



SUMMER 2025

INSTRUCTOR

BIOS

Alan McCrea

LA015 - Conversational German

Alex Meredith

CO230 - What is Modern Science?

Alex Sebbby

EL127 - Writing a Military Story

Andrew Rothschild

HW472 - Understanding BPP Vertigo

Anette Isaacs

HS714 - German Unification

Annabelle Bugay

HS722 - North Atlantic Traditions

Anne Clendenin and Bev Davidson

WG013 - Spades

Annebel Lewis

HS002 - Cultural Anthropology

Annie Edwards, DNP

HW483 - Advanced Gynecological Care

Ann-Marie Walsh, Assoc. AIA, ASID Retired, and Kristi Gregory, MS, OT/L, CHT

LS221 - Home Accommodation

Audrey M. Ross

HS267 - First Baptist Church

Barbara Banyasz and Joanne Barreca

AD293 - Sing Along for Fun

Basa the Clown (a.k.a. Wayne Swatowski)

LE276 - Balloon Twisting 101

Beth Mercer and Julie Van Buskirk

AD021 - Intermediate Tap Dancing

Bill Sweeney

LS216 - Finding Meaning in Life

Billie Darlington

LS145 - Mobility Transportation

Bob Ferguson

HS089 - Great Decisions

HS712 - The Golden Age of Television

SE198 - Hansel and Gretel Performance

SE208 - Save the Princess Performance

SE209 - Dangerous Dames Performance

Bob Ferguson and Timothy Pace

EL043 - Enjoy Poetry

Bob Ferguson, Martha Frickert, and Anita H. Prince

EL100 - Literary Society Orientation

EL101 - Literary Society Orientation

EL114 - Literary Society Book Swap

SE171 - Literary Society Celebration

Bonnie Scimone

LS069 - SeniorNavigator

Brad Bryan, Ken Carlson, and Rick Kaerwer

AD141 - Lifelong Musicians

Brian Plante

LS217 - Critical Thinking A

LS218 - Critical Thinking B

Carolyn Goble and Virginia Maloney

WG006 - Cards and Games Wednesday

Cece D'Arville

SE195 - VMHC Give Me Liberty Tour

Chan Mohny

HS696 - United States Intelligence

Charles J. Kehoe

HS724 - American Corrections

Charlie Downing

HW482 - Radiology Ready

Chesterfield Council on Aging Leadership Team

LS169 - Chesterfield Council on Aging

Chesterfield County Emergency Management Staff

EF132 - Financial Preparedness

HW394 - Be the Help Until Help Arrives

LS177 - Emergency Preparedness

Christopher L. Kolakowski

HS582 - The Battle of Okinawa 1945

Conner Parrish

LE338 - Pressed Flower Jewelry A

LE339 - Pressed Flower Jewelry B

LE340 - Worm Composting 101

LE341 - Organic Fertilization

LE342 - Pest Management for Gardens

LE343 - All About Herbs

LE344 - Beyond Organic Gardening

Cynthia Mitchell

SE061 - Bifocals Performance

Damir Strmel

AD210 - Intro to Brazilian Percussion

HW342 - Beginning Tai Chi 24 Form A

HW343 - Intermediate Tai Chi 42 Form

Danny Arkin

CO175 - Google Photos

CO209 - Artificial Intelligence A

CO210 - Artificial Intelligence B

CO227 - Apple iPhone Tips and Tricks A

CO228 - Apple iPhone Tips and Tricks B

CO236 - Facebook Tips and Tricks A

CO237 - Facebook Tips and Tricks B

CO244 - Google Photos Importing A

CO245 - Google Photos Importing B

Darren Prince

SE211 - Luck Stone Quarry Tour

Dave Bass, PT, DPT

HW473 - Foot and Ankle Pain

HW484 - Myths About Arthritis

HW485 - Rotator Cuff Tears

David Reynolds, PT, DPT

HW409 - Dry Needling

Deb Hood and Donna Blackwell

DE009 - Crazy Stories About Racism

Deb Hood and Linda Kerman

EL120 - Banned Books and a Movie

Debby Hoskin

CO199 - Nearpeer Tutorial and Tips A

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

HW486 - Hearing Loss Apps

Diana Hinman, Diane Barbour, LuGay Lanier, and Deanna Williford

AD234 - Colorist Open Studio

Diane Childress

AD292 - Moving to Music

Diane Drummond and Jennifer DeRusha

LE332 - Pine Needle Ornaments

Donna Blackwell

DE001 - DEI Philosophy and Practices

Donna Tolliver

AD301 - Acting is Fun

Donna Whitfield

LE143 - Beaded Lanyard

Donna Whitfield and Arthur Goldberg

WG002 - Social Bingo Friday

Dorota Kawka

FI007 - Gentle Yoga Thursday

FI010 - Chair Yoga Thursday

Dorothy Moses

EL015 - Aspiring Writers' Critique

Douglas A. Wayne, MD

LE328 - Mapping Bicycle Routes

Dr. Alan A Winter

HS683 - Inevitability of the Holocaust

Dr. John Lemza and Juana Levi

HS693 - History of the US Presidents

Dr. Marschall Runge

HW487 - Great Healthcare Disruption

Dr. Michael J. Wriston

LS084 - Becoming an Optimist

LS085 - Grandparenting Mistakes

LS090 - The Difficult Conversation

LS091 - The Art of Friendship

LS094 - The Subconscious Mind

LS095 - Extraordinary Listening

LS099 - The Art of Bouncing Back

Dr. Susan Coffey, Susan Davies, and Jennifer DeRusha

AD278 - Open Artists' Studio

Drew Herman

HW481 - Beginning Tai Chi 37 Form

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

HW492 - InterAge Seminar

HW493 - InterAge Seminar

Edward Blackwell

EL129 - 1930s Cinema Redux

Eric Faw and Allyson Butler

HW488 - Medication Safety

Eric Levitan and Dr. Katie Starr

HW435 - Strength Training Benefits

Erin Barr and Frank LaRuffa

LS212 - Commonwealth Attorney's Office

Evelyn Klumb

LE265 - Modern Floral Designs

LE345 - Ikebana Floral Designs Demo

Fran Judd and Arthur Goldberg

WG001 - Social Bingo Tuesday

Fran Judd and Carolyn Goble

WG004 - Cards and Games Monday

George Saunders

HS649 - The Orient Express

Hal and Marlene Cauthen

AD197 - Ballroom Dance Practice

Heather Weidner

EL133 - Nancy Drew

Howard Wynn

LE197 - Brain Aerobics

J. Diane Carter and Randall Kaker

WG010 - Bridge

Jaime Smiley, MS, OTR/L, CAPS

HW436 - Senior Living Continuum

HW445 - Staying Safe at Home

James Kenneth Schmitt MD

PR109 - Origins of the Universe

James Triesler

HS726 - Franklin Delano Roosevelt

HS727 - WWII Navy Experience

Jan Carrington, CDP

LS211 - Senior Care 101

Jen Dowda

HW489 - Empowering Choices

Jennifer A. Burnett

LS205 - Volunteer Ventures

Jennifer Cottle

HS611 - WWII Civilian Prisoners

HS717 - The POW Experience

HS718 - Winning the Peace

Jennifer DeRusha

LE206 - Soft Cover Journal

Jennifer Pollard

LE313 - All About Oahu

Jennifer S. Moss

EL090 - Obituary Writing Workshop

EL095 - Legacy Writing Workshop

HW458 - Journaling with Grief

LS195 - A Guide to Grief Support

Jeremy L. Pryor, Esq.

EF150 - Virginia Long Term Care

Jim Knego

PR096 - Power of Myth and Aesthetics

Joanna Lurie, MS, MASCP, MT(ASCP)

PR110 - The History of Two Josephs

Joe Lenzi

LE337 - Alaska, Then and Now

John Bennett and Claude Cooper

LS198 - Discussing Polarized Issues

John Byrd

AD182 - Explore Ventriloquism

Jordan Witt, DPT

HW467 - Low Back Pain Solutions

HW468 - The Importance of Posture

HW469 - Fall Prevention Tips

Judith Onesty and Les Schaffer

AD192 - Super Senior Storytelling Slam

Julie Randolph

WG014 - Mah Jongg Tuesday

Julie Van Buskirk

AD045 - Beginner Tap Dancing

Karen Steele

AD299 - Architecture and Design

Kate Adams

SE210 - VA Holocaust Museum Tour

Kate Conn, Don Golladay, and John Morgan III

SE164 - Company's Coming Concert

Kathy Parrish

SE186 - VMFA American Galleries Tour

Keith Chambers

LS178 - Chesterfield Fire and EMS

Ken Carlson

AD248 - Readers Theater

CO238 - Basic Electricity

Kendalle Stock

EF113 - Medicare 101

Kennedy O'Donnell

HW466 - The Healthy Brain Series

Kimberley Dickerson and Marie Ireland

LE333 - Creative Plant Stakes

LE336 - Keychains and Picture Holders

Kimberly Felder

HW389 - Understanding Hearing

Kimberly Rideout

HW282 - Summer Safety Tips

Kyndall Drumheller

HS719 - Grit and Grace

Laura Petrella

AD300 - Beginner Bluegrass Jam

Les Schaffer and Judith Onesty

EL130 - The Wisdom of Chelm

Leslie Matthews

SE160 - A Cavalcade of Song

Linda Kerman

EL132 - Read Short Stories Together

Linda Kerman and Deb Hood

EL104 - Mystery Novels Discussion

Linda McDorman

FI003 - Low Impact Friday

FI006 - Chair Yoga Tuesday

FI009 - Gentle Yoga Tuesday

FI015 - Pilates Online

FI028 - Gentle Yoga Monday

FI029 - Chair Yoga Friday

FI031 - Chair Yoga Online

Linda Tsironis Caruthers, Dori Abell, and Don Vaught

EF136 - Long Term Care Insurance

LLI Social Committee

IA005 - May Luncheon

IA006 - June Luncheon

IA007 - July Luncheon

IA008 - August Luncheon

IA100 - Birthday Celebration

Lt. Mike Abbott

LS202 - Chesterfield Mobile Health

Luke John Coukos

PR100 - The Chosen

Mackenzie Cocherell

LS219 - Capital Trail 101

LS220 - Capital Trail 101

Maria Crostic

HW490 - Understanding Young Children

Marianne Raymond and Dawn Boehm

EF178 - Preparing a Home for Sale

Marie Ireland and Kimberley Dickerson

LE334 - Exploring Alcohol Inks

LE335 - Needle Felting Dryer Balls

Marilyn Mare and Mary Jane Murphy

WG009 - Mah Jongg Thursday

Mark Grubbs

CO240 - Apple App Store

CO241 - Apple Photos

CO242 - Apple Messages

CO243 - Apple Mail

Mark Mikuta, CPA, CFP

EF104 - Estates and Probate

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

HS690 - Midlothian Matters A

HS692 - Midlothian Matters B

Marti Franks

AD012 - Advanced Watercolor

AD111 - Intermediate Watercolor

Mary Bradstock

AD058 - Country Line Dancing

AD075 - Line Dance Practice

Mary E. Gutberlet, M.Ed.

HW352 - Beginning Tai Chi Review

HW355 - Beginning Tai Chi 24 Form B

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

HW386 - Intermediate Tai Chi 24 Form

Mary Jane Murphy

LS147 - Crafts for Community

WG007 - Hand and Foot and Triple Play

Mary Jane Murphy and Bev Davidson

AD080 - Woodcarving

Mary Jane Tolley

EL131 - Intro to Writing Fiction

Mary Kay Anderson and Ethel-May Simonson

LE295 - Crafting PhD

Melissa Ackley and Kevin Skellett

HW392 - Suicide Prevention

Melissa Ackley and Valerie Fowlkes

HW491 - Stress First Aid

Michael Recant

DE011 - LGBTQ+ History

Mike Pagel and Mark Grubbs

PR002 - Bible Discussion

Myron Johnson

HS698 - Afro-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

Pasquale Accardo

EL134 - Limericks and Clerihews

Patricia Ryther

CO218 - Microbiome A

CO219 - Microbiome B

CO232 - Forever Chemicals and Health A

CO233 - Forever Chemicals and Health B

Paula Peaden

EF115 - Estate Planning

Peppy Jones

HS617 - No Time to Grieve

Phyllis Harris

AD298 - Ballroom Dance Workshop

Rachel and Lucas Ramirez

CO235 - Podcasts for All

EL108 - The Boy, Mole, Fox and Horse

Rachel Ramirez

CO200 - Nearpeer Tutorial and Tips B

IA077 - Workshop for Instructors

IA078 - Workshop for Instructors

IA997 - Q&A for Current Members

IA998 - Orientation for New Members

IA999 - Orientation for New Members

Rachel Ramirez and LLI Board of Directors

IA110 - 10-year Member Celebration

Randall Kaker

AD183 - Beginning Guitar

LE294 - Bridge Basics

Rebecca Lint and Ginger Dotter

HW446 - Stress Management Bingo

Richard Commander

EF167 - Financial Stability

LS203 - Improving Self-Esteem

LS204 - Improving Self-Esteem

LS213 - Setting Goals

PR104 - God's Grace

Rick Kaerwer

AD252 - Ukulele Instruction and Jam

Rick Kinnaird

HS713 - The Mayan Marcador

Rita Bentley and Shelvey Smith

LE032 - Needleworkers United

Robin Hulbert, PhD

LE329 - Amazing Pollinators

Roni Navroski

AD303 - Feathers from Above

Roy Dahlquist and Hugh Ames

HS003 - Current Events

Sarah Matthews and Helena Agnew

HS686 - A Capsule Wardrobe

Shannon M. White

LS222 - Calling 911

Sharon Macauley

AD036 - Intro to Line Dancing

Shawn Doran

EF147 - Outsmart the Scammers

Shawn L. Smith

LS162 - Detecting Email Scams

Shep Smith

HS716 - D-Day June 6

Sherella Brown

FI001 - Low Impact Monday

FI004 - Sit and Be Fit Monday

FI005 - Sit and Be Fit Thursday

Sierra Stevens and Maria Crostic

HW462 - The Power of Gratitude

SignaTours

SE207 - Monticello and a Museum Tour

Smithsonian American Art Museum Docents

AD302 - American History through Art

HS720 - Art and Monuments

Steve Kunnmann

LE252 - Genealogy Discussions

Stone Wahl

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

Team Vivo

FI035 - Vivo Strength Training 1x

FI036 - Vivo Strength Training 2x

FI037 - Vivo Strength Training 3x

Thomas Neviasser, MD

HW406 - Low Back Pain

HW407 - Knee Conditions

HW408 - Shoulder Conditions

HW442 - Introduction to Anatomy

Tim Kisner

HS725 - American Flying Boats

Timothy Pace

HS694 - Great Cities of Europe

HS695 - Secrets of the Occult

PR099 - Science and Theology

Tracey Brooks

FI020 - Zumba Gold Online

Vic Thompson

HS715 - Music and Culture of the 1930s

Waite Rawls

HS721 - The Confederacy in History

Walter and Patricia Jackson

HW426 - Basic Taiji Qigong

Wayne Swatlowski

DE015 - Aging and Ageism

LS208 - Medical Aid in Dying

Instructors

Abbott, Mike	is a lieutenant with Chesterfield Fire and the Fire Department Mobile Integrated Health Program Manager. A member of Chesterfield Fire and EMS since 2002, in 2012, Mike began working with the Virginia State Police Med Flight I Program. He is a paramedic and a registered nurse.
Abell, 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.
Accardo, Pasquale	is Professor Emeritus at VCU School of Medicine. He has published extensively in the field of developmental disabilities, including co-editing the fourth edition of Neurodevelopmental Disabilities in Infancy and Childhood (Elsevier, 2025). His interests are reflected in many volumes on Sherlock Holmes and G.K. Chesterton's Father Brown. He has a modest (!) collection of volumes of limericks and clerihews and has both won cleriheiw contests (many years ago) and published a volume of limericks (selections from which might end up in this presentation - as examples of what to avoid.)
Ackley, Melissa	LCSW, is Prevention Services Manager at Chesterfield Mental Health Support Services and co-chair of the Chesterfield Suicide Awareness and Prevention Coalition.
Adams, Kate	is the Director of Public and Student Programs at the Virginia Holocaust Museum.
Agnew, Helena	has been sewing for as long as she can remember. It started with doll clothes she hand-stitched from scraps of fabric she found in her mother's sewing room as a young girl. She became interested in historical costume making several years ago. Since then, she has been researching, learning historic tailoring, and creating garments from the 16th through 19th centuries. As a recently retired art educator, Helena has devoted her time to creating an extensive costume collection and loves to play "dress up" with any friends who are willing!
Ames, Hugh	is a native Texan and found Virginia early in his Navy career. A graduate of UT Austin with a degree in political science and graduate studies in statistics and computer science, he enjoyed the new challenges provided by the seas. Career travel included visiting thirty-one countries and sailing four oceans on and under the water. Hugh's leadership skills were honed in executive officer and command positions. He guided the Admiral Chester Nimitz Foundation as Director Next, and he and his wife, an IBM computer engineer, founded Learning Foundations which teaching critical learning skills to struggling dyslectic students. Hugh's interests and energy are focused on church, family, Habitat for Humanity, "building homes and changing lives," Boots to Suits, "men-toring transitioning veterans" and Helping Hands, "building beds for adopted kids." He has been an LLI member since 2018.
Anderson, Mary Kay	has always loved crafting and has taught scrapbooking for 20 years. Some of her other interests include cross stitch, embroidery, card making, diamond art, sewing, cartonnage, jewelry making, and making things with the Cricut, but what she enjoys most is doing projects with friends. Mary Kay has been an LLI member since 2024.

Arkin, Danny	is all about adventures, most of which are part of the classes he teaches at LLI. Students are bound to hear stories and jokes relating to landscape architecture, non-profits, construction, building and flying his own airplane, tractoring, motorcycling, welding art, training velociraptors, and the use of technology of all flavors. He is best known as a storytelling technology guru, having presented since the early 1980s, cutting edge topics at conferences and in classrooms across the country, encouraging adult learners on anything and everything technology. Nowadays, he splits his energy between taming the outdoor spaces on his three-acre property in Chester and teaching an ever-growing collection of classes, always packed with valuable information sandwiched between a healthy amount of humor and sarcasm. Danny has been an LLI member since 2018.
Banyasz, Barbara	began studying piano at age eight at Virginia Intermont College in Bristol, Virginia. She put piano on the back burner while raising her family and rekindled her enthusiasm for music and the piano once her children went to college. Along with a neighbor, Barbara started the "Hausmusik" social group where adults of all skill levels come together to play any instrument to share in the enjoyment of music.
Barbour, Diane	has been a member of LLI since 2010. Growing up in New Jersey, she enjoyed drawing and painting as a hobby, but never took any art classes. When she retired from her job as a chief information officer, she enrolled in art classes at LLI and the VMFA Studio School. Diane has taken art classes with many of the LLI art instructors. She enjoys painting in oil and watercolor, particularly birds and animals.
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 out of the Juvenile and Domestic Relations Court, and that passion led her to the Colonial Heights Commonwealth Attorney's Office in May 2000 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. She is originally from Amherst, Virginia, 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.
Barreca, Joanne	joined LLI in 2006, shortly after moving to the Richmond area from Northern Virginia. She retired after a more than 30-year career with the federal government working in logistics, strategic planning, and project management in the DC area and Huntsville, Alabama. In retirement, she has focused on volunteering, including mentoring and being active in her churches. Joanne is the current president of the Richmond Symphony league, which among other things, sponsors the Designer House every other year to raise funds for the Richmond Symphony. She loves listening to music, singing, and playing the piano and is happy to share this passion with others.
Bass, Dave	PT, DPT, has over two decades of experience in orthopedics and has developed a unique approach to the evaluation and treatment of pain. Dr. Bass specializes in treating non-traumatic pain when there is no identifiable moment or event that immediately caused it. Education is the cornerstone of his practice, and he helps patients understand what's causing their pain and how to effectively treat it in the comfort of their own home. He enjoys teaching and is excited to help demystify pain and orthopedics and to make it easily understandable for everyone.
Bennett, John	PhD, was an engineering faculty member at the University of Connecticut for 29 years and was dedicated to helping students prepare for success in engineering employment. This meant that students were able to address the situations and opportunities that yielded outcomes that improved people's lives. He has lived in Virginia since 2016 and has offered classes at the Lifelong Learning Institute since 2020.
Bentley, Rita	has been knitting since 2021 and has done various handwork.

Blackwell, Donna	was raised in Northern Virginia and has lived her life advocating for civil and human rights. She was a co-founder of Black Women United for Action, a NAACP Youth leader, and a board member for the Human Rights Commission, the Human Relations Council, and the Fairfax History Commission. Before moving to Chesterfield, Donna was the administrative assistant and research analyst for Fairfax Legal Aid and Bar Association. An LLI member since 2016, she has been the instructor of Black Lives Matter course and is serving as Chair of Diversity, Equity and Inclusion Committee.
Blackwell, Edward	has taught a variety of subjects for over thirty years. Much of his time was with Chesterfield County Public Schools, but he has also worked with Richmond City Public Schools, VCU and a local private school. Mr. Blackwell has a B.A. and M.A. in English, as well as a large concentration of courses in history and education. He has taught on middle, secondary, and collegiate levels, and his courses have included English, writing, history, civics and economics, as well as alternative education. He is keenly interested in the English Renaissance and writes sonnets, but he also enjoys helping others with prose writing techniques. Mr. Blackwell loves studying and lecturing about the American Civil War. When teaching social sciences, he believes it is essential to combine the development of U.S. government with its resulting historical effects.
Boehm, Dawn	has been in the real estate industry for over 30 years and has helped more than 300 families buy or sell their homes. In addition to earning designations such as Graduate, Realtor Institute (GRI) and Accredited Buyer's Representative (ABR), Dawn has attended numerous conferences to help deepen her understanding of real estate trends. As a realtor, she finds a sense of deep satisfaction in helping families fulfill their dreams of homeownership.
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.
Brooks, 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.
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 played guitar since junior high school. He enjoys singing and playing alongside other enthusiasts.
Bugay, Annabelle	inspired by her years of study in Ireland and Nova Scotia, Annabelle is finally laying down roots and sharing treasured step dance traditions from the North Atlantic (Ireland, Scotland, and Canada's Maritime Provinces) in her hometown of Richmond, Virginia. A student of both the University of Limerick (Ireland) and Cape Breton University (Canada), Annabelle holds a BA in music and cultural anthropology and has been dancing for over two decades. Passionate about preserving time-honored traditions and creating new avenues for their proliferation, Annabelle is committed to fostering a vibrant community of dancers and musicians wherever she goes.
Burnett, Jennifer	has a long list of hobbies and interests, but giving back and helping others is her passion. After earning a bachelor's in psychology and a master's in special education from Mary Baldwin University, she taught severe and profoundly disabled students for more than 20 years. Now, she has chosen to help others in a different way, as the volunteer coordinator for Traditions Health. This new venture has taught her that there are many hidden benefits to volunteering.
Butler, Allyson	is a prevention specialist with Chesterfield Mental Health. She is an expert on medication management and the opioid epidemic.

Byrd, John	is an award-winning ventriloquist and has been performing as a ventriloquist in the Richmond area for the past 25 years. He graduated from the Virginia Military Institute and received a master's degree from Virginia Commonwealth University. He retired from the Commonwealth of Virginia with 38 years of service. He also retired from the Army Reserve as a Lieutenant Colonel.
Campbell, Susan	has worked with seniors and their families during difficult transitions for 25 years. She is a pioneer in the senior move management industry and now uses her compassion and training to work with families and professionals during end-of-life celebrations and transitions.
Carlson, Ken	is a former electrical engineer with an enthusiasm for music, the dramatic arts, and group participation. He joined LLI in 2019 and enjoys playing tuba and string bass with several bands and ensembles, including the LLI Lifelong Musicians group.
Carrington, Jan	brings over 20 years of sales, marketing, and business development expertise to the senior care community. A community relations representative for Amada Senior Care and a Certified Dementia Practitioner, Jan spreads brand awareness while helping seniors and their families navigate important aspects of in-home care and finding the right senior living solutions through placement assistance. Previously, Jan worked for both Crater Community Hospice and the Central Virginia Seniors Guide. She holds a bachelor's degree in business administration/marketing from Strayer University, and she has dedicated her career to working with older adults and their families. Outside of work, Jan enjoys camping, new adventures, and spending time with her parents, children, and eight grandchildren. Jan has lived in Chesterfield County her entire life so if she doesn't know you, she thinks she knows you!
Carter, J. Diane	is an experienced bridge player and encourages people who have not been regular players to join the fun bridge group. She has been an LLI member since 2017.
Caruthers, Linda	CSA, LTCP, is the founder and CEO of Long-Term Care Consultants, Inc., Richmond's only dedicated long-term care insurance agency providing long-term care planning and caregiver support resources to individuals and employer groups. She has specialized in long-term care insurance since 2000 and earned the Long-Term Care Professional (LTCP) designation from America's Health Insurance Plans (AHIP) in 2005 and the Certified Senior Advisor (CSA) designation from the Society of Certified Senior Advisors in 2006.
Cauthen, Hal	retired from the Navy and then from private industry (Defense Electronics). He enjoys traveling, drawing, sketching, painting, writing, dancing, and interacting with others to share ideas and techniques. Hal started sketching and painting as a kid and filled numerous sketch pads with line drawings, most often of horses and cowboys. Later, Hal took lessons from Ellie Cox. He has since led classes at LLI and at Stonebridge. He has been a member of LLI since 2016.
Cauthen, Marlene	enjoys traveling, drawing, sketching, painting, writing, dancing and interacting with others to share ideas and techniques. Marlene and her husband joined LLI in 2016.
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!
Cocherell, Mackenzie	(Kenzie) grew up in Woodbridge, Virginia and moved to Richmond in 2017 to attend Virginia Commonwealth University. She was introduced to the James River Park System through a group of friends in school and quickly fell in love with outdoor adventures such as rafting, whitewater kayaking, and mountain biking. After graduation, she and a friend rode their first "century" on the Capital Trail and fell in love with it! Kenzie is excited to share her passion for the trail with LLI members!
Coffey, Susan	has been a member of LLI since 2009 and has taught various communication-type courses over the years. She has a doctorate in Communication Studies from UVA. She loves taking art and craft classes, including jewelry making, oil painting, watercolors, acrylics, and sketching.
Commander, Richard	earned his MS in chemical engineering from VA Tech in 1965. In 2001, he retired after 30 years of working as a chemical engineer at Hercules. Dick has been a resident of Chesterfield County (Enon) since 1979 and has served as Chairman of the Board for the Hopewell Food Pantry for 15 years. He has 35 years of experience making presentations on budgeting and is currently presenting for the Caritas Works Program. He has also presented various classes in Armstrong HS, as well as the Henrico County and Chesterfield County adult night school. Dick's favorite topics to teach are money management and self-esteem, and his hobby is eBay.
Conn, Kate	joined LLI in 2018 after retiring from Chesterfield County Public Schools. She has many interests and hobbies. Kate gets much joy from playing banjo, autoharp, banjo uke, and the "Limberjack" with the Company's Coming band. She loves to sing harmony.
Cooper, Claude	was a professional engineer for 40 years, working for the state of Virginia, Fairfax County, and the city of Richmond. He earned a BS in civil engineering and a MS in engineering management. His experience was primarily in administering and enforcing building codes and land development ordinances and regulations. He is a Midlothian resident and has been an LLI member since 2019.
Cottle, Jennifer	is the Education Manager of the MacArthur Memorial in Norfolk, VA, and has been at the museum since 2019. She graduated from Appalachian State University in 2014 and worked as an archaeologist for several years before going into the museum field. In December 2023, she received an MA in Public History. Her capstone project focused on the WWII civilian internment camps in the Philippines.
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.
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.
Dahlquist, Roy	recently retired from the Virginia Economic Development Partnership in 2015. He was an economic advisor to Governors Kaine, McDonnell and McAuliffe on issues related to Asian business opportunities and challenges, serving as Managing Director, International Business Development - Asia. He met with high level government and business leaders throughout Asia. Roy first retired from Alcoa/Reynolds Metals Company in 2006 with 30 years of global and domestic service. He was Managing Director of Food Packaging Operations in China and Director of International Business Development for the Food Packaging Division, overseeing operations worldwide. He traveled to over 60 different countries developing global business relationships and opportunities. He met with international, federal, state and local government officials including governors and federal agency heads. Roy currently serves as Vice President of the Madison Village Homeowners Association located in Charter Colony and serves on the Board of Directors for the Salisbury Country Club Senior Men's Association. He has a BS degree from Saint Joseph University in Philadelphia and has been an LLI member since 2016.

Darlington, Billie	is a Mobility Coordinator for Chesterfield County. A mother of three and a grandmother of nine, Billie loves helping the community through her job. Knowing that she's helping people makes her work rewarding!
D'Arville, Cece	serves as the Education Coordinator at the Virginia Museum of History & Culture, alongside a talented group of educators and docents that provide in-person and virtual student programs, teacher outreach, and community-based programming year-round. Growing up in Virginia sparked her interest in history from a young age, and she loves talking about the rich and complex history of her home state with museum visitors. She is passionate about public history and helping people understand how landscapes and public art shape historic narratives.
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.
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.
DeRusha, Jennifer	has been a member of LLI since 2015 and has 38 years of teaching experience including Chesterfield Adult Education, Allbrands, Collegiate Cougar after-school program for children, and the YMCA. She was past president, vice president, secretary and founding member of Hospitality Quilters Chapter, Richmond Quilters Guild. Jennifer is a member of and Membership Chairman of the Richmond Central VA Chapter of the American Sewing Guild. She has 50 years of sewing experience, including her own line of reversible clothing for children, has completed 100+ quilts and featured three quilt shows of her own work. Jennifer is a juried artist in watercolor, colored pencil, pastel and mixed media, and is a member of Bon Air Artist Association as well as the MidAtlantic Pastel Society. She graduated from VCU in 1969 with a degree in science and has been tap dancing at LLI for four years.
Dickerson, Kimberley	retired in 2023 from Chesterfield County, where she was an elementary school assistant principal. Since then, she started Kreative Gifts by S&K. Kimberley loves making seasonal and sports-themed items and sharing her creations with others. In her free time, she enjoys playing co-ed softball, hiking, and spending time with her grands.
Doran, Shawn	is a Financial Advisor with Edward Jones in Midlothian. He focuses on helping people with navigating investments, saving on taxes, important estate planning items, long term care planning, creating income in retirement, and making sure they have a solid plan. Shawn and his wife, Lisa, enjoy spending their free time with their seven children, playing sports and enjoying the outdoors.
Dotter, Ginger	MEd, has been a prevention consultant since 2003, contributing her expertise to Chesterfield Mental Health Support Services since 2008. Throughout her career, she has offered a wide range of services aimed at promoting mental health and wellness for individuals of all ages. Her efforts include conducting parenting classes, hosting mental health awareness and suicide prevention workshops, facilitating small children's groups, performing classroom behavioral observations, and providing parent consultation services.
Dowda, Jen	is blessed to have worked with seniors and their families since 2016 and is deeply passionate about partnering with them during this unique time in their lives. In order to meet a wide variety of needs and aware that she could not be an expert in every field, Jen created the Dowda Senior Consultants team. As a person who loves to be able to walk alongside of and serve others, this company is her dream come true – a culmination of all of her gifts and longings.
Downing, Charlie	had over ten years of experience as a nuclear medicine and CAT scan technologist before stepping into the role of clinical coordinator. She worked in hospital and outpatient facilities conducting PET, general nuclear medicine, nuclear cardiology, and diagnostic CT scans. A certified radiation safety officer, Charlie enjoys traveling and exercising in her free time.

Drumheller, Kyndall	has been employed in various roles by the Virginia War Memorial since April 2012 and currently serves as the Assistant Director of Education. She received her BA in History from Randolph-Macon College and her MA in American History from Liberty University. While in graduate school, she completed an education internship at the National D-Day Memorial in Bedford, Virginia, where she conducted tours and summer camp programs, and performed research on the involvement of African Americans on D-Day. Kyndall recently served on the Board of the Greater Richmond Association for Volunteer Administration as Treasurer. Currently, she is working on the Virginia War Memorial's Veterans Database - a massive project that locates photographs and information on the nearly 12,000 Virginians who have been killed in action from World War II to the Persian Gulf War.
Drummond, Diane	has been an LLI member since 2009. She began making headbands, hair bows and jewelry for her beautiful granddaughter and has continued adding to her repertoire of craft skills, which she happily shares with her fellow LLI members in a variety of classes. Diane is especially interested in early settlers and Indian crafts used in everyday living.
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.

Fowlkes, Valerie	is a Sr. Clinician and Prevention Consultant for Chesterfield County Mental Health Prevention Services. As a preventionist, Valerie wears many hats. Valerie provides parent education, leads prevention programming in elementary schools, and facilitates suicide awareness and prevention programs for middle and high school students. Driven by being of service to others, she takes pride in providing the best training possible as an ACE Interface Presenter, a Mental Health First Aid Adult Instructor, self-care and wellness advocate, and as a committee member of the Trauma Informed Leadership Team (TILT) and the Diversity and Inclusion Team (DAIT). Valerie uses her positive attitude and tireless energy to promote mental wellness, trauma-informed care, and wellness, as well as to encourage others to overcome their challenges by building resilience. Valerie is inspired by her husband and their two daughters. In her free time, Valerie likes to spend time with family and friends, plan events, and travel to new and interesting destinations.
Franks, Marti	loves watercolors! She has been painting since 1997, starting out with Ellie Cox and continuing with Sarah Hoyle, Chris Wynn, and Susan Stuller. She has participated in many workshops with nationally known artists, including John Salamien, Mary Whyte, Ted Andrews, Alvaro Cassinett, Tony Van Hassett, Frank Webb, and Jean Spicer. Marti is a past president of the Bon Air Artists Association and has served as a co-chair of its events: Art Affair and Artful Healing. She exhibits at Crossroads Art Center and at various venues with the Bon Air Artist Association.
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.
Fulcher, Rebecca	is the Videoconference Scheduler for the Smithsonian American Art Museum and Renwick Gallery, and her parents are LLI members! She connects students with seasoned volunteer videoconference presenters who are deeply familiar with the Museum's collections and how to facilitate conversations about artworks. The volunteers' professional experiences, paired with Museum-provided training, have prepared them to be responsive to students' interests during artwork-based discussions.
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.
Gregory, Kristi	MS, OT/L, CHT, hails from Augusta County, Virginia, where her love for sports and the outdoors flourished. After earning her degree from Lynchburg College and stepping into the professional world, Kristi discovered a deep passion for empowering others to preserve their independence and enhance their quality of life through effective pain management. Motivated by this calling, she pursued a degree in occupational therapy at Virginia Commonwealth University, focusing her expertise on upper extremity and hand therapy.

Grubbs, Mark	is originally from and grew up in Richmond, VA. He has lived in several states and in South Korea. He has a B.S. in Aerospace and Ocean Engineering from Virginia Tech, and an M.A. in Theology from Fuller Theological Seminary. Mark has worked with computers for the last 35+ years in several occupations: engineering, aircraft piloting, teaching in universities abroad, and in vocational ministry. In 2016, he began his own business, Mark's Help LLC, in which he helps people in their homes with their technology, mostly computers and smart phones. Mark began teaching at LLI in 2015 and hopes to continue into the foreseeable future.
Gutberlet, Mary	M.Ed., has been interested in meditative and positive energy practices for physical and spiritual health since she was in graduate school. She attended Tai Chi classes elsewhere in the Richmond area in the late 1990s. After retiring, she joined LLI in 2015, primarily because Tai Chi instruction was offered. She has been a student in Damir Strmel's Tai Chi classes since the Fall of 2016. Mary has bachelor's and master's degrees in general and special education. During her 37.5 years in Education, she taught in two Virginia public school divisions as well as in the Hospital Education Program at what is now known as Children's Hospital at VCU. She eventually became an outpatient Educational Consultant. In this role, she served as an advocate for her patients and as the liaison between various medical teams and the school teams of her patients. Mary enjoys going to museums, plays, concerts, and movies. She likes to travel, is an avid reader, loves the beach and the mountains, and very much enjoys walking and hiking.
Harlow, Rachel	is a passionate jewelry instructor and maker of bath and body products. She has over a decade of experience teaching beading and jewelry-making techniques. Her journey into jewelry design began as an extension of her lifelong love for the creative arts. From a young age, Rachel was drawn to artistic expression, first through dance and musical theater and later through handcrafted jewelry. Teaching became a natural extension of her artistry, allowing her to share her knowledge while helping others tap into their creativity. Rachel believes creativity is within everyone and takes great joy in guiding her students (especially those who doubt their artistic abilities) to create beautiful, meaningful pieces. Whether designing her unique pieces, leading workshops, or empowering others through creative expression, Rachel's mission is to inspire and uplift through the art of jewelry-making.
Harris, Phyllis	is a social ballroom dance instructor in the American Style. Throughout her 30+ year career, Phyllis has taught in Richmond, Colonial Heights, Williamsburg, and Virginia Beach. Working with people of all ages, from middle school children and teens, to seniors who are "young at heart," and every age in between, she truly enjoys helping folks discover the many benefits of social dancing.
Herman, Drew	has practiced Tai Chi for more than 30 years. His principal teachers include first generation disciples of Master Cheng Man-ching (Yang lineage). He has taught Tai Chi for 20 years, emphasizing the traditional martial arts roots and applications, including sword, push hands, self-defense and post standing (zhan zhuang). Drew also holds a second-degree black belt in Taekwondo.
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.
Hood, Deb	is a retired professor from John Tyler Community College (now Brightpoint) where she taught Information Technology and Mathematics classes in person and online for 22 years. She has an MA in Counseling and Guidance from Western Kentucky University and an MS in Computer Technology in Education from Nova Southeastern University. Deb's favorite pastimes are reading banned books and ballroom dancing with her husband, Mike Recant.
Hoskin, Debby	is the Program Administrator for LLI.

Hulbert, Robin	PhD, has been a Master Gardener with Chesterfield County since 2013. She achieved this goal after she retired from 30 years of service with the Virginia Department of Corrections, where she served as the Chief Psychologist for all adult facilities and Probation and Parole Districts within the Department. As a Master Gardener, she loves instructing and providing information to the community. She is particularly interested in sustainable gardening, the essential role that native plants have in the landscape, and attracting and supporting pollinators.
Ireland, Marie	has taught craft classes with LLI for many years. She enjoys paper crafting, pottery, quilting, and more.
Isaacs, Anette	MA, is a historian and public educator who has presented hundreds of programs on more than 40 different topics pertaining to Germany's history, politics, and culture all over the United States. She holds master's degrees in American studies, political science, and history. German born and raised, Anette is currently residing in Miami, FL.
Jackson, Patricia	has a brown belt in Jiu Jitsu style Karate and many years of experience teaching and performing Qigong. Together with her daughter and grandkids, she lives in a big wooden house in the Brandermill woods.
Jackson, Walter	has been a practitioner of Tai Chi and Qigong since he took his first classes in 1964. Since then, he has earned a sixth-degree black belt in Jiu Jitsu and has become fully accredited in Tai Chi and Acupressure (Shiatsu). Over the years, he has taught hundreds of classes for his San Diego organization, the Walking Tiger Tai Chi Club. After retiring from a career as an electrical engineer and a video producer, Walter and his wife moved to Richmond to help raise their two grandchildren. They live with their daughter, her husband, and their two grandkids in a big wooden house in Brandermill.
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 one lives in Minneapolis which is great for everything else. Her four grandchildren live in Kentucky.
Kaerwer, Rick	was born and raised outside of Boston and has lived in Chesterfield County for over 30 years. He is happily married with grown twin sons. A big fan of ukuleles, Rick has been playing since 2018 and has been singing since he was a wee lad. From 1976 to 1979 Rick played the guitar and he currently enjoys playing in the LLI Lifelong Musicians group. Rick has been an LLI instructor since 2022.
Kaker, Randall	was born and raised in Wisconsin (Go Pack!) and got his degree from the University of Wisconsin-Milwaukee. He moved to Virginia in 1980 and taught Math and Statistics for Chesterfield Schools from 1980 until he retired in 2011. Randall has been very happily married since 1975 and has two children who live nearby. He has been playing the guitar since 1961 and truly enjoys the Lifelong Musicians group and all the friends he has made there.
Kawka, Dorota	E-RYT 200, took her first yoga class in 1996 while pregnant with her first child and instantly fell in love with it. She was certified to teach yoga in 2008 and has been teaching ever since. Dorota especially enjoys working with older adults, teaching a variety of Chair Yoga, Senior Yoga and Gentle Yoga classes at different locations in the Richmond area. She is delighted to be able to share her practice with the LLI family.

Kehoe, Charles	(Chuck) holds a master's of social work degree from the University of Illinois and is a certified corrections executive. He began his career in 1964 and has worked in juvenile justice and adult corrections in four states. In addition to being the director of three corrections agencies, he served as an advisor to the United States Army, the United States Navy, and the United States Marine Corps on military correctional affairs. Experienced in both public and private sectors of the corrections field, he toured correctional facilities in a number of foreign countries, served two terms on the Virginia State Bar Disciplinary Committee, and is a Past President of the American Correctional Association. Chuck is an adjunct faculty member at Virginia Commonwealth University's Criminal Justice Program.
Kelly, Suzanne	is a retired Chesterfield County teacher with degrees in business education and English. She taught for 47 years in North Carolina and in various Chesterfield County junior and senior high schools. In 2001, she and Dr. Sarah Mansfield created Teachers for Tomorrow, a program for juniors and seniors interested in becoming teachers. The program has been used at James River and Midlothian High Schools since then. Suzanne began her teaching career in Chesterfield in the LLI building in 1969 and returned as a member in 2015.
Kerman, Linda	earned her master's degree in education from the University of Massachusetts. She taught literature courses in high school and community college, frequently moderating class discussions, and now assists students who are composing essays as they apply for college and specialty programs. Linda has one adult son and three grandchildren, all of whom are bookworms. An LLI member since 2016, she enjoys reading banned books, playing with her pet bird, and taking care of her dog.
Kinnaird, Rick	has travelled the world to see the remnants of great ancient civilizations and has returned to talk about it. The Taj Mahal, the Pyramids, Petra, Borobudur, and Angkor Wat are all in his repertoire, as well as the Mayan, Aztec, and Inca ruins. In the course of his travels he has come into contact with noted archaeologists who have shared some of their latest insights with him. Rick has been an LLI instructor since 2019.
Kisner, Tim	is a dedicated storyteller who believes everything is more engaging when told as a story. Whether sharing personal experience, history, or nonfiction, he believes that stories bring topics to life. In his personal relationships, classes, and consultations, Tim's narratives and real-life examples ensure an effective and lasting impact. Join Tim for an enjoyable learning experience filled with fun and interesting stories.
Klumb, Evelyn	is the 2024-25 president of Ikebana of Richmond and a past president of both the Oxford Garden Club in Richmond and the Watchung Garden Club in New Jersey, where she worked with a floral design and event planner. She is a student of Ikenobo, Sogetsu, Ohara, and Saga Goryu schools of Ikebana, the art of Japanese floral design first documented in the eighth century. Her designs incorporate unconventional material and embody a "less is best" philosophy and the class will cover a brief history of this artform.
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.
Kunmann, Steve	has been an LLI member since 2013. He also serves as Treasurer on the LLI Board of Directors. Steve has degrees in Electrical Engineering from Georgia Tech and an MBA from Rutgers, the State University of New Jersey.

Lanier, LuGay	has a background in environmental science, biology, and landscape architecture which informs a painting style that combines unique places, local people, and their cultures. Studying environmental science helped her develop a love of nature and an appreciation for the uniqueness of each day. Even with the same location and subject, the light intensity, wind, shade, shadows, and time of year vary, producing new challenges. Biology encourages experimentation with new tools, subjects, and media. Pen and ink sketching encourages detail. Adding watercolor introduces the challenge of whether to let the media evolve or try to manipulate it. Each study is about the journey and learning new techniques and ways to apply them. Landscape architecture combines design, color, seasons, cycles, and art which translate seamlessly to Lu Gay's art. She feels each sketch or painting is an interpretation of life, which selects specific focus, details, and interconnectivity to bond the relationship to place.
LaRuffa, Frank	is the Chief Deputy Commonwealth's Attorney for Chesterfield County. Frank began his legal career in 1991 as an assistant public defender with the Richmond Public Defender's Office. In 2000, Frank switched to prosecution, joining the Henrico County Commonwealth's Attorney's Office where he was promoted to deputy in 2006. In 2012, he took a position at the Chesterfield County Commonwealth's Attorney's Office where he has served as an assistant, deputy, and now chief deputy. Frank is a graduate of the Marshall-Wythe School of Law at the College of William and Mary and resides in the Bon Air area of Chesterfield County.
Lemza, John	graduated the United States Military Academy at West Point in 1976. He served over 20 years in the Army with more than eight years abroad in Asia and Europe. His last assignment was at the Pentagon. He graduated from Virginia Commonwealth University with an MA in History and from George Mason University with a PhD in History. His research interests are post-1945 America, the Cold War, the history of immigration, consumerism, and military history. John currently teaches history at Virginia Commonwealth University. He has been a member of the LLI teaching faculty since 2005. He is a member of the LLI, sits on the Board of Directors, and currently serves as President. He has published three books, American Military Communities in West Germany: Life in the Cold War Badlands, 1945-1990 (2016); The Big Picture: The Cold War on the Small Screen (2021); and Charles A. Willoughby and the Anti-Communist Crusade (2024).
Lenzi, Joseph	retired as a Mechanical Engineer and Principal Engineer in 2015. He learned to build guitars from Charles Fox in 1976 while Joe was living in Alaska. For the next 10 years Joe built and repaired stringed instruments in Fairbanks and, through the community college, taught guitar building and music during the long winters. He now lives in Richmond, Virginia, where he and Cherie have raised two children, both of whom are grown and out of college. Since retiring from the engineering profession, Joe has been trying to perfect the art of retirement by building a few guitars and mandolins each year. Instruction and presentation have always been a significant part of his professional life. He has been an LLI member since 2017.
Levi, Juana	is a retired registered nurse who studied Art History at the University of Maryland. She is a mother of two daughters, who are both teachers, and a grandmother of four. She and her husband have been LLI members since 2013.
Levitan, Eric	is the founder and CEO of Vivo. After witnessing the decline of his parents' quality of life, he realized he wanted to better understand the aging process so that he could help them. That's why he started Vivo – a safe, engaging, and impactful program to guide older adults to a safer and healthier life. More information on the research he found and the solution he recommends is available at www.teamvivo.com/ .
Lewis, Annebel	is a Socio-Cultural Anthropologist whose primary research is in ritual, belief systems, and mythology. She is retired from California State University Fullerton and from Southern California Kaiser Permanente Medical Group. She appeared in Who's Who in American Women in 91-92 and has been published in various professional journals. Annebel has been a faculty member of LLI since 2007 and serves on the Board of Directors.

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.
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.
Maloney, Virginia	has been an LLI member since 2021 and enjoys playing games.
Mare, Marilyn	is a retired Chesterfield County teacher who taught at J. B. Watkins Elementary School. She joined LLI in 2007 and is an active member who volunteers whenever needed. She also enjoys teaching Mah Jongg to fellow LLI students!
Matthews, Leslie	is a citizen of both the US and the UK and has pursued her studies and a career on both sides of the Atlantic. She studied with Metropolitan Opera sopranos, Judith Raskin and Clarice Carson in New York, and with Madame Lo Siew Tuan in the UK. Beginning her career as a mezzo, Leslie made the switch to the full-lyric/dramatic soprano repertoire, including: Fiordiligi in "Cosi fan Tutte", the Countess in "Figaro," Leonora in "Il Trovatore," Amelia in Ballo in "Maschera," Mimi in "La Boheme," First Lady in "Magic Flute," Maddalena in "Andrea Chenier," Violetta in "La Traviata," the title role in "Tosca," and Giulietta and the Voice in "Tales of Hoffmann." Leslie founded the Metropolitan Lyric Theatre in the NYC area and now resides in Chester.
Matthews, Sarah	taught elementary art for 34 years in Chesterfield County. She won numerous local, state, and national awards, including Art Educator of the Year for the State of Virginia. Sarah published magazine articles and taught dozens of workshops. She loved teaching others how to teach and mentored over 25 student teachers and currently supervises student teachers for VCU. Sarah appreciates how they keep her on her toes and teach her new things all the time. She was a mural painter for 20 years and has worked in schools, daycare centers, and private homes. Since retiring, she has begun selling smaller-scale work at art shows and boutiques, working in mixed media, mainly acrylics. Sarah is passionate about bringing the joy of art to all and believes anyone can learn the basics and find joy in the process.
McCrea, Alan	is a transplant from the Philadelphia suburbs with some South Carolina heritage. He studied mechanical engineering at Cornell and did graduate study in control theory in Aachen, Germany. He went on to work for industrial companies there and in Austria. In 1967, Robertshaw Controls Company in Richmond hired him to develop what was probably the world's first computerized energy management system for commercial buildings. Early projects included the International Monetary Fund headquarters in Washington and the Manned Spacecraft Center in Houston. After fourteen years he began consulting in control and microprocessor applications and now he has fun publishing word puzzles. He's enjoyed being a member of LLI since 2012.

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.
Mercer, Beth	taught choral music in Chesterfield County for 33 years and retired in 2012. She has spent the last 44 years working in musical theater, where she has directed and choreographed numerous shows for various schools, local churches, and community theater. Beth is so happy to have been a member of the LLI community since 2018.
Meredith, Marvin	PhD, is a VCU Distinguished Career Professor and Emeritus Professor of Anatomy and Neuroscience at VCU's School of Medicine. He had a 40-year career as a neuroscience researcher in the field of sensory and multisensory processing. Dr. Meredith held numerous research grants and trained several graduate and post-doctoral students. He has approximately 100 peer-reviewed publications that, collectively, have achieved an impact ranking in the top two percent of world scientists. During his career he taught and directed courses in neuroscience and gross anatomy to thousands of medical, dental, and graduate students and received numerous teaching awards. Before his career as a scientist, Alex trained and worked as a biomedical illustrator. His abbreviated CV is available at this website: https://anatomy.vcu.edu/about/retired-faculty/m-alex-meredith-phd.html
Mikuta, Mark	is a principal with Estate Settlement Solutions, LLC. He has worked in internal audit, corporate finance and real estate management and development. Mark received his BS in accounting from the University of Richmond. He is a member of many professional organizations and is also a Certified Financial Planner.
Miller, Mark	PhD, LPC, CSAC, is currently serving as the Midlothian Supervisor on the Chesterfield County Board of Supervisors. For the past ten years, he has served as a professional counselor at Brightpoint Community College and, prior to that, served for thirteen years at Chesterfield Mental Health as a senior clinician and services supervisor working with folks of all ages diagnosed with intellectual and developmental disabilities. Dr. Miller also works in private practice with clients and couples who are dealing with a variety of mental health challenges, which include substance abuse.
Mitchell, Cynthia	works with the Bifocals Theatre Project which was established as an initiative of the Virginia Repertory Theatre Company. The name reflects their dual approach of performing on stage in the theatre (near) and touring (far) at senior centers and retirement facilities across the Richmond/Tri-City area. Each production is staged once at a central location, providing an opportunity for all to enjoy live theatre at an affordable price. Subsequently, the show tours for three weeks at senior facilities in the Richmond, Petersburg, and Farmville regions. The Bifocals ensemble comprises senior actors (aged 55+), producers, directors, and designers. The project underwent many transformations before finding a home with the Chamberlayne Actors Theatre, which has been providing entertainment for area residents for over sixty years.
Mohney, Chan	is a retired CIA military analyst who spent 38 years working on the Soviet Ground Forces, as well as Afghanistan and other countries and subjects. Chan completed four overseas assignments. He has been an LLI member since 2024.
Morgan, John	III, grew up in North Carolina, South Carolina, and Virginia. He earned an associate's degree at J. Sargeant Reynolds Community College and his bachelor's from Guilford College. John has worked in procurement at VMFA, VDOT, VCU/MCV, Dominion Virginia Power (VEPCO), and Miller & Rhoads. In college, he learned to play the guitar and has added fiddle, mandolin, banjo, and harmonica along the way. John has been performing in the Richmond area since 2008 and has been privileged to play music with Jimmy Payne, Mark Campbell, Harold Hausenfluck, Trip Johnson, Doug Shackelford, Larry Wiley, Kate Conn, and Don Golladay. He currently can be found making music with Company's Coming and Stand Your Ground.

Moses, Dorothy	has been an LLI member since 2008. She's an aspiring writer and has participated in several critique groups.
Moss, Jennifer	is an experienced educator in grief support, end-of-life care, and family communication. Since 2016, she has served as Outreach and Education Director for Bliley's Funeral Home in Richmond, Virginia, providing grief education across the Commonwealth. Previously, she worked as a Community Outreach Liaison for Virginia's Victim Compensation Program, educating communities on Victim's Rights. Ms. Moss leads presentations on grief support, funeral etiquette, obituary writing, legacy planning, and intergenerational communication for organizations such as the Lifelong Learning Institute in Chesterfield, OSHER, Open University, and other local community groups. With compassion and expertise, she helps individuals navigate loss, difficult conversations, and end-of-life planning with confidence.
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.
Navroski, Roni	is a self-taught artist and bird friend/enthusiast who has won numerous awards for his internationally displayed works. His artist flight is a creative method which symbolizes the powerful meaning of feathers. At national landmarks, Roni has taught hundreds of people how to paint on a feather and share their spiritual meanings.
Neviaser, Thomas	is a retired orthopedic surgeon of 33 years who specialized in knee and shoulder conditions. He has written or co-written over 40 peer review articles, presented many papers and instruction courses, and developed surgical procedures for the knee, elbow, and shoulder. He is an emeritus member of the American Association of Orthopedic Surgeons and a founding member of the American Shoulder and Elbow Surgeons. Tom has been an LLI member since 2023.
O'Donnell, Kennedy	is a lover of all things brain health related, an avid rock climber, a runner, and a lifelong Virginian. He's a Certified Dementia Practitioner (CDP) and a health coach who currently works for the VCU Richmond Brain Health Initiative (RBHI). Born from a lineage of schoolteachers, he has a passion for facilitating group discussions that are interactive, fun, and educational!
Ogilvie, Debra	is with Richmond Hearing Doctors, is a Virginia native, and grew up in Hampton. She received her Bachelor's degree from James Madison University, her Master's degree from The George Washington University in Washington, DC, and her Doctorate of Audiology degree from Salus University in Pennsylvania. Debra has been practicing Audiology since 1995, coming to Richmond in 1999. She spent 12 years working in a local private practice until deciding to become an owner herself. She has always appreciated both the technical and personal sides to Audiology – finding the best hearing solution for each individual person. Debra is a fellow of the American Academy of Audiology, a fellow of the Academy of Doctors of Audiology, and is a Board Member of the Virginia Board for Hearing Aid Specialists and Opticians. She and her husband enjoy spending time with their son, daughter, and extended family.
Onesty, Judith	loves to create! Although she loves to cook, she doesn't want to spend hours in the kitchen and, in the 1990s, began creating recipes that follow her mantra of "tasty, healthy, and quick." When she is not preparing delicious and easy food, Judith enjoys art in many forms. She has been learning and teaching jewelry-making for over 20 years and is an experienced storyteller. Judith has been an LLI instructor since 2018.

Pace, Timothy	received a Juris Doctorate degree from Creighton University in 1972, and was a senior adviser to the Board of Veterans Appeals from 1972 to 1990. After presidential appointment, Timothy served as Administrative Law judge for the Social Security Administration from 1990 to 2014 handling primarily Medicare cases and Disability claims. In that capacity, he presided in various courtroom proceedings along the east coast at hearing sites in eight states and in the District of Columbia. From time to time, he was called upon to lecture to fellow judges and administrative personnel on the nuances of ever-changing laws governing the administration on Social Security benefits. He has been a member of LLI since 2014.
Pagel, Mike	graduated from the University of Wisconsin-Stevens Point with majors in chemistry and physics, and a master's degree in education. He retired in 2013 after teaching for 40 years in public and private high schools. Mike has been a student and teacher of the Bible since college. In his church, he has taught two-year overviews of the Bible, in-depth studies of individual books, and courses in creative Bible teaching techniques. He has been involved in the leadership of the Bible discussion class since becoming an LLI member in 2017. His hobbies include playing stringed instruments and starting projects that he doesn't know how he will finish, such as designing and building mountain banjos, hammered dulcimers, and dollhouses.
Parrish, Conner	owns Blossoming Roots Farm and Supply in Ashland, Virginia. They are a local cut flower farm with a mission to protect and nurture the environment. Connor has been a nature lover since the sudden loss of his father at an early age, when he quickly realized that nature grounded him. After becoming a beekeeper in college, he began to understand the therapeutic benefits of the natural world. Flower farming entered the picture as he was planting flowers to feed his bees. Today, Blossoming Roots donates a portion of its profits to pollinator conservation each month and Conner is living his dream to help the world become a better place.
Parrish, Kathy	is the Adult and College Group Education and Outreach Coordinator for the Virginia Museum of Fine Arts.
Peaden, Paula	began her professional career as a registered nurse after receiving her Bachelor of Science degree from Mount St. Mary's College. She received her legal education from Antonin Scalia Law School. Currently, she is a member of the National Academy of Elder Law Attorneys and the Special Needs Alliance and Estate Planning Council of Richmond. Paula practices law in Trust and Estate Planning, Trust and Estate Administration, Elder Law, Long Term Care & Disability Planning, Special Needs Trusts, and Guardianships. She was named the best Elder Lawyer in Richmond in the Best Lawyers in America® and was voted by Peer Recognition as 2022 Virginia Lawyer of the Year as published by Best Lawyers®. Her knowledge and professionalism are evidenced by other accolades, including her appointment to the Virginia Business Legal Elite and the Class of Leaders in the Law, Best Lawyers in America® for Trusts and Estate, Virginia Super Lawyers for Trusts and Estates and Elder Law and AV-rated by Martindale Hubbell Preeminent Women Lawyers.
Petrella, Laura	is a retired engineer who runs several bluegrass jams in RVA. She teaches beginning jamming, so that musicians of all skill levels can take their instruments anywhere and play. Her goal is for students to develop their musicianship, play with confidence, meet fellow jammers, and have fun.
Plante, Brian	taught at two colleges to both individuals and small groups through the university instructors' tutorial service.
Pollard, Jennifer	was born and raised in Hawaii and, after moving to Richmond, continued to return home every year to visit her mom. She loves sharing about Oahu with other people who are interested in visiting the island. Jennifer knows many tips and tricks that can help fellow travelers plan the best trip possible, like where the locals eat or where you can purchase souvenirs at a reduced cost.

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.
Prince, Darren	is the Plant Manager for the Luck Stone Powhatan Plant. He has been with Luck Stone since 1993, and he enjoys helping people develop their potential in order to achieve their goals.
Pryor, Jeremy	Esq., is a principal attorney at the law firm Carrell Blanton Ferris & Associates, PLC. His areas of practice include elder law, estate planning, and incapacity-related litigation. As an empathetic and fierce advocate for his clients' rights, Mr. Pryor concentrates on securing Medicaid coverage for nursing home care needs and safeguarding assets from the costs of long-term care. In addition, he helps clients become guardians and conservators through court proceedings. Mr. Pryor received his undergraduate degree, cum laude, from James Madison University and his Juris Doctor cum laude in 2007 from Regent University's School of Law. Actively affiliated with the legal community, Mr. Pryor has memberships in the National Academy of Elder Law Attorneys, the Virginia Academy of Elder Law Attorneys, and ElderCounsel.
Ramirez, Lucas	is the son of Rachel Ramirez, Executive Director at LLI in Chesterfield. He is an avid reader and podcast listener, and he loves learning, dinosaurs, robots, puzzles, playing on playgrounds, riding his bike, and playing anything with his father, Luis, and his little brother, Levi. Since he was born in 2018, Lucas has spent countless hours at LLI and loves seeing members and making them laugh with stories and jokes. Lucas is homeschooled and is a student at the Classical Conversations Charter Colony community that meets one half-day weekly during the school year.
Ramirez, Rachel	has been the Executive Director at LLI in Chesterfield since March 2014. She previously worked for four years in IT and as a Financial Team Manager for a nonprofit in Mechanicsville. Before that she was an Assistant Branch Manager with First Market Bank in Richmond and a Store Manager at Starbucks Coffee Company. Rachel has enjoyed attending and serving with Clover Hill Church since 2003 and is grateful for the opportunities she has had to work with Give Hope 2 Kids, a children's home in the mountains of Honduras. Rachel earned a bachelor's degree in Organizational Leadership and Management from Regent University in 2006 and a Master's Degree in Public Administration with a Graduate Certificate in Nonprofit Management from VCU in 2018. Rachel and her husband, Luis, love spending time with their two boys, their family and friends, as well as biking, hiking, and traveling!
Randolph, Julie	has been a member of LLI since 2016.
Rawls, Waite	retired at the end of 2019. He previously served as the President of the American Civil War Museum Foundation. He received a B.A. at Virginia Military Institute and was awarded an M.B.A. and J. D. by the University of Virginia. Some of the positions he held in the banking, investment, and money markets fields were: Managing Director, Chemical Bank, New York; Vice Chairman, Continental Bank, Chicago; Executive Vice President, The Chicago Corporation; and Chief Operating Officer of Ferrell Capital Management, Greenwich, Conn. He also led a start-up technology company and has been a visiting or adjunct professor at University of Virginia's Darden Graduate School of Business Administration and Illinois Institute of Technology.

- Raymond, Marianne** is a real estate agent with over 20 years of experience helping buyers find the perfect home and assisting sellers with the selling process. Along the way, she has encountered and solved many problems. She is a member of local, regional, and national professional organizations and continuously takes advantage of networking and educational opportunities. Marianne has earned two specialized real estate designations: Certified Residential Specialist and Senior Real Estate Specialist. She aims to make all transactions smooth and stress-free for her clients.
- Recant, Michael** has been active in the field of LGBTQ justice since the mid-2000s. As head of the First Unitarian Universalist Church LGBTQ-Straight Alliance committee, he helped to establish the first ROSMY Alternative Prom for LGBTQ+ High Schoolers in the RVA area. Mike is a trained Sexuality Educator in the "Our Whole Lives" curriculum jointly developed by the Unitarian Universalist Association and the United Church of Christ. The Our Whole Lives program operates under the idea that well informed youth, young adults, and adults make better, healthier decisions about sexuality than those without complete information. OWL strives to be unbiased and teaches about heterosexual, bisexual, homosexual, non-binary, and transgender sexual health. Mike has been an LLI instructor since 2024.
- 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.
- 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.
- Ross, Audrey** is a native of Midlothian, Virginia. She attended Midlothian Elementary School, and graduated from Carver High School in Chester, Virginia in 1968. Then, she attended N.C. Agricultural and Technical State University in Greensboro, NC, earning a BS in Professional Biology in 1972, and later, a Master of Public Health from Virginia Commonwealth University School of Medicine focusing in Occupational and Environmental Public Health. Audrey has worked as a Microbiologist; Quality Assurance Specialist; Regulatory Affairs Professional; Safety and Public Health Professional; and retired as a Scientist Sr. from the Commonwealth of Virginia in 2009. In retirement, she occasionally substitutes for Chesterfield County Public Schools, and enjoys gardening, fishing, photography, participating in church and community activities and events, and researching the "Rich History" of African Americans in Midlothian and Chesterfield County. Audrey is a member and historian of the Historic First Baptist Church of Midlothian; a member of the Chesterfield Historical Society of Virginia's African American History Committee; and member of the Board of Directors for the Midlothian Mines and Railroad Foundation. Audrey also serves on the Midlothian Implementation Team, and in 2023, was inducted into the Chesterfield County Senior Volunteer Hall of Fame.

Rothschild, Andrew	has been working as a physical therapist in the outpatient orthopedic setting since 2006. In 2012, he completed a manual therapy residency and fellowship program and has gone on to mentor several other fellows. His interest in pursuing physical therapy as a career began after he underwent spinal fusion surgery in 2000 at the age of 23. He has a particular interest in treating low back, neck, and chronic pain. Over the past several years, he has expanded his specialties to include concussion and vestibular rehab. Since 2022, Andrew has served as the clinic director for the Virginia Center for Spine and Sports Therapy which is now part of H2 Health in Midlothian, VA. He is also part of a select group charged with developing continuing education courses for clinicians within the company.
Runge, Marschall	is a distinguished physician-scientist, a leader in academic medicine, and an advocate for the integration of advanced technologies into healthcare systems. He currently serves as the Dean of the Medical School at the University of Michigan. With numerous accolades and awards, Dr. Runge has earned a reputation as one of the foremost experts in healthcare innovation. His work in bridging technology and medicine has been pivotal in reshaping the modern healthcare landscape. Dr. Runge's groundbreaking research has been published in top-tier medical journals, and he is a sought-after speaker at international conferences on healthcare innovation, technology, and policy. He is the author of the medical thriller "Coded to Kill" and the nonfiction title "Great Healthcare Disruption: Big Tech, Bold Policy, and the Future of American Medicine."
Ruth, Tara	is a native of West Virginia and earned her Bachelor of Science in Speech Pathology and Audiology from West Virginia University. She went on to receive her PhD in audiology from James Madison University. Dr. Ruth is a Fellow of the American Academy of Audiology, holds the Certificate of Clinical Competence from the American Speech-Language-Hearing Association, and is licensed by the Commonwealth of Virginia as an audiologist and hearing aid specialist. Since 2005, Dr. Ruth has been practicing audiology in Richmond. She is married with two children and enjoys traveling and watching sports, especially college football and professional hockey. Her favorite teams are the West Virginia Mountaineers, James Madison Dukes, and the Washington Capitals.
Ryther, Patricia	is retired from a career in banking and insurance. In retirement, she's enjoyed studying 19th century American History, and teaching classes on notable environmental figures from that era. She has a degree in English Literature and has taught at the community college level. Pat has been an LLI member since 2018.
Saunders, George	is a graduate of Virginia Commonwealth University. A lifelong student of railroad history, he has been an active member of the Old Dominion Chapter of the National Railway Historical Society for more than 40 years. Contributing in countless capacities, including serving on the board of directors, he currently serves as the facilities rental manager for the chapter's museum in Richmond, Virginia. In the past, George has done PowerPoint presentations on "The Development of Trains in the South and their Use in 1864" and "Railroad Communications in 1864" at the American Civil War Museum, the Richmond Railroad Museum, and LLI as part of the Sesquicentennial lecture series on the war.
Schaffer, Les	is a long time LLI instructor and a seasoned storyteller, teacher, and storytelling coach. A founding member of the Tell Tale Hearts Storytellers Theater Company and the TwoTellersTelling Tandem Storytellers, Les presents original and traditional stories in a variety of settings including concerts, schools, churches, theaters, senior living facilities, libraries, classes, workshops, story-slams, and conferences. His current passions involve coaching other tellers and hosting LLI's monthly Super Senior Storytelling Slam. Les maintains that a good story will get you out of just about anything and that all of his stories are true, especially the made-up ones.
Schmitt, James Kenneth	MD, graduated from the University of California at Berkeley in 1966 with a major in astronomy and attended medical school at UCSF before training in endocrinology. In 1974, he entered the Air Force and then the Navy. Afterward, he began work at a Richmond area hospital from which he retired in 2018. Since then, he has volunteered in many places, including Cambodia, Azerbaijan, India, Bhutan, Peru, Bahrain, Alaska (with the Eskimos), Uganda, and, for the past seven years, in Virginia. The Veterans' Administration has awarded him the Hands and Heart Award for humanism in the practice of medicine. He is a professor of medicine at VCU and has received many teaching awards.

Scimone, Bonnie	serves as the Lead Community Outreach and Marketing Specialist for The VirginiaNavigator Family of Websites. Bonnie has been with the organization since 2006. She graduated from Longwood University with a Bachelor of Science degree in Home Economics and received her Elementary Education Teaching Certificate from Virginia Commonwealth University. Bonnie has one son in Georgia, one daughter in Chesterfield and five grandchildren. Bonnie resides in Chesterfield County and serves Central Virginia and Tidewater.
Seaborn, Tom	is a native of Newport News, Virginia and holds a BS in Civil Engineering from Virginia Tech. After serving three years as a company grade officer in the Army Medical Service Corps, he started his career in Consulting Engineering and Construction Management. In 1998, he became the design manager of semiconductor wafer fabrication plants for Motorola and Siemens. Tom has been a member of LLI since 2018 and has been active in the genealogy and memoir writing classes.
Sebby, Alex	is a third-generation US Veteran. At the age of seventeen, before graduating from high school in Minot, North Dakota, he enlisted in the United States Marine Corps. During his enlistment, Alex held the Military Occupational Specialty (MOS) of 4611, combat illustrator. Combat illustrators create 2D and 3D artistic and illustrative products for use in various applications. Many veterans face challenges every day and struggle long after their service is over. Alex, like many others, believes it is up to all of us to support them and honor their sacrifices. It's important that they receive the care and resources they need to heal and thrive. Those that have served in the US military have a story to tell! Their wisdom, expertise, and experience can benefit themselves and others. They can begin writing and sharing their stories for free at https://www.wordsofveterans.com/
Simonson, Ethel-May	was born and raised in Upstate New York. She loves getting people involved in events at LLI and is a welcome addition to LLI's community of crafters. Ethel-May encourages everyone to tap into their creative side, with diamond art being one of her personal favorites. She enjoys exploring its many forms and sharing her passion for creativity with others.
Skellett, Kevin	is a pastor at Southside Church, founder of Love Never Ends ministry, and a member of the Chesterfield Suicide Awareness and Prevention Coalition.
Smiley, Jaime	MS, OTR/L, CAPS, CDP MS, OTR/L, CAPS, CDP, is an occupational therapist who now serves as a healthcare consultant, educator, Aging in Place consultant, and Certified Dementia Practitioner. Jaime is a 2001 graduate of VCU's occupational therapy program. She has over two decades of experience in senior care as a therapist, director, clinical educator, and vice president of therapy services. Jaime is also an adjunct instructor in VCU's Department of Occupational Therapy and South University's Occupational Therapy Assistant Program. Her passion lies in helping the aging population secure healthy lifestyle options as well as providing training to encourage seniors to become educated consumers of services. She has been an LLI instructor since 2024.
Smith, Shawn	serves as the State Director for the Virginia Senior Medicare Patrol (SMP). He is an ordained minister, a certified business coach, and the author of "101 Fraud Tips for Protecting Your Money, Your Credit, and Your Identity from Thieves, Hackers, and Scammers." Shawn has had a long career serving underserved and marginalized communities and is passionate about advocating for others, but he also values the process of encouraging others to become self-advocates. He has two sons, Shawn and Vaughn, and lives in Richmond, VA.
Smith, Shelvey	has been involved with doing handwork since she was young. Shelvey began cross stitching, then crocheting, and at the beginning of 2022, learned to knit at LLI. It has been very enjoyable! She has met a lot of nice people willing to share their knowledge and friendship, and she hopes others will come join the Needleworkers United group. Shelvey has been an LLI member since 2019.
Smith, Shep	is a native of Richmond. He holds a Bachelor's degree from RPI, now VCU, and a Master's degree from the University of Richmond. He taught American history at Thomas Dale High School in Chesterfield County for over 30 years.

Starr, Katie	PhD, RD, is an Associate Professor of Medicine at Duke University School of Medicine and Research Health Scientist at Durham VA Medical Center. Dr. Starr is also Co-Director of the Duke Center for Aging Clinical Nutrition Laboratory, and her research and professional experience focuses on understudied, older adult populations at high risk for chronic health conditions and functional disability. She is also the Chief Scientific Advisor for Vivo.
Steele, Karen	is a native West Virginian who moved to Richmond over 50 years ago. She holds a BA in psychology and an MA in art history. Karen taught art history at several institutions including Longwood University, Brightpoint Community College, Virginia Commonwealth University, Virginia Union University, and J. Sargeant Reynolds Community College, where she also served as curator. A reader, quilter and knitter, Karen has three granddaughters who regard her stash of yarn and fabric as a creative mess which, in their world, is high praise indeed.
Stella, Mark	has an interest in Tai Chi that started with a trip to China 27 years ago. His formal Tai Chi journey began in Cincinnati where he studied with his first instructor who had spent two years in China learning Tai Chi and Chi Gong. Then, he studied under Amber Hue, owner of the Sun Moon Dojo Tai Chi & Enrichment School in Ohio, and who had over twenty years of teaching experience. Later, Mark continued his training by learning from Larry Murray who shared his interest in Chi Gong and the Chinese teaching of healing sounds.
Stevens, Sierra	is excited to teach LLI members simple and practical tips on gratitude and joy that they will be able to incorporate into their everyday lives. She works as a preventionist for Chesterfield Mental Health and is a former elementary teacher and school counselor. An outpatient therapist, she is working toward becoming a Licensed Professional Counselor. Sierra enjoys looking for “bits of joy” in her everyday life and activities, which include playing and watching basketball, playing with her pup, Ginger, and spending time with family.
Stock, Kendalle	has been in the field of insurance in Chesterfield since 1985. A graduate of High Point University, Kendalle also earned her Chartered Life Underwriter (CLU) designation in 1999. She has owned her own multi-line insurance agency, worked in the long-term care (LTC) insurance field, and in group benefits. In 2013, she decided to make Medicare her primary focus, realizing how so many people were overwhelmed and confused by this program. Her passion is to help educate her clients so they understand the options well enough to make informed decisions about this important part of retirement. More information can be found on her website: CommonwealthMedicareAdvisors.com
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.
Swatlowski, Wayne	began his adult career as a catholic priest and served for 15 years in various areas of Appalachia. After resigning and marrying, he worked with various non-profit homeless and low-income housing organizations. Wayne graduated summa cum laude from Clown College at John Tyler Community College (now Brightpoint), has been clowning around for about 15 years with Clowns of America International and local Virginia Clown Alley #3. He retired three years ago and is now enjoying volunteer activities, reading, and watching birds and Netflix movies from his recliner. He continues to use bubbles, rocket balloons, and perform a little magic as Basa (his clown alter-ego) and loves the opportunity it provides him to be with kids and the young at heart. Wayne has been an LLI member since 2019.

Sweeney, Bill	is the founder of Livability Initiative, a nonprofit dedicated to creating safer, more inclusive communities for individuals with disabilities. With over 20 years of experience in real estate in Richmond, VA, Bill has long been passionate about housing accessibility. However, his mission became deeply personal after experiencing a spinal cord infarction in 2012, leaving him as a T4 paraplegic. Despite a grim prognosis, Bill defied the odds, undergoing countless operations and rebuilding his life. His journey gave him insight into the challenges faced by individuals with adaptive needs, particularly in housing, mobility, and community integration. Through the Livability Initiative, Bill works to bridge these gaps, advocating for solutions that allow people to live safely and independently. He believes that when you design for the greatest need, everyone is lifted up.
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), an MA in English Literature from Rutgers University (1966), and a PhD in English and American Literature from Rutgers University (1972). He has published the following books: Eudora Welty: A Reference Guide (1976); The Trumpets of Jericho: A Romantic Novel about Bands and Musicians in the American Civil War (2004); Safe at Home: Baseball and Other Forms of Life in a Small New Jersey Town (2007) and Muses of Fire (2021). Vic has also written numerous articles and book reviews and performed with the Readers Theater and the Ya Ha Players at LLI. He taught at the University of Cincinnati (1966-1970) and Thomas Nelson Community College (1970-present), where he is now a Professor Emeritus and Adjunct Professor. He is married with three children and four grandchildren. He enjoys singing with the Virginians Barbershop Harmony Society, wood carving, swimming, dog walking, and more! Vic and his wife, Sharon, have been LLI members since 2013.
Tolley, Mary Jane	earned her bachelor's degree at James Madison University and her master's at the University of Virginia. During her career as an English and creative writing teacher, she sponsored the school's literary/art magazine, developed an "Essentials of Writing" curriculum for creative writing in Henrico County high schools, taught classes in the Virginia High School League (VHSL) Workshop for Literary Publications, was a judge for the National Council of Teachers of English (NCTE) Magazine Contest, and participated in writing workshops and seminars. In 1993, she received the Virginia Gazette Award for significant contribution and, in 1994, her writing classes were selected to host novelist/poet James Dickey as a guest lecturer. Mary Jane recently took supplemental retirement to pursue her own writing and will serve as an adjunct professor at a community college. Currently, she works as writer-in-residence for Henrico County high schools. Her poems have appeared in several volumes of Virginia Writing Magazine. She has been an LLI instructor since 2024.
Tolliver, Donna	has always been interested in the liberal arts and the social sciences, earning her BA in English literature and psychology, and her MS and PhD in clinical psychology. In more recent decades, she has been enjoying country life on a horse (and dog, cat, and parrot) farm in rural Virginia, while also loving the rich history and vibrant cultural arts scene of our region. Donna has performed in local theater productions with Southside Area Community Theater, Bifocals at CAT, and LLI's own Advanced Readers Theater.
Triesler, James	has been educating and entertaining students of all ages for over thirty years. He currently serves as the Director of Education at the Virginia War Memorial and as Historian for the National Battle of the Bulge Association. Jim has a BA in political science from East Carolina University and an MEd from Virginia Commonwealth University. For twenty years, he taught social studies at Clover Hill High School in Chesterfield County. He and his students were the recipients of a Save Our History Award from the History Channel for their class project on WWII. Jim has been the Chesterfield County Teacher of the Year and the Virginia Region One Teacher of the Year. He loves learning and teaching about history!

Van Buskirk, Julia	enjoys dancing, cooking, sewing, knitting, and spending time with her family. She is happy to have been an LLI member since 2018.
Vaught, Don	is the president of Vaught, Spangler & Associates Financial Services. Don graduated from Greensboro College with a degree in business and economics and has built experience working for companies such as NCNB (now Bank of America), Lincoln Financial, and Edward Jones. He has experience in banking, regional sales, national sales, marketing, and as a business owner. As a financial advisor, Don understands the issues people face throughout their lives, and he believes his role is to be a teacher and a coach for his clients while bringing his own financial experience to help them make educated decisions. Don loves the Midlothian community, and works with organizations like the Brandermill Rotary Club, the Boy Scouts of America, the Midlothian YMCA, and Woodlake United Methodist Church. When time allows, Don enjoys kayaking and participating in charity golf tournaments. Don met his wife Jane at Greensboro College, and they have one son, Andrew.
Wahl, Stone	has a PhD in Quantum Physics; was published in Aerodynamics, in Physics, and in Finance; was lead investigator for a patent in DVR processes; and was on an Emmy-winning team. After working as a software development analyst and project manager in various industries, he made a career change in 2018 to full-time grandpa and professional disc golfer (PDGA #68590). Stone is active in his church choir, Bible studies, and children's ministry, and serves as the treasurer for the River City Disc Golf Club, which he led through 501(c)3 certification and through which he runs youth clinics and tournaments. He has been an LLI member since 2019.
Walsh, Ann-Marie	grew up in Atlanta, Georgia where she volunteered in conservation, Boys & Girls Clubs, and the arts. She had a successful career in the design and construction of commercial real estate while dealing with a genetic connective tissue disorder (early joint degradation) and caregiving for family members. These experiences equipped her to understand the needs for disability adaptation in ways that other design professionals cannot. In her free time, Ann-Marie enjoys cycling. She has been an LLI member since 2023.
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. Originally from Virginia Beach, Heather has been a mystery fan since Scooby-Doo and Nancy Drew. She writes the Pearly Girls Mysteries, the Delanie Fitzgerald Mysteries, the Jules Keene Glamping Mysteries, and the Mermaid Bay Christmas Shoppe Mysteries, and she has non-fiction pieces in Promophobia and The Secret Ingredient: A Mystery Writers' Cookbook. She is a member of Sisters in Crime National, Central Virginia, Chessie, and Guppies, and the Grand Canyon Writers, International Thriller Writers, and James River Writers. Heather blogs regularly with the Writers Who Kill. She lives in Central Virginia with her husband and a pair of Jack Russell terriers.
Welleford, E. Ayn	PhD, has taught extensively in the areas of lifespan development, developmental gerontology, trends in gerontology, and ethical decision-making. As an associate professor and the gerontologist for Community Voice, she works to make our community a great place for all people to GROW older by bridging classroom and community, affirming and equipping our workforce through appreciative education, and supporting us all in learning to love our longevity. Dr. Welleford leads VCU GeroAging Community and Continuing Education whose mission is to equip and affirm Virginia's eldercare workforce community to bring forth meaningful change. She has been known to say, "Let's do something that does something."

White, Shannon	began her journey in 1999 as a rookie dispatcher on the midnight shift and now she serves as the Chief of Personnel Development at Chesterfield Emergency Communications Center. Her work embodies the transformative power of dedication, creativity, and a love of public safety/emergency communications. Through her passion for training, Shannon imparts leadership skills, wisdom, and excitement in both new and veteran emergency communication officers, helping others discover the joy of personal development along their journey. Shannon has a degree in criminal justice from VCU and was named the 2023 Virginia APCO Trainer of the Year, having also served as a cross trained dispatcher, community educator and recruiter, lead dispatcher, assistant shift supervisor, general instructor, training officer, and training facilitator.
Whitfield, Donna	was born and raised in Newport News. She received a BA in English from the College of William and Mary and went on to teach English in grades 6-12 for thirty years. In the early 2000s, she took what was to be the first of many beading classes and was hooked. Donna was an artist in residence at the Crossroads Art Center, and today she specializes in bead embroidered necklaces and bracelets. She teaches three beading courses; one to make a beaded lanyard for the LLI name tag, one to make a necklace with matching earrings, and one to learn the basic beading skills needed to make jewelry. She has been an LLI member since 2012.
Williford, Deanna	is a transplanted watercolor artist and equestrian from Maryland who has lived in Midlothian for five years. She recently began working with colored pencils, stick pastels, and Panpastels. Deanna has enjoyed making all sorts of crafts since she was 10 years old and also been horse crazy since she was nine. Currently, she spends her barn time driving her miniature horse, Jackson. She has been an LLI member since 2023.
Winter, Alan	has published six novels, including two collaborations with litigating attorney and former federal judge, Herbert J. Stern. His novel "Savior's Day" was a Kirkus Best Book Selection of 2013. "Wolf" and "Sins of the Fathers" are suspense/thrillers about the rise of Hitler and the Nazi Party built around little-known facts that resonate with today's headlines. "When Ashes Cried" completes the trilogy and is to be published in Fall 2025. Alan graduated from Rutgers with a degree in history and has advanced degrees from NYU and Columbia.
Witt, Jordan	is the founder of and a physical therapist (PT) at Preventative Physical Therapy in Midlothian. He graduated from UVA before beginning PT school at VCU, where he received a doctorate in physical therapy. Since then, he has become a Board Certified Orthopedic Clinical Specialist and is Dry Needling certified. Dr. Witt works with patients of all ages, but most commonly he works with active older adults and people on Medicare. He is excited to bring his knowledge and experience to the LLI community.
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.