a master's degree in social work from the University of Illinois and a BA from Lewis University. Since beginning his career in 1964, he has worked in juvenile justice and adult corrections across four states, served as director of three corrections agencies, and advised the United States Army, Navy, and Marine Corps on military correctional affairs. Experienced in both public and private sectors, Charles has toured correctional facilities in numerous foreign countries, served two terms on the Virginia State Bar Disciplinary Committee, served as an expert witness in more than 30 cases, and is a Past President of the American Correctional Association. He currently teaches as an adjunct faculty member in the Criminal Justice Program at the L. Douglas Wilder School of Government and Public Affairs at Virginia Commonwealth University.

Kell, Jennifer	LCSW, is a senior clinician with Chesterfield County Mental Health's Prevention Unit and has provided mental health services for more than 25 years. She is the co-founder of Robin's Hope, a trauma recovery program for adults, and is passionate about supporting healing and resilience. Jennifer is excited to offer wellness-focused topics that promote health, recovery, and happiness for adults of all ages.
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.
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.
Kinning, Cara	has always loved a neat, well-organized environment. In 2004, she launched a business focused on organizing homes and small offices, quickly discovering her talent for connecting with clients and creating customized systems that were simple for them to maintain. After running the business for nine years, she closed it but continues to enjoy helping others get organized and sharing her practical organizing strategies whenever she can.
Kisner, Tim	is a dedicated storyteller who believes everything is more engaging when told as a story. Whether sharing personal experience, history, or nonfiction, he believes that stories bring topics to life. In his personal relationships, classes, and consultations, Tim's narratives and real-life examples ensure an effective and lasting impact. Join Tim for an enjoyable learning experience filled with fun and interesting stories.
Klumb, Evelyn	is the 2024-25 president of Ikebana of Richmond and a past president of both the Oxford Garden Club in Richmond and the Watchung Garden Club in New Jersey, where she worked with a floral design and event planner. She is a student of Ikenobo, Sogetsu, Ohara, and Saga Goryu schools of Ikebana, the art of Japanese floral design first documented in the eighth century. Her designs incorporate unconventional material and embody a "less is best" philosophy and the class will cover a brief history of this artform.
Kolakowski, Christopher	is the Director of the Wisconsin Veterans Museum and former Director of the MacArthur Memorial. He has written and spoken extensively on military history.
Krug, John	has a personal reason for becoming an Oasis Senior Advisors owner- his parents. John and his family went through the process alone and endured four separate assisted living presentations while searching for the right home for them. When he saw the exponentially more pleasant experience his brother-in-law had while using a senior placement service, he knew the benefits that this could bring to families searching for the right senior living solution.

- Kulkarni, Trupti Girish** has been meditating for over 20 years and has been a certified instructor since 2006 with the Heartfulness Institute. She was born and brought up in India and earned an MS in Medicinal Chemistry at the University of Kansas. T worked in Pharmaceuticals as a project manager and is now retired to enjoy the real life. She is blessed with a husband and two kids. She loves self-development, meditation, traveling, cooking, reading, painting, drawing, as well as teaching math, meditation and cooking. T has been an LLI member since 2015.
- Lanning, Randall** Colonel, USAF (Retired), 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. In 1977, he earned an MA in history from Central Missouri State University. 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 New Jersey and Illinois. 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.
- Lawson, Rachel** is the Program Manager for the Alzheimer's Association supporting the Greater Richmond Chapter. She has been with the Alzheimer's Association since July 2018 after completing her internship with the association in the Spring of 2018. She holds a Bachelor of Science in Health Promotions and a Master of Science in Public Health, both from Lynchburg College. Prior to the Alzheimer's Association, she worked in medical office administration and non-profit health organizations. Rachel always strives to bring education and awareness to those impacted by all forms of dementia through the services and support of the association.
- Lee, Christopher** is a dedicated educator and community advocate with decades of experience in education. He began his career as a classroom teacher, fostering student growth and learning, before transitioning into his current role as a Site Coordinator for Communities In Schools (CIS). In this position, he works tirelessly to connect families with essential resources, ensuring students receive the support they need to thrive both academically and personally. A key focus of his work is establishing mentorship programs that pair students with positive adult role models, helping them build strong relationships and feel more connected to their school community. His unwavering commitment is to creating a nurturing environment where every student has the opportunity to succeed.
- Lemza, John** graduated the United States Military Academy at West Point in 1976. He served over 20 years in the Army with more than eight years abroad in Asia and Europe. His last assignment was at the Pentagon. He graduated from Virginia Commonwealth University with an MA in History and from George Mason University with a PhD in History. His research interests are post-1945 America, the Cold War, the history of immigration, consumerism, and military history. John currently teaches history at Virginia Commonwealth University. He has been a member of the LLI teaching faculty since 2005. He is a member of the LLI, sits on the Board of Directors, and currently serves as President. He has published three books, *American Military Communities in West Germany: Life in the Cold War Badlands, 1945-1990* (2016); *The Big Picture: The Cold War on the Small Screen* (2021); and *Charles A. Willoughby and the Anti-Communist Crusade* (2024).

Leonard, Karl	has served as the Sheriff of Chesterfield County since 2014, following a 30-year career with the Chesterfield County Police Department, where he retired as a Major. In addition to his law-enforcement service, he spent three decades in the U.S. Coast Guard Reserve, including periods of active duty supporting service members transitioning to civilian life. He holds a bachelor's degree in criminal justice from Buffalo State College and a master's degree in criminal justice from Virginia Commonwealth University. Sheriff Leonard is known for advancing jail-based rehabilitation and reentry initiatives, including the Helping Addicts Recover Progressively (HARP) program and other efforts focused on reducing recidivism and supporting long-term recovery.
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.
Lint, Rebecca	MSW, has been a prevention specialist with Chesterfield County Mental Health Prevention Services since 2016. She provides a variety of mental health education and skill building opportunities to youth and adults to prevent suicide, violence, and substance abuse in her community. Rebecca is passionate about helping others on their journey to overall wellness. Outside of work, Rebecca enjoys spending time with her family and playing board games with friends.
Lively, Wendy	serves as Director of Program Operations for Communities In Schools (CIS) of Chesterfield, where she oversees the affiliate's mentoring program. She began her CIS journey as a Site Coordinator, leading a large and successful mentoring initiative at an elementary school. In her current role, Wendy has collaborated with CIS staff to redesign and strengthen all aspects of mentoring—from recruitment and training to data tracking and impact measurement. She is passionate about building meaningful mentor relationships that help students feel supported, connected, and confident in pursuing their goals.
Lombardi, Ben	has been serving families during one of life's most difficult times for nearly 30 years. He began his career as a funeral director intern in 1995 and became licensed in 1997. For 13 years, he managed a funeral home in the Richmond area. Since 2016, Ben has worked as an Advanced Planning Specialist for Woody Funeral Home and Nelsen Funeral Home, helping individuals pre-plan their final arrangements. He guides families through creating meaningful celebrations of life, offering a wide range of personalized options that respect their budgets. Outside of work, Ben enjoys spending time with his daughter and son, connecting with friends, and watching and participating in sports.
Loveless, Herbert	worked for over two decades in clinical pharmacology in the biopharmaceutical industry. He holds a BA with honors from Johns Hopkins University and a master's degree from the University of Maryland. In addition, he is board certified in FDA Regulatory Affairs. Herbert has been an LLI instructor since 2021.
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!
Mariscalco, Michael	MD is a fellowship-trained orthopedic surgeon at OrthoVirginia who specializes in sports medicine, as well as shoulder and knee surgery. He completed his orthopedic surgery residency at the Cleveland Clinic and went on to pursue additional fellowship training in sports medicine at The Ohio State University. Following his fellowship, Dr. Mariscalco joined OrthoVirginia in Richmond, Virginia. He is board certified by the American Board of Orthopaedic Surgery and is a member of both the American Academy of Orthopaedic Surgeons and the American Orthopaedic Society for Sports Medicine. He is also the author of 12 peer-reviewed publications.
Masley, Karen	comes from an artistic family and has been drawing and painting since she was very young. Having no formal art education, she began to take art more seriously in her thirties when, as a member of various art groups, she was mentored by well-known artists in Texas and Florida. Now at LLI, Karen has enjoyed classes with Brian Austin, Marti Franks, and Hal Cauthen. Karen loves to look for inspiration in nature, capturing vivid colors and textures in her work and bringing her interpretation of the beauty and gloriousness of God's creation. Though she occasionally works in other mediums, Karen's favorites are watercolor and colored pencil. Karen has been an LLI member since 2017.
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.
McDonough, James	is a retired Army officer and former Department of the Army civilian. He served as an assistant professor of philosophy and English at the United States Military Academy at West Point, New York, and as an adjunct professor for the University of Maryland's European Division, Saint Leo University's Fort Lee campus, and Virginia State University. He holds both bachelor's and master's degrees in English from Duquesne University, as well as a master's degree in philosophy from the University of Pittsburgh. With over 40 years experience in academia, Mr. McDonough has taught more than 4,000 students.

McDorman, Linda	has been in the fitness industry since 1990 and is certified by the American Council on Exercise as a Group Fitness Instructor, AFAA for Personal Training, Yoga Alliance RYT200 for many yoga formats, Stott Pilates, and Mad Dogg Spinning for cycling. In 2024, she obtained her Barre Above certification. Her passion is helping others become healthier and stronger through exercise.
McGuill, Mickie	is deeply interested in the methods and powers of the conscious and subconscious mind. A thoughtful individual and keen observer, she explores these interests through numerous courses and seminars, including programs with the A.R.E. (Association for Research and Enlightenment) in Virginia Beach. She is curious about what motivates people - how they react and respond to others, their environment, and their experiences. Her approach offers a light and engaging introduction to these ideas.
McIntyre, Maddie	MS, serves as a Research Analyst with the Virginia Center on Aging at Virginia Commonwealth University. Her work focuses on qualitative data collection and analysis, with particular interest in elderhood and the ways ageism appears in beauty, fashion, and diet culture. Maddie contributes to research projects that examine aging experiences across diverse communities and supports interdisciplinary initiatives within the Department of Gerontology. Her role includes facilitating discussions, gathering narrative data, and helping translate research findings into practical insights for programs that promote positive aging. Maddie holds a Bachelor of Arts degree and brings a thoughtful, person centered approach to understanding how cultural messages shape perceptions of aging.
McRae, Douglas	completed the ballroom teacher training course at Simply Ballroom Dance Studio and has been ballroom dancing for over 25 years. He has taught for USA Dance chapters in Richmond and the Tri-Cities, The Dance Space, and has helped with beginner classes at Rigby's Jig. In addition, Doug DJs dances several times a month. He and his co-instructor, Teresa Day, have been dancing together for several years. Doug has been an LLI member since 2023.
Mercer, Beth	received her bachelor's degree in music education with a concentration in vocal performance from Virginia Commonwealth University (VCU). She taught choral music in Chesterfield County for 33 years before retiring in 2012. Over the past 45 years, she has been actively involved in musical theater, directing and choreographing numerous productions for schools, local churches, and community theaters. Beth has been a member of the LLI community since 2018.
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, 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. Prior to that, Dr. Miller 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. He also works in private practice with clients and couples who are dealing with a variety of mental health challenges, which include substance abuse.

Mitchell, Brian	MD, attended Duke University School of Medicine from 1981 to 1985 and began his career in hematology and oncology during his residency at Johns Hopkins Hospital. He completed four years of specialty training at the University of Chicago, where he combined clinical practice with laboratory research. Board-certified in hematology, oncology, and internal medicine, Dr. Mitchell served as an assistant professor at Virginia Commonwealth University from 1992 to 1999, chairing the Clinical Trial Review Committee and mentoring students and residents. Since 1999, he has cared for patients with cancer and blood disorders at the Virginia Cancer Institute, helping them navigate treatment decisions, assess risks, and cope with loss.
Molzhon, Karen	is a fourth-generation Richmonder and a graduate of VPI & SU, where she earned a B.A. in English and remains a devoted Hokie. A retired paralegal, she supported attorneys for more than 40 years. She is the proud mother of an extraordinary daughter and the wife of a wonderful man she fondly calls her “best yard sale find ever.” Karen maintains her family’s archives and preserves stories of families who settled in Shockoe Bottom in the late 1800s. She taught photography to elementary students at a local community center for three years. Her interests include genealogy, trivia, reading, and bluegrass music—especially in Floyd, VA. An avid crafter, she enjoys many pursuits, but quilting, which she discovered in the early 2000s and rediscovered in 2017, remains her favorite. She has been an LLI member since 2023.
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.
Mulla, Juwairia	MD, is a cardiac electrophysiologist specializing in the diagnosis and treatment of heart rhythm disorders. She recently joined James River Cardiology after completing an advanced fellowship in clinical cardiac electrophysiology at George Washington University Hospital in Washington, DC. Prior to that, she completed a clinical cardiology fellowship at the University of Texas Medical Branch (UTMB Health) in Galveston. Dr. Mulla is highly skilled in managing a wide range of heart rhythm disorders, including atrial fibrillation, supraventricular tachycardia, heart block, bradycardia, atrial flutter, premature ventricular contractions, and ventricular tachycardia. She has a particular interest in the treatment and management of atrial fibrillation, as well as in leadless pacing and emerging technologies in cardiac pacing and defibrillation.
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.
Musgrove, Jodie	is a valuable addition to any team. She works with older adults and their families as they navigate and prepare for change and transition. Jodie asks thought-provoking questions, listens actively to fully understand each situation, and engages everyone in the conversation to help identify effective solutions and positive outcomes. She considers it an honor to hear her client’s stories and to serve their families.
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.

Ogilvie, Debra	is with Richmond Hearing Doctors, is a Virginia native, and grew up in Hampton. She received her Bachelor's degree from James Madison University, her Master's degree from The George Washington University in Washington, DC, and her Doctorate of Audiology degree from Salus University in Pennsylvania. Debra has been practicing Audiology since 1995, coming to Richmond in 1999. She spent 12 years working in a local private practice until deciding to become an owner herself. She has always appreciated both the technical and personal sides to Audiology – finding the best hearing solution for each individual person. Debra is a fellow of the American Academy of Audiology, a fellow of the Academy of Doctors of Audiology, and is a Board Member of the Virginia Board for Hearing Aid Specialists and Opticians. She and her husband enjoy spending time with their son, daughter, and extended family.
O'Laughlin, Brian	was born and raised in Richmond and brings the “native mastery” required to navigate RVA’s historic neighborhoods and high-growth suburbs with confidence. Specializing in “Refined Living, Rooted in Richmond,” he delivers elite local expertise and professional, direct attention to clients and referral partners across the entire region.
Onesty, Judith	loves to create and teach—whether it’s cooking, jewelry-making, graphic design, or most especially, storytelling. In the early 1990s, an opportunity to work with a group of cowboy poets and storytellers sparked a passion that continues to burn brightly. Judith teaches and performs at workshops, conferences, storytelling festivals, theaters, and just about anywhere with an open mic and willing listeners. She often collaborates with co-instructor Les Schaffer as Two Tellers Telling, and for over 10 years, she was a founding partner of the TellTaleHearts Storytelling Theater Company. Judith has been an LLI instructor since 2018.
Pace, Timothy	received a Juris Doctorate degree from Creighton University in 1972, and was a senior adviser to the Board of Veterans Appeals from 1972 to 1990. After presidential appointment, Timothy served as Administrative Law judge for the Social Security Administration from 1990 to 2014 handling primarily Medicare cases and Disability claims. In that capacity, he presided in various courtroom proceedings along the east coast at hearing sites in eight states and in the District of Columbia. From time to time, he was called upon to lecture to fellow judges and administrative personnel on the nuances of ever-changing laws governing the administration on Social Security benefits. He has been a member of LLI since 2014.
Pachter, Josh	taught film history and appreciation at the university level for fifty years before retiring in 2022. A writer, editor, and translator of crime fiction, Josh has been a regular member of the LLI faculty since moving to Midlothian in 2020.
Pandolfe, Carri	is LLI Chesterfield’s Program Coordinator. Her journey has taken her through every major city on the West Coast, but her roots trace back to Canada. In 2001, she made RVA her home—and she’s loved it ever since. A natural mentor, creative spirit, and true adventurer, Carri brings energy and passion to her role in the LLI Office. When she’s not inspiring others, you’ll find her enjoying life in Midlothian with her family.
Parrish, Conner	is the Founder & CEO of Bloomistry, a conservation-focused garden and education company offering 300+ learning programs for all ages, beyond-organic garden consulting and installation, and organic garden products that help people live more eco-aligned lives. A passionate farmer and consultant, Conner promotes organic, regenerative, and science-based growing in suburban, urban, school, and community gardens. His mission is to inspire and plant the seeds of green for the world to become a more nature-based place!

Peaden, Paula	began her professional career as a registered nurse after receiving her Bachelor of Science degree from Mount St. Mary's College. She received her legal education from Antonin Scalia Law School. Currently, she is a member of the National Academy of Elder Law Attorneys and the Special Needs Alliance and Estate Planning Council of Richmond. Paula practices law in Trust and Estate Planning, Trust and Estate Administration, Elder Law, Long Term Care & Disability Planning, Special Needs Trusts, and Guardianships. She was named the best Elder Lawyer in Richmond in the Best Lawyers in America® and was voted by Peer Recognition as 2022 Virginia Lawyer of the Year as published by Best Lawyers®. Her knowledge and professionalism are evidenced by other accolades, including her appointment to the Virginia Business Legal Elite and the Class of Leaders in the Law, Best Lawyers in America® for Trusts and Estate, Virginia Super Lawyers for Trusts and Estates and Elder Law and AV-rated by Martindale Hubbell Preeminent Women Lawyers.
Perdue, Beverly	has been creating in oils and watercolors since 1986. 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.
Pickus, Scott	Esq. is a West Virginia native and an attorney with more than 40 years of experience. Admitted to practice in Virginia in 1985, he has extensive experience in criminal defense, serving as both privately retained and court-appointed counsel in Chesterfield and Henrico counties and the City of Richmond. He also serves as a Criminal Justice Act (CJA) panel attorney, representing indigent clients in federal court, where his work has frequently included cases involving firearms and related constitutional challenges. Mr. Pickus is an NRA-certified Range Safety Officer and certified instructor for pistols, rifles, and home defense, and has also earned the Appleseed Redcoat Badge for rifle marksmanship.
Plante, Brian	graduated from Columbia University with a double major in English and history and earned an MA from the University of Michigan. Over the course of his career, he worked as a compliance officer for the New York Stock Exchange, as an NYC-based account executive specializing in financial relations for publicly owned corporations, and as Manager of Media Relations and Director of Public Relations and Corporate Communications for two Fortune 500 energy companies. A devoted student of psychology and the learning process, he has brought his passion for education to teaching posts at several area colleges, the READ Center for Adult Literacy, and numerous tutoring assignments, including the University of Richmond. A member of LLI since 2014, he currently teaches Critical Thinking.
Polivka, Jane	retired from the Howard County Public School System in Maryland in 2017. She and her husband moved to Midlothian in 2023, where she joined LLI the following year. They have a daughter and son-in-law living nearby in Midlothian, while their older daughter, son-in-law, and two grandchildren reside outside Nashville, Tennessee. Jane enjoys traveling and spending time with family and friends and is an avid bridge player. She encourages others to join the fun bridge groups offered through LLI.
Powell, Kate	MPA, CFRE, is a nonprofit professional passionate about the intersection of arts and human services—and how it advances justice, equity, and dignity for all. Her career spans both fields, including managing a music school, working in sound engineering and production, and serving as the Woodwind Teaching Artist for Soundscapes on the Virginia Peninsula. She later served as Development Manager for the Virginia Symphony Orchestra and Director of Fundraising and Grants at PORTCO, Inc., before joining ArtsConnect Virginia, where she became Executive Director in 2020. Kate holds a Bachelor of Music in Music Industry from James Madison University and a Master of Public Administration from South University. A CFRE since 2019, she was named an Inside Business Top 40 Under 40 honoree in 2022 and received two major nonprofit leadership awards in 2025. She actively serves on boards and advisory groups, and regularly mentors and consults with nonprofit and community organizations.

Powers, Grace	is the History Education Coordinator at the Virginia Museum of History & Culture (VMHC). She holds a bachelor's degree in American studies and anthropology from the University of Virginia. Grace has worked in development, administration, and education at museums and historic sites across Virginia, including Stratford Hall and the American Civil War Museum. She joined the VMHC education team in August 2025. In addition to coordinating group visits, Grace leads exhibit tours and facilitates classroom activities for students of all ages.
Pridemore, Amy	is the Executive Director of the VCU Financial Success Center by Virginia Credit Union and an Assistant Professor in the VCU School of Business Finance Department. Previously, she served as Director of the Center for Financial Literacy and Education at West Virginia University, where she helped build statewide financial education programs and led the WVU–Robinhood Student-Athlete Financial Education partnership, making WVU the first Division I school to require a personal finance course for all athletes on scholarship. Amy also spent nearly 11 years in the WVU Foundation’s Finance and Accounting department. She holds bachelor’s degrees in Finance and Accounting, an MBA, and a Certificate in Forensic Accounting from WVU. She is currently pursuing a Ph.D. in Financial Planning at Texas Tech University.
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 older son of Rachel Ramirez, Executive Director at LLI in Chesterfield. He is an avid reader and podcast listener, and he loves learning, dinosaurs, LEGO, 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 smile with stories and jokes. Lucas is homeschooled and participates in a local Classical Conversations 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, earned his undergraduate degree from the University of Richmond in 2007 as an Oliver Hill Scholar, majoring in leadership studies with a minor in biology. He received his medical degree from the Virginia Commonwealth University (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. A Richmond native, Dr. Randolph returned home to practice alongside his father and remains dedicated to advancing cancer care in his community. Outside of medicine, he enjoys fitness, sneakers, exploring the James River, and spending quality time with his wife, Morgan, their two 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 through the selling process. Along the way, she has encountered and solved a wide range of challenges. She is an active member of local, regional, and national professional organizations and regularly takes advantage of networking and educational opportunities. Marianne has earned two specialized real estate designations: Certified Residential Specialist and Senior Real Estate Specialist. Her goal is to make every transaction smooth and stress-free for her clients.
Recant, Michael	has been active in the field of LGBTQ justice since the mid-2000s. As head of the First Unitarian Universalist Church LGBTQ-Straight Alliance committee, he helped to establish the first ROSMY Alternative Prom for LGBTQ+ High Schoolers in the RVA area. Mike is a trained Sexuality Educator in the "Our Whole Lives" curriculum jointly developed by the Unitarian Universalist Association and the United Church of Christ. The Our Whole Lives program operates under the idea that well informed youth, young adults, and adults make better, healthier decisions about sexuality than those without complete information. OWL strives to be unbiased and teaches about heterosexual, bisexual, homosexual, non-binary, and transgender sexual health. Mike has been an LLI instructor since 2024.
Rennels, Ellen	is a former English teacher and passionate education advocate. She enjoys cooking and spending time in her garden. Ellen learned to sew, knit, and crochet as a child from her mother and continues to share her love of fiber arts with others. She has been an LLI member since 2023.
Reynolds, 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.
Riegel, Daniel	worked at Altria for 32 years, holding a variety of management positions. After retiring, he taught Strategic Planning and Leadership courses at the VCU School of Management. He became a member of LLI in 2025 and has enjoyed the wide range of courses offered by the organization. Dan and his wife, Janis, have three children and six grandchildren.
Robinson, Norman	retired in 2016 after a 44-year career in banking, including work with the Federal Reserve Bank of Richmond and 38 years as President and CEO of EastPay, LLC, an electronic payments trade association and consulting firm. He holds a BS in business management from VCU along with multiple banking and payment certifications. A lifelong gardener, Norman became a certified Chesterfield County Volunteer Master Gardener in 2018. He serves as lead coordinator for the Learn Your Landscape and Composting programs, sits on the Chesterfield Extension Office Advisory Board, helped create a shade garden at the Extension Demonstration Garden, and has mentored 10 Extension interns. Norman received the Giving Garden Award in 2019 and the Chesterfield County Community Champions Award in 2020. He has been married to Joan Robinson since 1974, and together they have four children and nine grandchildren.
Robison, Jessica	is the Emergency Management Coordinator for Chesterfield County. She manages the Chesterfield County Emergency Management staff, who are highly experienced in the areas of emergency planning, mitigation, response, and recovery, and who are committed to enhancing the resilience of the county through providing comprehensive preparedness training to those who work, live, or play in Chesterfield. In 2013, she became a certified Master Resiliency Trainer (MRT) through the University of Pennsylvania and the Department of the Army. As an MRT, she taught soldiers and family members how to build skills that would allow them to survive, then thrive in difficult situations. Jessica's passion is to educate and empower residents to play an active role in their own well-being and that of their community. She holds a Bachelor of Science degree in crime, law and justice from Pennsylvania State University and an MBA from Western Governors University with a master's degree in healthcare management.
Rogers, Brooke	is the Volunteer Coordinator for Recognition, Retention, and Recruitment at Feed More. She is passionate about building partnerships and strengthening community connections, particularly through a social justice lens. Holding a Master of Public Health from Virginia Tech, Brooke brings valuable experience in program development and community outreach. Outside of work, she enjoys practicing yoga, cooking, and finding the perfect spot to watch the sunset.
Rowlett, Matt	has been a tour guide at Agecroft Hall since 2021. He is a lifelong resident of the Richmond area and received his associate's degree from Brightpoint (John Tyler) Community College. Matt was a volunteer at Pamplin Historical Park prior to working at Agecroft Hall.
Rudderman, Amanda	serves as the Fall Prevention Coordinator for the VCU Health Trauma Center's Injury and Violence Prevention Program. A licensed clinical social worker, she holds a Master of Social Work degree and a Certificate in Aging Studies from Virginia Commonwealth University. Drawing on more than a decade of experience in community-based case management, Amanda now focuses on addressing service gaps through program development and community outreach. She is passionate about supporting older adults and individuals with complex health conditions to maintain confidence, overcome barriers, and age safely. Her approach emphasizes emotional and social well-being alongside practical strategies and access to medical care as cornerstones for fall prevention.

Runge, Marschall	MD, PhD, is the former CEO of Michigan Medicine, Dean of the University of Michigan Medical School, and a practicing cardiologist. During his tenure, he led transformative change and positioned both Michigan Medicine and the Medical School for sustained international success. He earned his PhD in molecular biology from Vanderbilt University and his MD from the Johns Hopkins School of Medicine, where he also completed a residency in internal medicine, followed by a cardiology fellowship at Massachusetts General Hospital, and has spent his entire career as a physician-scientist. Dr. Runge is the author of more than 250 publications, holds five patents related to innovative health care approaches, and is a Global Book Awards gold medalist. An avid thriller reader, he draws on real-life, “you-can’t-make-this-up” experiences to inform both his fiction and nonfiction writing; in addition to <i>The Great Healthcare Disruption</i> , he is the author of the medical thriller <i>Coded to Kill</i> .
Ruth, Tara	is a native of West Virginia and earned her Bachelor of Science in Speech Pathology and Audiology from West Virginia University. She went on to receive her PhD in audiology from James Madison University. Dr. Ruth is a Fellow of the American Academy of Audiology, holds the Certificate of Clinical Competence from the American Speech-Language-Hearing Association, and is licensed by the Commonwealth of Virginia as an audiologist and hearing aid specialist. Since 2005, Dr. Ruth has been practicing audiology in Richmond. She is married with two children and enjoys traveling and watching sports, especially college football and professional hockey. Her favorite teams are the West Virginia Mountaineers, James Madison Dukes, and the Washington Capitals.
Ryther, Patricia	is retired from a career in banking and insurance. She has a degree in English literature and has taught at the community college level. In retirement, she enjoys teaching health and science-related courses at LLI.
Saunders, George	is a graduate of Virginia Commonwealth University. A lifelong student of railroad history, he has been an active member of the Old Dominion Chapter of the National Railway Historical Society for more than 40 years. Contributing in countless capacities, including serving on the board of directors, he currently serves as the facilities rental manager for the chapter’s museum in Richmond, Virginia. In the past, George has done PowerPoint presentations on “The Development of Trains in the South and their Use in 1864” and “Railroad Communications in 1864” at the American Civil War Museum, the Richmond Railroad Museum, and LLI as part of the Sesquicentennial lecture series on the war.
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 <i>Daily Forvitz</i> (Forward) Yiddish newspaper, or hearing relatives recount life in the old country. Today, he continues that tradition by teaching, coaching, and performing stories in a wide range of settings. He co-leads the LLI Senior Story Slam and shares his stories at slams, festivals, and shows across the region—and virtually, around the world. For over 20 years, Les has taught storytelling and related courses at LLI. His eclectic background includes work in photography, marketing, clay-making, and family therapy. He describes his classes as a blend of learning something new and building an ever-growing, story-centered community.
Schmitt, James Kenneth	MD, was born in Berkeley, California, and studied astronomy at the University of California before earning his medical degree from the University of California, San Francisco. He completed his internship in internal medicine at Highland General Hospital and a fellowship in endocrinology at UCSF. Dr. Schmitt has practiced medicine across the globe, including in Peru, Bahrain, Uganda, Senegal, India, Bhutan, Honduras, and Azerbaijan. He is also an accomplished author, having written several books, including three memoirs and a novel.
Scimone, Bonnie	serves as the Lead Community Outreach and Marketing Specialist for The VirginiaNavigator Family of Websites. Bonnie has been with the organization since 2006. She graduated from Longwood University with a Bachelor of Science degree in Home Economics and received her Elementary Education Teaching Certificate from Virginia Commonwealth University. Bonnie has one son in Georgia, one daughter in Chesterfield and five grandchildren. Bonnie resides in Chesterfield County and serves Central Virginia and Tidewater.

Seaborn, Tom	is a native of Newport News, Virginia and holds a BS in Civil Engineering from Virginia Tech. After serving three years as a company grade officer in the Army Medical Service Corps, he started his career in Consulting Engineering and Construction Management. In 1998, he became the design manager of semiconductor wafer fabrication plants for Motorola and Siemens. Tom has been a member of LLI since 2018 and has been active in the genealogy and memoir writing classes.
Sebby, Alex	is a third-generation U.S. veteran who enlisted in the United States Marine Corps at the age of seventeen, prior to graduating from high school in Minot, North Dakota. He graduated as an honor recruit from Marine Corps Recruit Depot (MCRD) San Diego and completed Marine Combat Training before attending the Defense Information School (DINFOS) at Fort George G. Meade, Maryland. During his enlistment, Alex served in Military Occupational Specialty (MOS) 4611, Combat Illustrator, a role responsible for creating two- and three-dimensional artistic and illustrative products used in briefs, training materials, investigations, and other mission-support applications.
Smiley, Jaime	MS, OTR/L, CAPS, CDP MS, OTR/L, CAPS, CDP, is an occupational therapist who now serves as a healthcare consultant, educator, Aging in Place consultant, and Certified Dementia Practitioner. Jaime is a 2001 graduate of VCU's occupational therapy program. She has over two decades of experience in senior care as a therapist, director, clinical educator, and vice president of therapy services. Jaime is also an adjunct instructor in VCU's Department of Occupational Therapy and South University's Occupational Therapy Assistant Program. Her passion lies in helping the aging population secure healthy lifestyle options as well as providing training to encourage seniors to become educated consumers of services. She has been an LLI instructor since 2024.
Smith, 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.
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 long held a strong interest in current events at the local, state, and national levels. He enjoys exploring science, emerging technologies, and the evolving world of AI, interests shaped by more than 45 years in the sciences and by founding his own pharmaceutical consulting company. His service as a vice chairman commissioner in a Cincinnati suburb deepened his understanding of rules of debate and the priorities of engaged citizens. Mark also brings a long-standing interest in Tai Chi that began with a trip to China over 25 years ago. His formal study started in Cincinnati with an instructor who had trained in China and continued under Amber Hue of the Sun Moon Dojo Tai Chi and Enrichment School in Ohio. He later expanded his practice through training with Larry Murray, who shared his interest in Chi Gong and the Chinese teaching of healing sounds. Mark looks forward to fostering thoughtful, well-informed discussions in class.

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.
Stoumbos, Mike Jack	is a published author and editor who has been teaching creative writing workshops for more than a decade. His short stories have appeared in collections such as Writers of the Future and Dragon Writers, among others, and he edits themed anthologies for WonderBird Press. A devoted science fiction fan, Mike is always willing to read whatever is put in front of him and is just as happy listening to old favorites while walking his dog.
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.
Strunkin, Jessica	received a BA in political science from Colgate University and a master's degree in international relations from Boston University. She previously served as executive vice president at MassDevelopment, Massachusetts' economic development and finance agency, where she managed day-to-day operations for the community of Devens, including oversight of municipal utilities, public works, environmental engineering, and public safety. In 2023, she joined Commonwealth Fusion Systems (CFS) as Principal of Community Relations and Local Government Affairs, leading engagement with local communities and stakeholders to broaden awareness of fusion energy and highlight CFS's regional economic impact. She regularly works with local officials, business leaders, educators, and residents, organizing quarterly community events at CFS headquarters. Jessica also supported the site search for the first ARC™ Power Plant and hosts community events near the Chesterfield County site for the Fall Line Fusion Power Plant.
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, serving for 15 years in various communities throughout Appalachia. After resigning from the priesthood and marrying, he worked with several nonprofit organizations focused on homelessness and low-income housing. Wayne is a volunteer with Compassion & Choices and serves as coordinator of the Richmond Action Team, which provides resources to help individuals document their end-of-life options and advocates for Medical Aid in Dying for eligible Virginians. He is also a professional clown with Clowns of America International and Virginia Clown Alley #3. Now retired, Wayne enjoys volunteering, reading, birdwatching, and watching Netflix from his recliner. He joined LLI in 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.
Tolbert, Julius	is one of nine children and a native of Charleston, South Carolina. After high school, he entered seminary to become a Roman Catholic Brother. Following a period of prayer and study in Quebec, he took temporary vows and, in 1986, he began studies at Catholic Theological Union in Chicago. Heeding God's call to a different path, Julius relocated to Orlando, where he worked as a restaurant manager. In 2001, Julius accepted Jesus Christ and joined True Gospel Holiness of Jesus, serving in numerous leadership roles. He has led many workshops and serves as both Pastor of Start Church Outreach Ministry in Richmond and as an online facilitator for INSTE Bible College. His ministry is guided by Micah 6:8: "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."
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!
Umansky, Philip	has been a member of LLI since 2020. He retired in 2017 after a 30 year career in accounting education at Virginia Union University, where he became known for his clear, practical approach to financial guidance. Since 2008, he has been an active contributor to the VSCPA's Financial Fitness program, sharing financial literacy insights through television interviews, community presentations, and workshops across Virginia. A native of Pulaski and a Virginia Tech graduate, Phil began his career with Coopers & Lybrand before moving into higher education. He continues to enjoy helping Virginians strengthen their financial well being through accessible, engaging communication.
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.
Vaught, Don	is president of Vaught, Spangler & Associates Financial Services, LLC. A graduate of Greensboro College with a degree in business and economics, he began his career managing a North Carolina savings and loan branch. Over more than 30 years, Don has built extensive experience with firms including NCNB (now Bank of America), Lincoln Financial, and Edward Jones, working in banking, sales, marketing, and as a business owner. Specializing in long-term care (LTC) insurance since 1990, Don remains a strong advocate, having guided clients through both the benefits of coverage and the challenges of going without it. After collaborating for over 15 years, he and LTC expert Linda Caruthers are now partners focused on expanding community awareness. Don loves his community and is active in many Midlothian organizations. In his free time, he enjoys kayaking, charity golf, and time with his wife of more than 50 years, Jane, and their son, Andrew.

Wahl, Stone	holds a PhD in quantum physics and has been published in the fields of aerodynamics, physics, and finance. He served as lead investigator for a patent involving DVR processes and was a member of an Emmy Award–winning team. After working as a software development analyst and project manager across a variety of industries, he made a career change in 2018 to become a full-time grandfather and professional disc golfer (PDGA #68590). Stone is active in his church choir, Bible studies, and children’s ministry, and serves on the boards of directors of both his church and the River City Disc Golf Club. He helped guide the club through the 501(c)(3) certification process and now runs youth clinics and tournaments. He has been a member of LLI since 2019.
Walsh, Ann-Marie	Assoc. AIA, IFMA, ASID, built her career as a Design & Construction Project Manager in commercial real estate. Born with a genetic condition that led to early-onset osteoarthritis, spinal complications, and a heart condition, she learned early on to adapt her home environment to support her needs. In the early 2000s, she recognized the growing need for accessible home accommodations as family members faced functional quadriplegia, ALS, and other ability challenges. These experiences gave her deep insight into the importance of advocating for more inclusive, “universal” housing solutions.
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, and she blogs regularly with Writers Who Kill. Her short stories have appeared in a variety of anthologies, and her nonfiction work has been published in Promophobia and The Secret Ingredient: A Mystery Writers’ Cookbook. Originally from Virginia Beach, Heather has been a mystery fan since discovering Scooby-Doo and Nancy Drew. She now lives in Central Virginia with her husband and a crazy Mini Aussie Shepherd.
Welleford, E. Ayn	PhD, has taught extensively in the areas of lifespan development, developmental gerontology, trends in gerontology, and ethical decision-making. As an associate professor and the gerontologist for Community Voice, she works to make our community a great place for all people to GROW older by bridging classroom and community, affirming and equipping our workforce through appreciative education, and supporting us all in learning to love our longevity. Dr. Welleford leads VCU GeroAging Community and Continuing Education whose mission is to equip and affirm Virginia’s eldercare workforce community to bring forth meaningful change. She has been known to say, “Let’s do something that does something.”
Whaley, John	holds a PhD in Latin American history. He lived in Chile for two years as a Peace Corps volunteer and spent an additional two years there conducting dissertation research. He has traveled extensively throughout Latin America and the Caribbean, including Uruguay, Argentina, Bolivia, Peru, Ecuador, Cuba, and Jamaica. He served as Acting Director of Latin American Studies at SUNY Binghamton and taught World History at Averett College.
White, Shannon	began her journey in 1999 as a rookie dispatcher on the midnight shift and now she serves as the Chief of Personnel Development at Chesterfield Emergency Communications Center. Her work embodies the transformative power of dedication, creativity, and a love of public safety/emergency communications. Through her passion for training, Shannon imparts leadership skills, wisdom, and excitement in both new and veteran emergency communication officers, helping others discover the joy of personal development along their journey. Shannon has a degree in criminal justice from VCU and was named the 2023 Virginia APCO Trainer of the Year, having also served as a cross trained dispatcher, community educator and recruiter, lead dispatcher, assistant shift supervisor, general instructor, training officer, and training facilitator.
Whitfield, Donna	was born and raised in Newport News. She received a BA in English from the College of William and Mary and went on to teach English in grades 6-12 for thirty years. In the early 2000s, she took what was to be the first of many beading classes and was hooked. Donna was an artist in residence at the Crossroads Art Center, and today she specializes in bead embroidered necklaces and bracelets. She enjoys teaching beading courses and has been an LLI member since 2012.

Williams, Tracey	was honorably discharged from the United States Marine Corps Reserves. She has various Aerobics and Fitness Association of America Group Exercise & Personal Trainer Certifications, including Kickboxing (IFTA), Zumba and Yoga. Tracey has been teaching and training since 2002. She is energetic and knowledgeable! She also has the ability to motivate and inspire clients regardless of physical fitness level and encourages habits that are life changing.
Witt, Jordan	is the founder of and a physical therapist (PT) at Preventative Physical Therapy in Midlothian. He graduated from UVA before beginning PT school at VCU, where he received a doctorate in physical therapy. Since then, he has become a Board Certified Orthopedic Clinical Specialist and is Dry Needling certified. Dr. Witt works with patients of all ages, but most commonly he works with active older adults and people on Medicare. He is excited to bring his knowledge and experience to the LLI community.
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.
Zampi, Donna	PhD, was born in Stephenville, Newfoundland, Canada, raised in Vestal, New York, and has lived in the Richmond area since 1996. Driven by a curiosity a mile wide, she has built three careers, including more than two decades as a U.S. Army officer. She holds five degrees - undergraduate degrees in electronic engineering and business administration; master's degrees in systems management and transpersonal studies; and a PhD in psychology. Donna has extensive experience in organizational change management, program management, strategic planning, and risk management, and has consulted widely in these areas. She has also served as an Adjunct Professor in VCU's Business School and is currently enrolled in the University of Richmond's Interior Design program. In addition, she is a Master Gardener, a Small Arms instructor, and an unapologetic lover of groan-worthy dad jokes.