



October 2012  
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<http://www.blacksburgaarp.org>

## **October 16 Chapter Meeting at Blacksburg Community Center Sojourn Center**

The October 16 AARP Blacksburg Chapter monthly meeting will start with a bring your own "brown bag lunch" with hot beverages available at 11:30 am at the Blacksburg Community Center on Patrick Henry Drive.

The main program will feature Anne Judkins Campbell, Fred Carlisle, and Tina L. Smusz who are board members of Sojourn Center.

Sojourn Center was founded in 2007 by a group of hospice and medical professionals and community members with a conviction that all people deserve access to end-of-life care that enhances dignity, comfort, and quality of life. Now a broad based community effort, Sojourn Center will help individuals, their loved ones, and caregivers find personal meaning and worth in life's final journey.

Sojourn Center envisions a community culture that honors, celebrates, and lovingly supports the final passage of life. The Center is a community-based nonprofit organization dedicated to state-of-the-art compassionate care of terminally ill people and their families in the New River Valley of Virginia. Sojourn Center will design and build a unique residential center to serve community members in the last stages of life. It will also provide educational opportunities for students of medicine, nursing, social work, geriatrics, pastoral care, and complimentary therapies as well as practicing providers and the lay public.

The Board has entered into discussions with potential partners to explore mutual interests and benefits of such a hospice care center in the New River Valley. The Board believes that Sojourn Center can offer significant benefits to area hospitals, Warm Hearth Village, hospice agencies, and schools of medicine, nursing, gerontology,

and social work. The Board also believes that these institutions and services could provide substantial assistance to the Sojourn Center project and to the realization of its vision for the broader community.

To realize its vision, the Board of Directors is planning a capital campaign for the acquisition of land and for construction of a hospice care center and surrounding gardens, or alternatively, for the acquisition of an existing property that could be remodeled and if necessary expanded. The construction plan provides for associated space for community and provider education in end-of-life care.

### **Sojourn Hospice Care Center**

Sojourn Center will be a seven-bed, residential "hospice facility" for terminally ill people who cannot be cared for at home. It will be the only terminal care residential facility within the service areas of Carilion New River Valley Medical Center, Lewis Gale Hospital at Montgomery, and Carilion Giles Memorial Hospital, as well as Floyd, Pulaski, and Giles counties. Sojourn Hospice Care Center expects to operate at full capacity based on additional referrals from Salem, Roanoke, and their respective hospitals.

Unlike hospitals and nursing homes, Sojourn Center for Hospice Care will provide 24-hour bedside care for the terminally ill insuring rapid response to patient needs, with staff specifically trained in care of the dying including the emotional and spiritual needs of both patients and families. The expected average length of stay will be approximately 10 days. The hospice agency will provide necessary, individualized medical treatments. All of this will occur in a warm, friendly, residential setting equipped with comfortable accommodations for loved ones holding bedside vigils.

## Mark your Calendar for November 20

Tuesday November 20 our meeting will feature a forum on the "Future of Health Care in the USA" with featured speakers Bill Kallio, AARP Virginia executive director, and our newly elected congressional representative. Both senators have been invited to attend or send staff representation.

## President's Column



The Health and Wellness Fair conducted by AARP and VCOM on September 19 was a huge success thanks to John and Sharen Hillison who organized and led the event. Your Board of Directors heard all the good news from this event at its recent monthly meeting.

Add to this that Sally Anna Stapleton conducted an equally successful food drive in mid September collecting approximately 5500 pounds of food for the Blacksburg and Christiansburg food pantries.

Further, your leaders are busy at the state and national levels with developing and carrying out the agendas of AARP. Val Coluni reported involvement with the AARP Virginia Advocacy Committee, updates on health care issues, state budget issues, and utility industry rate issues. Val also informed the Board of the 2013 policy priorities for AARP Virginia. These include Financial Exploitation of the Elderly, Predatory Loans, Expansion of Medicaid, Home and Community Based Services, Hunger, and Making Sure Budget Cuts Don't Hurt Vulnerable Virginians.

Important programs are planned for you at the upcoming public meetings:

**October 16 – The Sojourn Center;**

**November 20 – updates on Health Care, including the Affordable Care Act;**

**December 11 – the Chapter Holiday Luncheon celebrating our achievements in 2012.**

Don Creamer

**Remember that you have until October 15 to register to vote!**

## Everyone needs a "health advocate" to deal with the health care system.

The above is this month's Health Tip from Larry Alexander who along with Anne Alexander publishes the Home Sweet Home News that can be read online at [www.homesweethomenews.com](http://www.homesweethomenews.com).

## Blacksburg AARP members attended the New Orleans AARP National Event & Expo



Ben and Carol Crawford on St. Peter Street, New Orleans, standing by the Preservation Hall Jazz Band. They also enjoyed the beignets and coffee at Cafe Du Monde (the original) on the edge of the French Quarter. Doing more than being tourists, however, they attended up-close and personal sessions with Emeril Lagasse (chef), Hoda Kotb (NBC program host and VT alumna), and by James Carville and

Mary Matalin. They also heard speeches by President Obama (via large screens) and by VP candidate Paul Ryan (live). Ben was interviewed by CNN.

### AARP Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 a.m. There are no meetings in July or August. Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 a.m.

PO Box 10082

Blacksburg, VA 24062

<http://www.blacksburgaarp.org>

## AARP Driver Safety Course will be November 6-7 – register now!

Cecil McBride, our driver safety instructor, will be holding a driver safety class at the Senior Center on November 6th and 7th 1:00–5:00 pm each day. Participants over 55 years of age who complete the course normally receive a discount on their liability insurance. Course registration fee for AARP members is \$12.00 and non-members \$14.00 with the exception described in below.

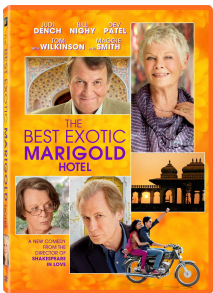
November is Veterans Promotion month. **Any veteran, spouse, dependent, domestic partner, widows or widowers may attend the class FREE.** Participants must register with Cecil as soon as possible by calling him at 552-4396 or email [cmcbride@vt.edu](mailto:cmcbride@vt.edu).

## What's new at the Montgomery-Floyd Regional Library (MFRL)

Elizabeth Sensabaugh, Blacksburg Supervisor

All branches of the Montgomery-Floyd Regional Library offer a variety of programs, services and collections. One of our more popular collections is the DVD format. All branches carry a variety of blockbuster movies, television series, documentaries, concerts and exercise videos!

To view the newest DVDs received weekly, visit our website at [www.mfrl.org](http://www.mfrl.org) and click in the 'New Arrivals' box found on the right side of the page.



One of the newest DVDs received recently is *The Best Exotic Marigold Hotel* starring Judi Dench, Bill Nighy, and Tom Wilkinson. In this movie a group of British retirees relocate to India to reside in what they expect to be a posh hotel only to learn it's on the brink of being unsalvageable! Amidst the renovation and rubble, romantic ties and subtle connections are formed. Stephen Holden of the New York Times writes "Besides its sterling cast, its ace in the hole is its pungent depiction of Jaipur's teeming streets..." The combination of the outstanding cast and the lavish scenery, set in India, will captivate you.

If you enjoy movies on the big screen, you might like to know that MFRL owns movie licensing rights and often shows movies for free! The Blacksburg Library shows many children's movies as well as teen and adult (rated PG and

PG-13) movies weekly. The Christiansburg Library offers a 'Talking About Movies' program monthly. Give us a call at (540) 552-8246 ext. 0 to learn about programs throughout the system or find the library calendar online at [www.mfrl.org](http://www.mfrl.org). Click the 'programs and activities' tab and select 'movies' for a list of movie showings in all branches.

## The AARP/VCOM Health Fair was a rousing success as evident in the photos below.



This year's crowd was the largest of all previous Health Fairs.



One service available was blood testing for diabetes.



Another service was a relaxing massage!

**Community Service/Create The Good**

Sally Anna Stapleton  
Create the Good Organizer

The 2012 National Day of Service and Remembrance, September 11 Statewide Food Drive was again a huge success. Partnering with AmeriCorps, the Federation of Virginia Food Banks, Ruritan and Virginia Triad, AARP Virginia met its goal of collecting 100,000 pounds of food. Locally the Blacksburg Chapter collected over 5000 pounds of food that was donated equally to the Interfaith Food Pantry in Blacksburg and Montgomery County Emergency Assistance Program Food Bank in Christiansburg.

A very special thanks goes out to volunteers from Blacksburg Ruritan, RSVP, and Chi Delta Alpha of VA Tech who helped collect donations and distribute the food. Thanks to the Blacksburg Sports Club for their generous donations. Last, but never least, a special thanks to our AARP volunteers who lent a hand for this project: Ben Crawford, Mary Ann Hinshelwood, Don Creamer, Sandy Birch, Angela Little, Ken Murdock, Jim Whitman, and John Hillison.



One truck load of food collected (left to right are Brian Allen, Sally Anna Stapleton, and Jim Wightman)

On September 6, 2012, Ben & Cynitha Crawford and Sally Anna Stapleton attended a State Wide Hunger Summit in Richmond. The purpose of the Summit was to generate ideas and commitments to help alleviate older adult hunger in Virginia, with a focus on 1) Raising Awareness, 2) Increasing/Improving Community Support and Services, and 3) Influencing Policy. Out of this day-long summit attendees were asked to sign up for work groups serving in the areas of Community Service, Communication, and

Advocacy. Working in one of these three groups, the groups will generate ideas, create initial strategies for making progress, and over the next 12 months with State AARP staff support begin to make a difference in Raising Awareness, Improve/Increase Community Support & Service, and Influencing Policy. As work progresses, we will keep you up to date as to the work that is being accomplished.

On October 18, 2012, RSVP will be holding their annual 'Supplies For Seniors' Walk-A-Thon beginning at 10 a.m. at the Christiansburg Community Center. Obtain sponsors and walk or sponsor someone who will be walking. It's good exercise and lots of fun, all for a good cause! Contact RSVP at 382-5775 for further details.

Volunteer in the Community! It will do your heart good.

**Financial Report for AARP Blacksburg  
Chapter 2613  
For September 2012**

<b>Balance end of September 2011</b>	<b>\$10,315.30</b>
<b>Credits</b>	
Health Fair	500.00
Dues	135.00
Interest	.40
<b>TOTAL\$</b>	<b>635.40</b>
<b>Debits</b>	
NSF check (Body Balance Spa)	250.00
NSF bank charge	5.00
Health Fair Drawing winner	100.00
Wikipedia Café box lunches	488.00
Kopy Korner	180.60
<b>TOTAL</b>	<b>\$1,023.60</b>
<b>Balance at end of September 2012</b>	<b>\$9,927.10</b>
<b>Balance in reserve account</b>	<b>\$2,680.66</b>

**Blacksburg AARP Chapter # 2613  
Membership Report  
October 2012**

**Member Profile:**

Category	Individual	Household
AARP 2012 Members	229	141
AARP 2013 Members	24	15
Lifetime Members	41	24
Life Members	11	10
Comp Members	19	19
Honorary Members	3	2
<b>Total Membership</b>	<b>327</b>	<b>211</b>

**Membership Committee: Tom Alston (Chair), Sue Farrar, Jim Wightman.**

## Nominees for 2013 Officers

The following people have been nominated as officers for 2013.

President	Tom Alston
Vice President	Leslye Bloom
Secretary	Virgil Cook
Treasurer	Brian Allen
New Board Members:	Don Creamer
	Terry Wildman
	Nola Elliott

## November is National Domestic Violence Awareness Month

Tina King, Executive Director  
New River Valley Agency on Aging

What is Domestic Violence? According to Susan Schecter, a leader in the movement to end family violence, it is, "A pattern of coercive control that one person exercises over another. Abusers use physical and sexual violence, threats, emotional insults, and economic deprivation as a way to dominate their victims and get their way."

Domestic violence knows no boundaries and no age limits. Although most victims are women, men can be harmed too. According to the National Center on Elder Abuse, every hour of every day, some woman faces the horror of physical, emotional, financial, or sexual abuse by someone they know well and with whom they have an ongoing relationship—a spouse or companion, son, daughter, or other family member.

Secrecy is an abuser's best protection. Hence, education and support are vital to a victim's safety. What can we do to help break the silence? We can educate ourselves to recognize the signs and learn about resources available. We can help spread the message that victims do not have to stay in an abusive relationship and that domestic violence is a crime.

So what are signs that something may be wrong? The following are some of the signs to help recognize domestic violence in later life. All of the signs need not be present for abuse to be occurring.

*For identifying possible victims:* Injuries that don't match the explanation of how they occurred; repeated "accidental" injuries; apparent isolation of the suspected victim; the individual says or hints that they are afraid; expressing suicidal thoughts or attempting suicide; delay in seeking

medical help; emotionally and/or financially dependent on the abuser; signs of depression, stress, or trauma.

*For identifying possible abusers:* Minimize or deny the victim's injuries or complaints; physically assault, threaten or harass the victim or victim's family, friends, pets, or others; stalk the victim; act overly attentive toward the victim, have a history of alcohol or drug abuse; turn family members against the victim; speak on behalf of the victim; be financially dependent on the victim, refuse to purchase needed prescription drugs and necessities, talk about the victim as if she/he is not there; speaking on behalf of the victim, insist on being present during every interaction.

For an individual experiencing domestic violence, there are several reasons they stay in the situation or return to it. There is often a fear that disclosure will lead to something far worse. Many victims are economically dependent on their abuser. Older or disabled victims could fear being forced to move to a nursing home. Often there is a mixture of feelings of shame and guilt with the victim blaming themselves for the abuse instead of their abuser. Last, but not least, the victim could lack information about alternatives.

As a friend or family member, how can we help someone who could be experiencing domestic violence? If the person is in immediate danger, call 911. If you are a "Mandated Reporter", obligated by law to report suspected abuse, neglect or exploitation of older and/or disabled adults, you must contact your local Department of Social Services immediately and report it to Adult Protective Services. Otherwise, lend a listening ear, but allow them to confide in you at their own pace, reassuring them that they are not alone and people are available to help. Become informed on resources and gather information to guide the victim to community services. If the victim decides to leave the abuser, as a friend or family member, offer to assist them in making a plan to be safe.

The Women's Resource Center of the New River Valley can be contacted at 639-1123 for information or the 24-hour crisis intervention hot-line. The Virginia Family Violence and Sexual Assault Hotline, 1-800-838-8238, provides confidential, 24-hour service that includes crisis

*Continued on page 6*

intervention, support, information and local program referrals.

During this month of Domestic Violence Awareness and during all the months ahead, let's work together to help victims find hope and options to a life free from violence.

Contact the Agency on Aging, your Aging and Disability Resource Connection, for information, services and advocacy support. Personalized and confidential assistance from a trained specialist is available by phone Monday through Friday, from 8:00 a.m. until 4:30 p.m. Call 980-7720 or toll-free, 1-866-260-4417.

## AARP Chapter 2613 Board Minutes October 2, 2012

**Call to Order**—President Don Creamer called the meeting to order at 10:00.

Officers Present: President Don Creamer, Secretary Virgil Cook

Board Members: John Hillison, Mary Ann Hinshelwood, Jim Montgomery, Sally Anna Stapleton

Non-board-member committee chairs and appointees: Doris Abraham, Larry Alexander, R. B. "Ben" Crawford, Curtis Finch, Margaret Kates, Carl McDaniels, S. Jewell Ritchey, Edd Sewell, Terry Wildman

**Adoption of Agenda**—The agenda was adopted with no additions.

**Approval of Minutes**—Virgil Cook moved that the minutes be approved. The motion passed.

**Membership**—Don Creamer for Tom Alston. We have 327 members, the same as last month. At the Warm Hearth Founders Day, Tom learned of the need for transportation to chapter meetings. Perhaps we could take several cars to Warm Hearth to bring members to these meetings. Providing transportation would help determine how much interest there is in attending meetings. Carl suggested that we hold a meeting at Warm Hearth to promote membership.

**Programs**—Carl McDaniels. Anne Campbell of The Sojourn Center will present the program on October 16. She will discuss plans for a hospice community in the area. In November we will have Bill Callio from Virginia AARP to discuss the future of health care after the election. The Christmas Lunch will take place at Custom Catering on December 11.

**Health Fair**—John Hillison. John circulated his report on the fair. Publicity for this year's fair was the best we ever had. The estimated attendance was 500. The gross income was \$6,650. Best Buy has promised another \$1,000. The estimated attendance is 100. We sold only 39 of the 100 box lunches. The availability of

free snacks was probably the number one reason for people not buying the box lunches. Fifty evaluations of the 100 distributed were returned. There were 100 exhibitors. We had excellent help from chapter volunteers. If Best Buy comes through, we should be able to split about \$5,000 with VCOM.

**Food Drive**—Sally Anna Stapleton. She thanked all who helped. We collected 435 bags of food, about 5,000 pounds, the largest collections in the state. The new Interfaith Food Pantry on the Blacksburg United Methodist property (former location of St. Mary's Catholic Church) is scheduled to open in October. It is a much larger facility, allowing people to wait inside as well as providing needed office space. The Interfaith Food Pantry and Montgomery Emergency Assistance received the food.

Don Creamer would like to know about the effect of WVTF's donation to area food banks via the station's semi-annual fund drive.

We have started a monthly Soup for Seniors. We distributed 60 Soup-for-Seniors bags at Warm Hearth to residents who live in subsidized housing. AARP Virginia cooperated with the Virginia food banks in the Soup for Seniors project.

Sally Anna and Ben attended a hunger summit in Richmond. AARP Virginia and the state food banks cooperated in sponsoring the summit. Goals of the summit included participants identifying and ranking steps to raise awareness, expand service capacity, and strengthen statewide anti-hunger infrastructure.

**Legislation**—Don Creamer had earlier distributed a report from Val Coluni via e-mail. Ben Crawford then distributed a report on what AARP Virginia will lobby for in the 2013 session of the General Assembly. The areas where AARP Virginia will focus its lobbying efforts include financial abuse of seniors, predatory loans, expansion of Medicaid, funding for home and community-based services, and elimination of hunger among seniors in Virginia. Additional expansion of Medicaid would serve some 420,000 more Virginians.

**National AARP Conference**—Ben Crawford. Some 25,000 people attended the gathering in New Orleans. The conference revealed the reality that the general public does not trust big government, big organizations, or big corporations. The theme of the conference was Life Re-imagined. The national office is giving up single events. There will be two meetings—one in Atlanta and one in Las Vegas—next year. Hunger, health, housing, and isolation are the four most important concerns of the elderly. AARP has a new partnership with the Small Business Administration. The goal of the partnership is to determine how to create more jobs. President Obama answered questions by remote video. Paul Ryan also spoke. There was a large contention of non-whites

represented at the conference. These groups heavily supported Obama in 2008.

**Health**—Larry Alexander. Be a health advocate. Take someone else with you to doctor visits. Someone who is not a relative is better because they can view issues more objectively.

**Awards**—Don informed the group that Juanita Wightman is yet to receive any nominations for chapter awards.

**Newsletter**—Edd Sewell. Edd asked for contributions for this month's newsletter. He can put pictures on the Web site when there are too many for the newsletter.

**Virginia Tech Retirees**—Margaret Kates. Margaret informed the board about several upcoming trips for the retirees association. On October 12 at 10:00, there will be a tour of local theaters. The fall retirees luncheon will take place on October 25 at the Inn at Virginia Tech.

**Publicity**—Nancy Eiss has made up fliers on the upcoming chapter program.

**Driver's Ed**—Curt Finch. There will be a course offered in November.

**Nominations**—Mari Ann Hinshelwood presented the following slate: Tom Alston, president; Leslye bloom, vice president; Brian Allen, treasurer;

Virgil cook, secretary. Board members: Don Creamer, Terry Wildman, and Nola Elliott.

**Treasurer's Report**—Because Brian Allen was absent, Don Creamer distributed the report. Balance at the end of August, \$10,315.30; total credits, \$635.40; total debits, \$1,023.60; ending balance, \$9,997.10.

John Hillison observed that we must determine how much of our budget we should spend for donations. John Hillison moved that the report be accepted. The motion passed.

Don Creamer reported that he received a call from Nancy Siford, who works with the Senior Medicare Patrol Program. She is interested in training local people on the issue of Medicare fraud.

**You've Earned a Say**—John Hillison. John distributed a pamphlet that contained a questionnaire on ways to save Social Security. Those present took the quiz.

**RSVP's Walkathon**—Doris Abraham reported on the upcoming event, which is scheduled for October 18 at the Christiansburg Community Center. Ben suggested having forms stating your volunteer hours to fill out at chapter meetings. RSVP's funding is based on community-volunteer hours.

**Adjournment**—The meeting was adjourned at 11:46.

Virgil A. Cook, Secretary

## 2012 Committee Chairs and Members

<u>Committee</u>	<u>Chair/Members</u>	<u>Contact</u>
Caring Chapter Awards	Margaret Kates Juanita Wightman Jim Montgomery	552-4107 552-2007 <a href="mailto:wightman@vt.edu">wightman@vt.edu</a> 552-6735 <a href="mailto:jrmonte@verizon.net">jrmonte@verizon.net</a>
Community Service Driving Safety Courses	Sally Anna Stapleton Curt Finch Cecil McBride	552-0505 <a href="mailto:zulla1947@verizon.net">zulla1947@verizon.net</a> 552-8179 <a href="mailto:crfinch@vt.edu">crfinch@vt.edu</a>
Financial Planning and Audit	June Schmidt John Hillison Dale Oliver	552-1590 <a href="mailto:schidt@vt.edu">schidt@vt.edu</a> 552-8941 <a href="mailto:johnhillison@comcast.net">johnhillison@comcast.net</a> <a href="mailto:jdoliver@vt.edu">jdoliver@vt.edu</a>
Health History Hospitality	Larry Alexander Doris Abraham Leslye Bloom Sue Farrar	951-8172 <a href="mailto:aalexand@radford.edu">aalexand@radford.edu</a> 382-3392 <a href="mailto:dsta118e@verizon.net">dsta118e@verizon.net</a> 951-2025 <a href="mailto:leslye@leslyebloom.com">leslye@leslyebloom.com</a> 381-1830 <a href="mailto:suefarrar@verizon.net">suefarrar@verizon.net</a>
Legislative	Val Coluni Ben Crawford	961-5014 <a href="mailto:vcoluni@aol.com">vcoluni@aol.com</a> 961-5733 <a href="mailto:ben.crawford@vt.edu">ben.crawford@vt.edu</a>
Membership	Tom Alston Jim Wightman Edd Sewell	757-651-3065 <a href="mailto:tpalston@gmail.com">tpalston@gmail.com</a> 552-2007 <a href="mailto:wightman@vt.edu">wightman@vt.edu</a> 951-1746 <a href="mailto:eddsewell@gmail.com">eddsewell@gmail.com</a>
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**Don Creamer, President**  
**AARP Chapter #2613**  
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## **2012 Officers & Board Members**

### **Officers**

President	Don Creamer	<a href="mailto:dgc2@vt.edu">dgc2@vt.edu</a>
Vice President	Tom Alston	<a href="mailto:tpalston@gmail.com">tpalston@gmail.com</a>
Secretary	Virgil Cook	<a href="mailto:vcook@vt.edu">vcook@vt.edu</a>
Treasurer	Brian Allen	<a href="mailto:brian.allen@prodigy.net">brian.allen@prodigy.net</a>

### **Board of Directors**

*Class of 2012* -- Mary Ann Hinshelwood, [mah@mahinshelwood.com](mailto:mah@mahinshelwood.com), June Schmidt, [schmidtj@vt.edu](mailto:schmidtj@vt.edu)

*Class of 2013* -- Tom Alston, [tpalston@gmail.com](mailto:tpalston@gmail.com); Jim Montgomery, [jhmontgome@verizon.net](mailto:jhmontgome@verizon.net); Juanita Wightman, [Wightman@vt.edu](mailto:Wightman@vt.edu)

*Class of 2014* -- Leslye Bloom, [leslye@leslyebloom.com](mailto:leslye@leslyebloom.com); John Hillison, [johnhillison@comcast.net](mailto:johnhillison@comcast.net); Mary Ann Hinshelwood, [mah@mahinshelwood.com](mailto:mah@mahinshelwood.com)