



SUMMER 2026 INSTRUCTOR BIOS

Adeeb M Abed

HS710 - Palestine History and Future

Alan McCrea

LA015 - Conversational German

Alex Meredith

CO230 - What is Modern Science?

Alex Sebby

EL127 - Veterans in Virginia

Amanda Rudderman and Karen Shipman

HW312 - A Matter of Balance

Anne Clendenin and Bev Davidson

WG013 - Spades

Annie Edwards, DNP

HW528 - Women's Urology Wellness

Barbara Clinedinst

LE297 - Fun With Chair Volleyball

Beckey Huddleston

EF183 - New Medicare Birthday Rule A

EF189 - New Medicare Birthday Rule B

EF190 - Medicare Essentials A

EF191 - Medicare Essentials B

Beth Mercer and Julie Van Buskirk

AD021 - Intermediate Tap Dancing

Billie Darlington

LS145 - Transportation Services

LS171 - Transportation Services

Bob Ferguson

HS089 - Great Decisions

HS783 - The World's Sacred Sites

SE234 - A Robot Revolution Performance

Bob Ferguson and Timothy Pace

EL043 - Enjoy Poetry

Bob Ferguson and Vic Thompson

SE235 - No Exit Performance

Bonnie Scimone

LS069 - VirginiaNavigator Overview

Brad Bryan, Ken Carlson, and Rick Kaerwer

AD141 - Lifelong Musicians

Brian Mitchell, MD

HW516 - Understanding Cancer

HW529 - Treating Cancer

Brian O'Laughlin

LS241 - Evaluating Home Needs

Brian Plante

LS217 - Critical Thinking A

LS218 - Critical Thinking B

Brighton Payne

HW503 - Memory Screenings

Brooke Rogers and Diana Gomez

LS229 - From Farm to Front Door A

LS238 - From Farm to Front Door B

Caitlin Grasso, RN, and Tim Wilson

HW153 - Identifying Stroke Fast

Carolyn Goble and Fran Judd

WG006 - Cards and Games Wednesday

Carri Pandolfe

CO256 - Introduction to Zoom

Carri Pandolfe and Scarleth Castillo

CO258 - Zoom Practice

Charles J. Kehoe

HS724 - American Corrections

Chesterfield County Emergency Management Staff

EF132 - Financial Preparedness

HW394 - Be the Help Until Help Arrives

LS177 - Emergency Preparedness

Chris Semtner

AD335 - Secrets of the Old Masters

EL027 - Poe and the Detective Story

Christopher L. Kolakowski

HS790 - The Battle of Stones River

Claudette Spencer

HS788 - Prisoners' Rights in America

Conner Parrish

LE344 - Korean Natural Farming

LE373 - Bog Gardens

LE374 - Conscious Living

LE375 - Ecosystem Ponds

Cryst'I Scheer

EL095 - Exploring Legacy Writing

LS239 - End-of-Life Doulas A

LS240 - End-of-Life Doulas B

Dale Atkins

HW519 - Connecting across Generations

Damir Strmel

AD210 - Intro to Brazilian Percussion

HW342 - Beginning Tai Chi 24 Form A

HW343 - Intermediate Tai Chi

Danny Arkin

CO262 - Understanding AI

CO263 - Working with AI A

CO264 - Working with AI B

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

Debby Hoskin

CO199 - Nearpeer Tutorial and Tips A

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

HW262 - Understanding Tinnitus

Diana Hinman, Diane Barbour, and LuGay Lanier

AD234 - Artist Open Studio

Diane Childress

AD292 - Moving to Music

Donna Whitfield and Arthur Goldberg

WG002 - Social Bingo Friday

Dori Modzelewski

LS211 - Senior Care 101

Dorota Kawka

FI007 - Gentle Yoga Thursday

FI010 - Chair Yoga Thursday

FI046 - Chair Yoga Thursday Online

FI047 - Gentle Yoga Thursday Online

Dorothy Moses

EL015 - Aspiring Writers' Critique

EL140 - Aspiring Writers' Critique

Douglas A. Wayne, MD

HW531 - Medical Advocacy

Dr. Katie Starr

HW435 - Exercise in Later Life

Dr. Michael J. Wriston

LS084 - The Art of the Apology

LS085 - Becoming an Optimist

LS090 - Befriending the Subconscious

LS091 - Defending Boundaries

LS094 - Transformational Listening

LS095 - Creating Positive Impact

Dr. Ryan Ahlgrim

PR120 - Who Is the Real Jesus?

Dr. Susan Coffey, Susan Davies, and Yvonne Ricciardelli

AD278 - Open Studio for Artists

Edward Blackwell

EL142 - Gulliver's Travels

Eric and Julie Van Buskirk

AD197 - Ballroom Dance Practice

Erin Barr and Frank LaRuffa

HS798 - The Court Process

Evelyn Klumb

LE265 - Modern Floral Designs

Fletcher Cassada

LE186 - Beginners Chess

Fran Judd and Arthur Goldberg

WG001 - Social Bingo Tuesday

Fran Judd and Carolyn Goble

WG004 - Cards and Games Monday

George Saunders

HS773 - Church Hill Tunnel Collapse

Grace Powers

SE195 - VMHC We the People Tour A

SE196 - VMHC We the People Tour B

Heather Weidner

EL145 - Nancy Drew and Mystery

Howard Wynn

LE197 - Brain Aerobics

Jaime Smiley, MS, OTR/L, CAPS

HW436 - Senior Living Continuum

HW445 - Staying Safe at Home

James E. Davidson, Jr., CFP®

EF018 - Smart Investing

EF188 - Investing in AI

James Kenneth Schmitt, MD

HW532 - Serendipity in Medicine

Jane Polivka

WG010 - Bridge for Experienced Players

Janet Abel

AD314 - The Book of Amazement A

AD315 - The Book of Amazement

AD319 - The Book of Amazement B

AD326 - Art Journaling A

AD327 - Art Journaling B

AD328 - Art Journaling

Janet Garzia and Kevin Gross

LE252 - Genealogy Discussions

Jennifer Kell, LCSW

HW530 - Remembering Decades Past

Jessica Strunkin

CO260 - Fusion Power in Chesterfield

CO261 - Fusion Power in Chesterfield

Jim Knego

PR096 - Power of Myth and Aesthetics

Joanna Lurie

PR116 - Women of the Old Testament

Joe Lenzi

LE337 - Alaska, Then and Now

John Countryman

EL076 - Storying Later Life

John Krug

LS196 - Navigating Senior Living

John Whaley

HS787 - Latin America and Imperialism

Jordan Witt, DPT

HW467 - Low Back Pain Solutions

HW468 - The Importance of Posture

HW524 - Benefits of Dry Needling

Josh Pachter

EL093 - The Prehistory of the Movies

Judith Onesty and Les Schaffer

AD192 - Super Senior Storytelling Slam

Julie Randolph

WG014 - Mah Jongg Tuesday

Julie Van Buskirk

AD045 - Beginner Tap Dancing

Karen Molzhon

HS791 - Mementos and Memories A

HS792 - Mementos and Memories B

Karen Steele

AD332 - American Architectural Gems

Kate Conn, Don Golladay, and Tom Baker

SE164 - Company's Coming Concert

Kate Powell, MPA, CFRE

AD329 - Creativity and Wellness

Kathryn Miesse

AD336 - World Theatre History

Kathy Parrish

SE228 - VMFA Fabergé Tour A

SE229 - VMFA Fabergé Tour B

Katie Reynolds and Matt Rowlett

SE170 - Agecroft Hall Folktales Tour

Keith Chambers

LS178 - Chesterfield Fire and EMS

Keith Southall

HS785 - Histories of Petersburg

Ken Carlson

AD248 - Readers Theater

Kerrigan Sullivan

SE233 - Brightpoint Sneak Peek

Kimberly Felder

HW389 - Understanding Hearing

Kimberly Rideout

HW533 - Steps to Safety

Les Schaffer and Judith Onesty

AD333 - InterAge Storytelling Workshop

AD334 - InterAge Storytelling

Leslie Matthews

SE160 - Love Duets from Op to Pop

Leslie Mento

HW534 - Age-Friendly Care

Linda McDorman

FI003 - Low Impact Friday

FI006 - Chair Yoga Tuesday

FI009 - Gentle Yoga Tuesday

FI015 - Pilates Online

FI028 - Gentle Yoga Monday

FI029 - Chair Yoga Friday

FI031 - Chair Yoga Online

FI040 - Gentle Yoga Monday Online

FI041 - Chair Yoga Tuesday Online

FI042 - Gentle Yoga Tuesday Online

FI048 - Low Impact Friday Online

FI050 - Chair Yoga Friday Online

Linda Tsironis Caruthers

EF136 - Long Term Care Insurance

LLI Social Committee

IA100 - Birthday Celebration

Luke John Coukos

PR100 - The Chosen

Maria Crostic

HW537 - Back to Basics

Maria Crostic and Rebecca Lint, MSW

HW446 - Stress Management Bingo

HW535 - Social Wellness

Marie Ireland

LE200 - Advanced Card Making

LE371 - Wine Bottle Wind Chimes

LE372 - The Art of Handmade Books

Mark Grubbs

CO240 - Apple App Store App

CO243 - Apple Mail App

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

Marti Franks

AD012 - Advanced Watercolor

AD111 - Intermediate Watercolor

Mary Bradstock

AD058 - Country Line Dancing

AD075 - Line Dance Practice

Mary E. Gutberlet, M.Ed.

HW352 - Beginning Tai Chi Review

HW355 - Beginning Tai Chi 24 Form B

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

HW386 - Intermediate Tai Chi 24 Form

Mary Jane Murphy

WG007 - Canasta Variations

Mary Jane Murphy and Bev Davidson

AD080 - Woodcarving

Mary Jane Murphy and Marilyn Mare

WG009 - Mah Jongg Thursday

Melissa Ackley and Maria Crostic

HW462 - Cultivating Gratitude

Mike Jack Stoumbos

EL143 - Writing a Novel

EL144 - Writing Short Stories

EL146 - Workshopping Fiction

Milbrey A. Bartholow

LS147 - Crafts for Community

Miska Khan, KC Duong, and Lilah Cohen

CO266 - LLI App Innovation

Myron Johnson

HS698 - African American Inventors

Nicole Thomas-Jackson

FI017 - Wednesday Fun Fitness
FI018 - Sit and Be Fit Wednesday
FI030 - Strength and Stretch Online
FI034 - Cardio and Strength Online
FI043 - Wednesday Fun Fitness Online
FI044 - Sit and Be Fit Wed. Online

Nizam Missaghi, MD

HS793 - Passport to Freedom

Patricia Ryther

CO218 - News from the Microbiome
CO246 - Microplastics
CO265 - Sleep and the Renewing Brain

Peppy Jones

HS617 - No Time to Grieve

Phyllis Maples

LS172 - Mercy Mall Emergency Food

Rachel and Levi Ramirez

EL109 - Children's Book Review

Rachel and Lucas Ramirez

CO235 - Podcasts for All
EL108 - The Boy, Mole, Fox and Horse

Rachel Coney-Bowles

HW541 - The Dementia Experience A
HW542 - The Dementia Experience B

Rachel Lawson

HW251 - Brain Power Hour

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

Rachel Ramirez, Dr. John Lemza, and LLI Board of Directors

IA110 - 10-year Member Celebration

Randall L. Lanning, Colonel, USAF (Retired)

HS794 - Cold War Deterrence

Ray DeStephen

HW538 - New Dietary Guidelines

Rebecca Lint, MSW, and Eric Faw

HW536 - Self-Compassion

Richard Commander

EF167 - Financial Stability
HS750 - Echoes of the Past
LS203 - Improving Self-Esteem
LS213 - Setting Goals
PR104 - God's Grace

Rick Kaerwer

AD252 - Intermediate Ukulele

Rick Kinnaird

HS795 - Pyramid Construction Myths

Robert Abbott

HS381 - Adventures of the Caminos

Robert Foster

HS786 - Conspiracies and History

Robert Thomas, MD

HW507 - Nasal Nerve Ablation

Sabrina Guerin

EF117 - Identity Theft

EF118 - Organizing Financial Records

Sabrina Guerin and Amy Pridemore

EF180 - Finance Across Generations

Sandhi Schimmel Gold

LE237 - Rag Rug Wreaths

Sandy Lohman and Ellen Rennels

LE032 - Needleworkers United

Shannon M. White

SE911 - Chesterfield 911 Center Tour

Sharon Macauley

AD036 - Intro to Line Dancing

Shauna Hooker

HW539 - ABCs of Time Management

Shawn Doran

EF147 - Outsmart the Scammers

Sherella Brown

FI001 - Low Impact Monday

FI004 - Sit and Be Fit Monday

FI005 - Sit and Be Fit Thursday

FI038 - Low Impact Monday Online

FI039 - Sit and Be Fit Monday Online

FI045 - Sit and Be Fit Thursday Online

SignaTours

SE236 - Northern Neck Tour

SE237 - Smithsonian Art in DC Tour

Siobhan Carlton

HW540 - Muscles, Macros, and Mindset

Sorana Blackfoot

EF163 - Money Mindset Makeover

Steph Coolbaugh

LE368 - Capital Trail 101

Steve Bunch, Mark Stella, and Phil Umansky

HS003 - Current Events

Stone Wahl

LE279 - Introduction to Disc Golf

LE317 - Learn Mah Jongg

LE348 - Logic and Reasoning Puzzles A

LE349 - Logic and Reasoning Puzzles B

Susan Campbell

LS157 - Planning Final Arrangements

Suzanne Kelly and Tom Seaborn

EL048 - Memoir Writing

Tammy Akers

EF113 - Medicare 101

EF138 - Medicare 101

Tara Semtner, AIA

AD324 - Chicago's Iconic Competition

AD325 - Paintings in Disguise

Team Vivo

FI035 - Vivo Strength Training 1x

FI036 - Vivo Strength Training 2x

FI037 - Vivo Strength Training 3x

Ted Heck

DE007 - Understanding Gender Identity

Tim Beard

LS242 - Personal Safety

Tim Kisner

HS796 - Airwomen in Flight

Timothy Pace

HS599 - Aerial America

HS784 - Tour of Spain

HS789 - The American Revolution

PR099 - Science, Theology, and Beyond

Tracey Williams

FI020 - Zumba Gold Online

Vybhav Jetty, MD

HW463 - Heart Arrhythmias

HW527 - Heart Rhythm Disorders

Waite Rawls

HS020 - Burying the Confederate Dead

Wayne Moyer

PR059 - The History of the Bible

PR107 - The End Times

Wayne Swatlowski

DE013 - Disability and Ableism

DE015 - Aging and Ageism

LE276 - Balloonology 101

LS208 - Medical Aid in Dying

Wilbur Good and Carol Good

DE019 - A Week in Billy's Life

Yenifer Jerez

HW282 - Summer Safety 101

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.
- Abed, Adeeb** was born in Bir Nabala, Palestine, a small village northwest of Jerusalem. He came to the United States in August 1967 at the age of 14 and attended high school in Richmond before beginning a life of activism. Adeeb has spent many years working with Palestinian and Arab American organizations, including the General Union of Palestinian Students, the Palestine Aid Society, and the Arab American Anti-Discrimination Committee. He founded the Arab American Association of Central Virginia and is currently a member of the steering committee of Richmonders for Peace in Israel-Palestine.
- 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.
- Ackley, Melissa** LCSW, is Prevention Services Manager at Chesterfield Mental Health Support Services and co-chair of the Chesterfield Suicide Awareness and Prevention Coalition.
- Ahlgren, Ryan** is the lead pastor at First Mennonite Church of Richmond. He earned a Master of Divinity degree from Anabaptist Mennonite Biblical Seminary, which included a semester at Princeton Theological Seminary, and a Doctor of Ministry degree from McCormick Theological Seminary in Chicago. Ryan is a prolific writer who has authored more than one hundred published articles and three books, including *Spying on Jesus: A Novella* (Resource Publications, 2025).
- 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.
- 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.

- Atkins, Dale** is a licensed psychologist, educator, storyteller, and nature enthusiast with over 40 years of experience as a relationship expert specializing in families, wellness, stress management, and living a meaningful life. She is the author of eight books, and many chapters and articles for professional and popular audiences, and is a sought-after speaker who lectures and leads seminars worldwide. Dale has appeared regularly on NBC's TODAY and CNN. She maintains a private practice in New York City and has served on several nonprofit boards, including Jumpstart for Young Children. She holds degrees from NYU, Columbia University's Teachers College, and UCLA. Drawing on her personal experiences and research in child development, Dale wrote *The Turquoise Butterfly* to help children and families explore anxiety, grief, and transformation in a hopeful, accessible way. Her work reflects a deep belief in the healing power of stories and the importance of honoring intergenerational bonds.
- 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.
- 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.
- 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.
- Beard, Tim** has more than three decades of experience across both the public and private sectors. He earned a master's degree in International Policy and Practice from the Elliott School of International Affairs at George Washington University and holds a Bachelor of Arts in Political Science from Auburn University. Tim served on active duty in the U.S. Marine Corps as an infantry officer, attaining the rank of captain, and was recruited by the Central Intelligence Agency into the Directorate of Operations (Clandestine Service). In that role, he conducted and managed highly sensitive clandestine operations worldwide, including overseas assignments in multiple countries across Asia and the Middle East. After retiring from the CIA, Tim founded a global intelligence and risk mitigation consulting firm, where he helps clients achieve strategic and tactical objectives in complex, high-pressure environments by improving decision-making and facilitating business opportunities.

- Blackfoot, Sorana** moved to the U.S. from Romania in 2002 and built a successful career in the financial industry to make it worth the sacrifice of uprooting herself. During her 15-year career in finance, she learned that a lot of women are uncomfortable with their finances and therefore, are left in a very precarious situation if/when they are alone due to divorce or widowhood. In January 2018, Sorana published her first Amazon best-seller, “New World, New Dreams: My Money Story,” sharing the money lessons she learned by living on two continents and through three different regimes. Sorana is a prosperity mentor who teaches women to create, preserve, and transfer their wealth by building better relationships with their money. She put this passion into a second best-seller, “Money Mindset Makeover” – a 21-day challenge to help people improve their understanding of how money really works.
- Blackwell, 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.
- Bradstock, Mary** is a native Virginian—born in Richmond and raised in Chesterfield County. She is a member of The Country Style Dancers of Richmond and has been dancing at LLI since 2009 and teaching since 2012.
- Brown, Sherella** is a certified Jazzercise fitness instructor who specializes in combining dance and exercise in her work with active adults.
- Bryan, Brad** is a former physical therapist who has been playing guitar since junior high school. He enjoys singing and making music with fellow enthusiasts, finding joy in the shared experience of creating and performing together.
- 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.
- 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.
- Cassada, Fletcher** is a rising ninth grader who will be attending Midlothian High School’s International Baccalaureate (IB) program in the fall. He has played soccer throughout his life and has always had a strong interest in mathematics. Fletcher also enjoys board games, especially chess and Monopoly, and has developed a growing interest in finance—an area he can see himself studying in college. He started volunteering at LLI in the summer of 2025!
- Castillo, Scarleth** is the Office Assistant at LLI Chesterfield and graduates from VCU with her BS in Health Services in May 2026.
- Chambers, Keith** is a lifelong resident of Chesterfield County and has worked for Chesterfield Fire and EMS for over three decades where he currently serves as the Assistant Chief of Community Risk Reduction. In this position, he provides strategic oversight and daily management of the Fire Marshal's Office, Chesterfield County Emergency Management, and Public Information where they use engineering, education, enforcement, economic incentives, and emergency response to plan, mitigate, respond to, and recover from all types of emergency events and natural or man-made disasters. Keith has been enjoying the outdoors with his wife, Jane, since 1989.
- Childress, Dianne** was born in Lafayette, Alabama, raised in Baltimore, Maryland, and has lived in several other states since. She has always had a passion for music and dance, crediting music for helping her to get her life back after years spent struggling with illness. For twenty-four years Dianne taught line dancing in Pennsylvania, where she also taught “Music and Movement.” Dianne cherishes the day she joined LLI in 2024.
- Clendenin, Anne** is a member of LLI who enjoys dancing and has been playing Spades for years. She wants to continue sharing her love for Spades with other members at LLI!
- Clinedinst, Barbara** completed high school in Pelham, Georgia in 1961. Afterwards, she was awarded a scholarship, majored in history, and minored in education and physical education at Berry College outside of Rome, Georgia. In 1969, Barbara, her son, and her husband moved to her husband’s home state of Virginia where they had a daughter and another son. For twenty-two years Barbara taught in Augusta County, ending her teaching career at Peumansend Creek Regional Jail in 2008. She has been a chair volleyball player since the mid-2010s and is excited to be part of a sport that is rapidly growing in popularity with older adults. Barbara has been an LLI member since 2023
- Coffey, Susan** has been a member of LLI since 2009 and has taught various communication-type courses over the years. She has a doctorate in Communication Studies from UVA. She loves taking art and craft classes, including jewelry making, oil painting, watercolors, acrylics, and sketching.
- Cohen, Lilah** is a Virginia Commonwealth University student contributing to a collaborative project with LLI Chesterfield.
- 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.

- Coney-Bowles, Rachel** is a public health leader, community strategist, and advocate for brain health and equity. She currently serves as the Brain Health Coordinator for the Virginia Department of Health, where she leads statewide initiatives through the Healthy Brain Virginia program—funded by the CDC’s BOLD Act—to promote Alzheimer’s disease and related dementias (ADRD) awareness, risk reduction, early detection, and caregiver support. Rachel works across healthcare, public health, and community sectors to strengthen partnerships, expand education, and improve access to resources for individuals and families impacted by dementia. She is also the founder and executive director of The Right Shoes Inc., a mentorship and workforce development initiative focused on helping youth and emerging professionals build confidence, character, and pathways to opportunity.
- Conn, Kate** joined LLI in 2018 after retiring from Chesterfield County Public Schools. She has many interests and hobbies. Kate gets much joy from playing banjo, autoharp, banjo uke, and the "Limberjack" with the Company's Coming band. She loves to sing harmony.
- Coolbaugh, Steph** is thrilled to be back in their home state of Virginia, serving as Special Events and Program Manager for the Virginia Capital Trail Foundation. After earning degrees in arts administration and music from UNC Greensboro, Steph worked with North Carolina nonprofits - Girls Rock NC and Greensboro Downtown Parks - in community engagement and event planning. Their work has focused on their great loves: creating more inclusive and accessible pathways to participation in the arts and outdoor spaces. Originally from Manassas, VA, Steph comes from a family of hikers, climbers, and campers, and in 2024, they hiked the Tour du Mont Blanc with their dad and siblings—a tradition that has included nine Coolbaughs over the years. This year, they’re looking forward to trading hiking boots for bike pedals and getting their “bike legs” on the Capital Trail.
- 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 for Davenport & Company and Certified Financial Planner™ practitioner with more than 18 years of industry experience. He currently serves as an Ex-Officio member on the LLI Board of Directors and manages the LLI Endowment Fund.
- Davies, Susan** is helping out in the oil painting workshop. She has been painting for five years and is still a rookie but loves the fun of it. She taught elementary school in three states for 40 years before retiring and joining LLI in 2017.

- DeStephen, Ray** is a certified Nutrition Specialist with the American Academy of Sports Dietitians and Nutritionists. After a half-century career in engineering and environmental science, he chose to enter the field of nutrition because he felt he could make a meaningful difference in people’s lives. He now delivers nutrition presentations through podcasts and for professional organizations and companies.
- 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.
- Duong, KC** is a Virginia Commonwealth University student contributing to a collaborative project with LLI Chesterfield.
- 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.
- Felder, Kimberly** has decades of experience as a distinguished hearing instrument specialist and brings a wealth of knowledge and expertise to her practice. Her specialization in adult testing, fitting, counseling, programming, follow-ups, and maintaining sound quality is unparalleled. This enables her to help patients find the best solutions for their hearing needs and assures a customized and effective experience. Kimberly works to understand each patient’s history and goals and focuses on utilizing innovative technologies that ensure maintained connectivity, even in challenging environments. She believes that hearing is essential as it impacts numerous facets of life including helping with balance and cognitive ability and supporting mental health by helping individuals stay engaged with their families and communities. This is especially important as dementia risk increases with the level of hearing loss an individual sustains. Kimberly has been an LLI member since 2022.
- Ferguson, Bob** has been an active member of LLI since 2008 and has served on the LLI Board of Directors since 2015. He has a Ph.D. in Chemistry and worked at NIH before moving to Richmond. For 38 years he worked in various capacities at Philip Morris/Altria prior to retiring in 2012. Bob has varied interests including Science, History, Literature, and Theater. He has performed with LLI’s Readers Theater group, Bifocals, Huguenot Community Players, and River City Community Players. He writes plays (with Vic Thompson) and acts with LLI’s own Young at Heart Actors (YAHA).
- Fisher, Kim** is a native of upstate New York and received her master’s degree from the University at Buffalo. Kim has been practicing audiology in Richmond since 2000 and has a special interest in hearing aids and tinnitus. She is licensed by the state of Virginia as an audiologist and as a hearing aid specialist. Kim is a fellow of the American Academy of Audiology. She is married and enjoys spending her free time with her two daughters.

- Foster, Robert** teaches religion and biblical studies at Madonna University. He is also a homeschool educator and an enthusiastic lifelong learner.
- 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.
- Garzia, Janet** has been a member of LLI since 2020. A graduate of the University of Central Florida, she worked in accounting and information technology before discovering her passion for family history and genealogy in 2001.
- Goble, Carolyn** has been an LLI member since 2019 and enjoys playing games and cycling.
- Goldberg, Arthur** is a semi-retired CPA from the Bronx who moved to Virginia after living and working in Miami for 40 years. He and his wife, Arlene, enjoy the scenery and climate in Virginia and the friendly people they've met at LLI. Arthur plays Bingo, Mah Jongg, and Hand and Foot, and he excels at jigsaw puzzles. He has been an LLI member since 2021.
- Golladay, Don** is from Woodstock in the Shenandoah Valley. As a child, his mother took him to church where he was exposed to gospel music and joined the choir. At home, he sang harmony to the radio and Lawrence Welk. When his friend learned to play the banjo, Don bought a guitar, and they formed a duo playing the local "hot spots." In high school, Don was in the concert band, chorus, and acapella group, which formalized his musical skills. Afterwards, he moved to Richmond where he earned a degree in mathematics and was hired by a local private school where he taught math and coached football and lacrosse. Don was invited to join a bluegrass/gospel group where he learned to play upright bass. Since then, Don has been in various groups and entertained folks with bluegrass, old time, folk, and Americana music. He enjoys singing and playing bass, guitar, and mandolin for anyone who is willing to listen.
- 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, Bill** 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.
- 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.
- Grasso, Caitlin** is a registered nurse with HCA Healthcare who supports stroke care and patient education. She holds a Master of Health Administration from The George Washington University and a Bachelor of Science in Nursing, and she brings experience in advancing patient outcomes through strategic process improvement and clinical coordination.
- 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.
- Guerin, Sabrina** is a Financial Education Specialist for Adult Education at Virginia Credit Union, where she draws on nearly a decade of experience in the credit union industry to empower individuals with practical financial knowledge. She holds a B.A. in Liberal Arts from the University of Richmond and an MBA from William & Mary, and is a certified Credit Union Counselor through America's Credit Unions. Sabrina has delivered financial education to over 800 adults in custody across state, regional, and federal prison systems. In 2024, she represented Virginia in the Crash the GAC program, and in 2025, received both the YWCA Richmond Rising Outstanding Women Award and the Gibb Family Distinguished Alumni Award from UR's School of Professional and Continuing Studies. A proud alumna and past president of the SPCS Alumni Board, Sabrina is passionate about financial education as a tool for equity and empowerment.
- Gutberlet, Mary** M.Ed., has been interested in meditative and positive energy practices for physical and spiritual health since she was in graduate school. She attended Tai Chi classes elsewhere in the Richmond area in the late 1990s. After retiring, she joined LLI in 2015, primarily because Tai Chi instruction was offered. She has been a student in Damir Strmel's Tai Chi classes since the Fall of 2016. Mary has bachelor's and master's degrees in general and special education. During her 37.5 years in Education, she taught in two Virginia public school divisions as well as in the Hospital Education Program at what is now known as Children's Hospital at VCU. She eventually became an outpatient Educational Consultant. In this role, she served as an advocate for her patients and as the liaison between various medical teams and the school teams of her patients. Mary enjoys going to museums, plays, concerts, and movies. She likes to travel, is an avid reader, loves the beach and the mountains, and very much enjoys walking and hiking.
- 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.
- 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.
- Hooker, Shauna** is a Virginia Cooperative Extension Master Gardener, who focuses on vegetable gardening and medicinal herbalism. Currently, she is working on her advanced water stewarding certification. Shauna is a charismatic and interactive teacher, who holds a Bachelor of Arts in Psychology from Virginia Commonwealth University, with minors in religion and substance abuse. She went on to earn a Master of Arts in Management and Leadership from Liberty University. Shauna is a National Certified Addictions Counselor (NCAC) and a Certified Substance Abuse Counselor (CSAC). She is a fourth-generation farmer, a wife, and a mother.
- 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.
- 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.
- Jerez, Yenifer** is a Health Educator with the Virginia Department of Health’s CHD, where she supports community wellness through accessible, prevention-focused education. She earned her degree in biomedical engineering from Virginia Commonwealth University, but her passion for public health began earlier during a medical brigade in her home country, the Dominican Republic. That experience opened her eyes to the importance of health literacy and the powerful impact that clear, culturally grounded education can have on communities. Today, Yenifer is committed to helping individuals stay informed, safe, and empowered across a wide range of health topics. Outside of work, she enjoys cooking, baking, needlepointing, walking with her dog, and spending time with family and friends.
- Jetty, Vybhav** MD, is a fellowship-trained electrophysiologist who specializes in comprehensive arrhythmia care and advanced cardiac device therapies. Coming from a family of physicians dedicated to patient education and compassionate care, he chose this specialty to make a meaningful impact in the lives of patients living with heart rhythm disorders. He is Board Certified in Clinical Cardiac Electrophysiology, Cardiovascular Disease, Echocardiography, Nuclear Cardiology, and Internal Medicine.
- Johnson, Myron** and her husband, Reggie, relocated to the Richmond area from Laurel, Maryland. Prior to moving, Myron worked as the clinic manager for an orthodontic office near the White House, where they had some interesting patients. Myron loved her job and retired after 30 years with the practice. She and Reggie have been members of LLI since 2013.
- Jones, Peppy** was born and raised in Midlothian, Virginia and graduated from Midlothian High School. Peppy is a graduate of University of Richmond and worked in the construction industry for 40 years. Since 2011, he has been the Director of Mid-Lothian Mines and Railroads Foundation and is a member of the Chesterfield Historical Society of Virginia.
- Judd, Frances** is a Jersey Girl who used her nursing education to travel to Minnesota, Texas, and Virginia. After retiring, she became involved in the Salisbury Garden Club. Fran joined LLI after hearing about the Institute during a pedicure. She has two sons—one lives in Lexington, KY, which is great for the races, and the other lives in North Carolina, which is great for everything else. Her four grandchildren live in Kentucky.
- Kaerwer, Rick** was born and raised just outside of Boston but has called Chesterfield County home for over 35 years. He’s happily married and a proud father of grown twin sons, with three granddaughters. Rick has been singing since childhood and picked up the ukulele in 2018, having previously played guitar in the late 1970s. Today, he enjoys making music with the LLI Lifelong Musicians group and local ukulele groups, where the focus is on having fun and keeping the music alive. An LLI instructor since 2022, Rick loves helping others discover—or rediscover—the joy of playing music, whether they’re picking up an instrument for the first time or returning after years away.
- 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, Miska** is a Virginia Commonwealth University student contributing to a collaborative project with LLI Chesterfield.
- Kinnaird, Rick** has travelled the world to see the remnants of great ancient civilizations and has returned to talk about it. The Taj Mahal, the Pyramids, Petra, Borobudur, and Angkor Wat are all in his repertoire, as well as the Mayan, Aztec, and Inca ruins. In the course of his travels he has come into contact with noted archaeologists who have shared some of their latest insights with him. Rick has been an LLI instructor since 2019.
- Kisner, Tim** is a dedicated storyteller who believes everything is more engaging when told as a story. Whether sharing personal experience, history, or nonfiction, he believes that stories bring topics to life. In his personal relationships, classes, and consultations, Tim’s narratives and real-life examples ensure an effective and lasting impact. Join Tim for an enjoyable learning experience filled with fun and interesting stories.
- Klumb, Evelyn** is the 2024-25 president of Ikebana of Richmond and a past president of both the Oxford Garden Club in Richmond and the Watchung Garden Club in New Jersey, where she worked with a floral design and event planner. She is a student of Ikenobo, Sogetsu, Ohara, and Saga Goryu schools of Ikebana, the art of Japanese floral design first documented in the eighth century. Her designs incorporate unconventional material and embody a “less is best” philosophy and the class will cover a brief history of this artform.
- Knego, James** is a retired hippie with degrees in philosophy, political science, and executive leadership. He spent over 30 years working in the communications industry managing large sales organizations in VP and Executive Director roles. It is his belief that our individual lives have purpose and meaning with unlimited possibilities. Jim has been an LLI member since 2022.
- Kolakowski, Christopher** is the Director of the Wisconsin Veterans Museum and former Director of the MacArthur Memorial. He has written and spoken extensively on military history.

- Krug, John** has a personal reason for becoming an Oasis Senior Advisors owner- his parents. John and his family went through the process alone and endured four separate assisted living presentations while searching for the right home for them. When he saw the exponentially more pleasant experience his brother-in-law had while using a senior placement service, he knew the benefits that this could bring to families searching for the right senior living solution.
- Lanier, LuGay** has a background in environmental science, biology, and landscape architecture which informs a painting style that combines unique places, local people, and their cultures. Studying environmental science helped her develop a love of nature and an appreciation for the uniqueness of each day. Even with the same location and subject, the light intensity, wind, shade, shadows, and time of year vary, producing new challenges. Biology encourages experimentation with new tools, subjects, and media. Pen and ink sketching encourages detail. Adding watercolor introduces the challenge of whether to let the media evolve or try to manipulate it. Each study is about the journey and learning new techniques and ways to apply them. Landscape architecture combines design, color, seasons, cycles, and art which translate seamlessly to Lu Gay's art. She feels each sketch or painting is an interpretation of life, which selects specific focus, details, and interconnectivity to bond the relationship to place.
- Lanning, Randall** has a passion for aviation history and enjoys sharing it with others. He was commissioned through the Air Force ROTC program at the University of Nebraska at Omaha, where he graduated with a BA in history in 1973. He earned an MA in history from Central Missouri State University in 1977. His 30-year Air Force career encompassed 12 assignments, which included nine years in Europe, a tour at the Pentagon, and a residency at the Air War College. His assignments were divided into four broad areas: guided missile operations, political-military affairs, academia, and command. He retired from active duty in 2003, and entered the Air Force Junior ROTC program, teaching at high schools in NJ and IL. He completed this 14-year "second career" with full retirement in 2017. Randy is a recently retired docent at the National Museum of the USAF and is currently a volunteer docent at both the Virginia War Memorial and Virginia Holocaust Museum.
- LaRuffa, Frank** is the Chief Deputy Commonwealth's Attorney for Chesterfield County. Frank began his legal career in 1991 as an assistant public defender with the Richmond Public Defender's Office. In 2000, Frank switched to prosecution, joining the Henrico County Commonwealth's Attorney's Office where he was promoted to deputy in 2006. In 2012, he took a position at the Chesterfield County Commonwealth's Attorney's Office where he has served as an assistant, deputy, and now chief deputy. Frank is a graduate of the Marshall-Wythe School of Law at the College of William and Mary and resides in the Bon Air area of Chesterfield County.
- 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.
- Lemza, John** graduated the United States Military Academy at West Point in 1976. He served over 20 years in the Army with more than eight years abroad in Asia and Europe. His last assignment was at the Pentagon. He graduated from Virginia Commonwealth University with an MA in History and from George Mason University with a PhD in History. His research interests are post-1945 America, the Cold War, the history of immigration, consumerism, and military history. John currently teaches history at Virginia Commonwealth University. He has been a member of the LLI teaching faculty since 2005. He is a member of the LLI, sits on the Board of Directors, and currently serves as President. He has published three books, *American Military Communities in West Germany: Life in the Cold War Badlands, 1945-1990* (2016); *The Big Picture: The Cold War on the Small Screen* (2021); and *Charles A. Willoughby and the Anti-Communist Crusade* (2024).

- Lenzi, Joseph** learned to build guitars from Charles Fox in 1976 while living in Alaska. For the next decade, he built and repaired stringed instruments in Fairbanks and taught guitar building and music through the community college during the long winters. Now living in Richmond, Virginia, Joe and his wife, Cherie, have raised two children who are grown and out of college. He retired as a mechanical and principal engineer in 2015 and has since been perfecting the art of retirement by crafting a few guitars and mandolins each year. Instruction and presentation have always been central to his professional life, and he has been an LLI instructor and member since 2017.
- 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.
- Lohman, Sandy** is an experienced crocheter and knitter who has been a member of LLI Chesterfield since 2023.
- Lurie, Joanna** has a master's degree in Health Administration and a Bachelor of Science in Medical Biology. She is a certified Medical Technologist by the American Society for Clinical Pathology at a master's level and is certified in Database Design. Joanna was the Chemistry Laboratory Supervisor for twenty years in a major Long Island hospital and the Laboratory Information Systems Coordinator for six. She taught Clinical Chemistry as an adjunct professor for the State University of NY at Farmingdale. Now at St. Gabriel's Parish, she serves as Lector and is a member of Women in God's Spirit (WINGS) spirituality group. She has participated in the Bible Study group since 2007 and has taken over 50 Bible Study classes. She has served on the Adult Faith Formation ministry and taught in the Children's Faith Formation ministry. Joanna has served on the LLI faculty since 2006.
- Macauley, Sharon** joined the LLI in 2009 when she took her first line dance class. It's been a passion ever since then. Now she enjoys sharing this fun and social activity with newcomers.
- Maples, Phyllis** is a retired educator who spent 40 years teaching Kindergarten and second grade in Chesterfield County. In addition to her classroom work, she led an after-school enrichment program at a Title One school for eight years, coordinated a morning program, and served as summer school coordinator for eight years. Currently, she manages her brother's rental property business where she assists with truck load analysis and tax reporting. Phyllis is a proud mother to Emily and Justin, and she and her husband, Terry, cherish their three grandchildren. They are active members of Bon Air Baptist and are devoted to living a joyful life centered on service to others.
- Mare, Marilyn** is a retired Chesterfield County teacher who taught at J. B. Watkins Elementary School. She joined LLI in 2007 and is an active member who volunteers whenever needed. She also enjoys teaching Mah Jongg to fellow LLI students!
- Matthews, Leslie** is a citizen of both the US and the UK and has pursued her studies and a career on both sides of the Atlantic. She studied with Metropolitan Opera sopranos, Judith Raskin and Clarice Carson in New York, and with Madame Lo Siew Tuan in the UK. Beginning her career as a mezzo, Leslie made the switch to the full-lyric/dramatic soprano repertoire, including: Fiordiligi in "Cosi fan Tutte", the Countess in "Figaro," Leonora in "Il Trovatore," Amelia in Ballo in "Maschera," Mimi in "La Boheme," First Lady in "Magic Flute," Maddalena in "Andrea Chenier," Violetta in "La Traviata," the title role in "Tosca," and Giulietta and the Voice in "Tales of Hoffmann." Leslie founded the Metropolitan Lyric Theatre in the NYC area and now resides in Chester.

- 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.
- 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.
- Mento, Leslie** PT, DPT, is an outpatient physical therapist at Sheltering Arms Institute who specializes in the care of older adults and individuals with neurological conditions. He earned his Doctor of Physical Therapy degree from Hunter College (CUNY) and his Bachelor of Science degree from New York University. Leslie is a board-certified Geriatric Clinical Specialist and a Certified Exercise Expert for Aging Adults, with professional experience spanning outpatient, hospital, and home health settings. He emphasizes a holistic, evidence-based approach and prioritizes patient education to support optimal aging, mobility, and functional independence.
- 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.
- Miese, Kathryn** is an actor, director, and educator based in Richmond, Virginia. She has appeared on the Richmond stage in productions such as *Grace for President* and *Gold: The Midas Musical*. Kathryn has taught classes in acting, devising, and theatre history at the Sabot School, Virginia Commonwealth University, Virginia Rep, and SPARC. She is currently pursuing a Master of Fine Arts in Theatre Performance and Pedagogy at VCU, where her thesis project, *StoryXChange*, centers on intergenerational theatre-making. Her pedagogy emphasizes theatre as a collaborative, inquiry-driven practice that prioritizes experimentation, reflective critique, and collaboration. When she is not teaching or performing, Kathryn is an avid reader, crafter, and baker.
- 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.
- Missaghi, Nizram** MD, is an Iranian-American physician who left his native Iran after completing high school after being denied access to higher education as a religious minority in the Islamic Republic. He earned his undergraduate degree from the University of Virginia and completed medical school at the Virginia Commonwealth University School of Medicine. Following his residency in anesthesiology, he relocated to the Phoenix metropolitan area, where he is a founding member of Grand Canyon Anesthesia and serves as a clinical assistant professor of anesthesiology at the University of Arizona School of Medicine and Midwestern University. Dr. Missaghi is the chairman of the board of the Iran Human Rights Documentation Center and the author of multiple articles in Persian and English on human rights and Iran-related issues. He also founded The Simpatico Foundation, a nonprofit promoting diversity and the arts. His book, *Passport to Freedom: From Tehran to Triumph*, is scheduled for release in fall 2026.
- 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.
- Modzelewski, Dori** is a passionate senior care liaison with a background in sales and marketing, a license in health and life insurance, and years of experience as a special events director. She is currently working on a Bachelor of Science in Healthcare Administration and hopes to open several group homes in the Richmond area at some point in her career. Dori joined the Amada Senior Care team in March of 2022, as Marketing Director and Community Liaison to help spread brand awareness while assisting seniors and their families navigate important aspects of in-home care and finding the right senior living solution through placement assistance. In addition to her role at Amada, Dori acts as Funding and Resource Specialist for Long-Term Care Consultants LLC which focuses on helping seniors understand long-term care insurance policies and claims management. Outside of work, Dori sits on the board for Pink Chair Project RVA as Director of Special Events and oversees their fundraising efforts. Her hobbies include reading, cooking, hiking, playing tennis and pickleball, and spending time with family and friends. Dori is deeply rooted in her Christian faith, and her mission in life is to be a beacon of God's light and love.
- 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 proudly assisted attorneys for more than 40 years. She is the 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 has preserved many stories about families who settled in Shockoe Bottom in the late 1800s. She taught photography to elementary school children at a local community center for three years and her hobbies include photography, genealogy, trivia, reading, and listening to bluegrass music - especially in Floyd, VA. Most relaxing of all is quilting, a craft she learned in the early 2000s and happily rediscovered in 2018. 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.
- 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.
- 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!
- Parrish, Kathy** is the Adult and College Group Education and Outreach Coordinator for the Virginia Museum of Fine Arts.
- Payne, Brighton** is a clinical psychology doctoral student at Virginia Commonwealth University. Her research and clinical interests focus on cognition, particularly how it is affected by brain injuries, aging, and neurological conditions. She is excited to support lifelong learners by offering cognitive screenings, aiming to provide individuals with helpful insights into their cognitive health and inspire proactive engagement with brain wellness.
- 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** MBA, serves as the Executive Director of the VCU Financial Success Center by Virginia Credit Union and is an Instructor in the VCU School of Business Finance, Insurance and Real Estate Department, specializing in personal finance education. With a passion for empowering individuals through financial literacy, Amy leverages her extensive experience to oversee the center's mission of enhancing financial well-being within the VCU community and beyond. Under her leadership, the center offers comprehensive programs and services aimed at equipping students and community members with essential financial skills. Amy's commitment to education extends beyond the classroom through innovative outreach initiatives and partnerships, ensuring that her impact on financial education reaches diverse audiences throughout Richmond and the state of Virginia.
- Prince, Anita** is a native Virginian and has been a resident of Chesterfield County since 1980. She retired in 2018 after 44 years of service to the Commonwealth in five different agencies, including Social Services, the Department for Children, the Department of Education, the Department of Correctional Education, and the Department of Corrections. Anita served as a member of the faculty at Virginia Commonwealth University (VCU) in the School of Social Work and the School of Education. She received her undergraduate degree in Psychology/Biology from Radford College and her master's degree and Doctorate in Adult Education from VCU. She currently volunteers at Joy House working with homeless women, on the African American Committee of the Chesterfield Historical Society, and more recently with the Lifelong Learning Institute. Anita has been an LLI member since 2022.
- Ramirez, Levi** is the younger son of Rachel Ramirez, Executive Director at LLI in Chesterfield. He brings energy, curiosity, and a joyful spirit to every space he enters. Levi loves playing with his big brother, Lucas, and joining in on anything that involves movement, imagination, or laughter. He enjoys books, exploring playgrounds, riding along on family adventures, and discovering new things through hands-on play. Since he was born in 2021, Levi has spent many hours at LLI, where he delights in greeting members, sharing smiles, and being part of the community that has surrounded him since infancy. Levi is developing a strong love for learning through play, stories, and time with his family.
- 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.
- 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.
- Rideout, Kimberly** is a Fire and Life Safety Educator for Chesterfield Fire and EMS in Virginia. She has been serving in career and volunteer roles in public safety since 2000. Kimberly is a graduate of the Southside Regional Fire Academy, has attended the National Fire Academy, holds multiple degrees from Radford University, and has a Master of Public Administration from the John Jay College of Criminal Justice.
- 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** LCSW, is the Fall Prevention Coordinator with VCU Medical Center’s Trauma Service in the Injury and Violence Prevention program. In this role, she focuses on reducing fall-related injuries through prevention strategies, education, and coordinated care to support patient safety and community health.
- 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 Daily Forvitz (Forward) Yiddish newspaper, or hearing relatives recount life in the old country. Today, he continues that tradition by teaching, coaching, and performing stories in a wide range of settings. He co-leads the LLI Senior Story Slam and shares his stories at slams, festivals, and shows across the region—and virtually, around the world. For over 20 years, Les has taught storytelling and related courses at LLI. His eclectic background includes work in photography, marketing, clay-making, and family therapy. He describes his classes as a blend of learning something new and building an ever-growing, story-centered community.
- Scheer, Cryst’l** is a certified thanatologist, end-of-life doula, and educator with a background in hospice care, whose work is focused on advance care planning, legacy work, and death literacy across the lifespan. She is the founder of Summit Care Partners and teaches classes and workshops that support informed medical decision-making, end-of-life planning, and meaningful conversations about aging and mortality. Cryst’l serves as co-chair of the Virginia End-of-Life Doula Collective, teaches the End-of-Life Doula Professional Certificate Program at the University of Vermont, and has taught at various OLLI locations since 2022 and at LLI Chesterfield since 2024.

- Schimmel Gold, Sandy** has been a professional artist for over 15 years. Her work is in personal, corporate and museum collections around the world. Sandy's specialty is creating paper mosaic portraits and other works from recycled materials including junk mail! Prior to fine art, Sandy worked in nonprofit, visual merchandising and design. She's a lifelong learner and is always experimenting with new techniques and ideas.
- Schmitt, James Kenneth** MD, was born in Berkeley, California, and studied astronomy at the University of California before earning his medical degree from the University of California, San Francisco. He completed his internship in internal medicine at Highland General Hospital and a fellowship in endocrinology at UCSF. Dr. Schmitt has practiced medicine across the globe, including in Peru, Bahrain, Uganda, Senegal, India, Bhutan, Honduras, and Azerbaijan. He is also an accomplished author, having written several books, including three memoirs and a novel.
- Scimone, Bonnie** serves as the Lead Community Outreach and Marketing Specialist for The VirginiaNavigator Family of Websites. Bonnie has been with the organization since 2006. She graduated from Longwood University with a Bachelor of Science degree in Home Economics and received her Elementary Education Teaching Certificate from Virginia Commonwealth University. Bonnie has one son in Georgia, one daughter in Chesterfield and five grandchildren. Bonnie resides in Chesterfield County and serves Central Virginia and Tidewater.
- Seaborn, Tom** is a native of Newport News, Virginia and holds a BS in Civil Engineering from Virginia Tech. After serving three years as a company grade officer in the Army Medical Service Corps, he started his career in Consulting Engineering and Construction Management. In 1998, he became the design manager of semiconductor wafer fabrication plants for Motorola and Siemens. Tom has been a member of LLI since 2018 and has been active in the genealogy and memoir writing classes.
- Sebby, Alex** is a third-generation 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.
- Semtner, Chris** is the curator of the Edgar Allan Poe Museum and the author of several books and articles on Poe, dark history, and visual art. He has been interviewed by BBC4 (United Kingdom), NHK (Japan), PBS, the Travel Channel, Military History, truTV, NPR, Czech Radio, C-SPAN, and other networks, and his work has appeared in publications including The Washington Post, Huffington Post, Mental Floss, Atlas Obscura, and Forbes.com. He regularly speaks to audiences of all ages on strange and macabre subjects at venues ranging from the Steampunk World's Fair to the Library of Congress, as well as in countries such as Japan, France, and Spain. An award-winning visual artist, Semtner has exhibited his paintings on three continents.
- Semtner, Tara** brings a background in architecture and a lifelong passion for art and visual culture to her teaching. A graduate of the University of Virginia with a degree in architecture and additional study in art history, she approaches buildings and paintings through the lenses of narrative, emotion, and the stories behind their creation. Her professional experience in architecture and real estate provides a nuanced understanding of how people respond to spaces and visual expression. Having traveled extensively throughout Europe to study museum collections and historic environments firsthand, Tara strives to create a clear, welcoming, and visually rich learning experience that connects art and architecture to the people, places, and moments that shaped them.
- Shipman, Karen** BSN, RN, CEN, TCRN, is the Trauma Outreach Coordinator with VCU Medical Center's Trauma Service. In this role, she supports injury prevention efforts and community education initiatives aimed at improving trauma outcomes and promoting patient safety.

- 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.
- Southall, Keith** has over 40 years of experience in historical reenacting and living history and has been providing guided tours—both large bus tours and small group tours—for more than 30 years. A retired VDOT superintendent and lifelong resident of the area, he specializes in tours of Petersburg, Hopewell, and Colonial Heights, as well as portions of Dinwiddie, Chesterfield, Prince George, and Charles City counties. He has a deep love for the region's history and eagerly looks forward to the opportunity to share it with others.
- Spencer, Claudette** is an attorney by profession and a community activist by passion. Born and raised in Brooklyn, she attended Lincoln University and Temple University School of Law and is admitted to practice law in Pennsylvania, New York, and the Republic of Trinidad and Tobago. She has practiced both criminal and civil law, with a specialty in civil rights - particularly prisoners' rights. Claudette worked for the Prisoners' Rights Project in New York City for 18 years and has advocated for the rights of incarcerated people and their families for more than forty years. She is the author of two books, *Memoirs of a Prison Wife – Prison Lawyer* and *ALL TAPPED OUT: The Disappearance of the Mountain Hill College Funds*. In October 2025, she was awarded the Paul J. Curran Award for Pro Bono Service by a Solo Attorney by Prisoners' Legal Services of New York in recognition of her tireless advocacy on behalf of incarcerated individuals.
- Starr, Katie** PhD, RD, is an Associate Professor of Medicine at Duke University School of Medicine and Research Health Scientist at Durham VA Medical Center. Dr. Starr is also Co-Director of the Duke Center for Aging Clinical Nutrition Laboratory, and her research and professional experience focuses on understudied, older adult populations at high risk for chronic health conditions and functional disability. She is also the Chief Scientific Advisor for Vivo.
- Steele, Karen** is a native West Virginian who moved to Richmond over 50 years ago. She holds a BA in psychology and an MA in art history. Karen taught art history at several institutions including Longwood University, Brightpoint Community College, Virginia Commonwealth University, Virginia Union University, and J. Sargeant Reynolds Community College, where she also served as curator. A reader, quilter and knitter, Karen has three granddaughters who regard her stash of yarn and fabric as a creative mess which, in their world, is high praise indeed.
- Stella, Mark** has 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.
- 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 ARC site.
- 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, Robert** MD, has practiced general otolaryngology since 2012 in Minot, North Dakota and is excited to return to the South, with family in Alabama and in-laws native to Richmond. He graduated summa cum laude from Asbury University and earned his medical degree from Vanderbilt University, where he was inducted into the Alpha Omega Alpha Honor Society. He completed his ENT residency at the University of Florida in 2012. Driven by a commitment to underserved communities, Dr. Thomas spent over a decade in North Dakota, refining his surgical skills and developing a holistic approach to patient care for both children and adults. Now back in the South, he is proud to join Richmond ENT, a patient-centered practice where he feels aligned with its mission of compassionate, high-quality care. Outside of work, he enjoys spending time with his family, playing tennis, cooking, and being outdoors.
- Thomas-Jackson, Nicole** EdD, has been in the fitness industry for over 20 years. A certified fitness instructor since 2001, Nicole has taught group fitness classes in a variety of settings, including high and low impact aerobics, lite physical fitness, and senior fitness. Nicole has also taught elementary physical fitness and currently holds an elementary teaching certificate and administrative endorsement.

- Thompson, Victor** earned a BA in English Literature from Middlebury College (1963), followed by an MA (1966) and PhD (1972) in English and American Literature from Rutgers University. He taught at the University of Cincinnati and later at Thomas Nelson Community College, where he is now Professor Emeritus. Vic has published four books—*Eudora Welty: A Reference Guide*, *The Trumpets of Jericho: A Romantic Novel about Bands and Musicians in the American Civil War*, *Safe at Home: Baseball and Other Forms of Life in a Small New Jersey Town*, and *Muses of Fire*—as well as numerous articles and book reviews. He joined LLI in 2013 and performs with both the Readers Theater and the YAHA Players, writing some of the original plays the group performs. Vic enjoys singing, wood carving, swimming, dog walking, and spending time with his wife, Sharon, their three children, and four grandchildren.
- 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, Eric** is a physician who is retired from surgery but continues to practice medicine. His early dance experience includes shag, swing, and Bop with his wife, Julie. They began ballroom dancing at LLI in 2021 and have appreciated the welcoming, encouraging environment offered to total beginners. Eric enjoys dancing with the Sophisticat's Ballroom Dance Club and values the kindness, patience, and camaraderie found in both communities. He has been an LLI member since 2021.
- Van Buskirk, Julia** enjoys dancing, cooking, sewing, knitting, and spending time with her family. She is happy to have been an LLI member since 2018.
- Wahl, Stone** has a PhD in Quantum Physics; was published in *Aerodynamics*, in *Physics*, and in *Finance*; was lead investigator for a patent in DVR processes; and was on an Emmy-winning team. After working as a software development analyst and project manager in various industries, he made a career change in 2018 to full-time grandpa and professional disc golfer (PDGA #68590). Stone is active in his church choir, Bible studies, and children's ministry, and serves as the treasurer for the River City Disc Golf Club, which he led through 501(c)3 certification and through which he runs youth clinics and tournaments. He has been an LLI member since 2019.
- Wayne, Douglas** MD, recently retired from OrthoVirginia where he was the medical director of the electrodiagnostic laboratory. He practiced medicine in the Richmond area for 40 years, specializing in physical medicine and rehabilitation with an emphasis on the diagnosis and treatment of musculoskeletal, spine, and nerve injuries/diseases. Dr. Wayne has been an LLI member since 2023.
- Weidner, Heather** has 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.
- 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.
- Wilson, Tim** serves as a stroke coordinator with HCA Healthcare, where he oversees stroke care processes, provides education for medical staff and EMS, and supports quality improvement efforts. He is certified as a stroke specialist by DNV and holds a Doctor of Physical Therapy degree from Virginia Commonwealth University.
- 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.
- Wynn, Howard** is a retired recreational supervisor for the VA Department of Juvenile Justice. When this former paratrooper and Vietnam veteran isn't glued to an art project, he enjoys Phase 10, backgammon, corn hole, and any other sports-related activity. His mother's experience with Alzheimer's was a pivotal moment in his life that has inspired and encouraged him to share his creative talents.