

# THE CATALYST



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2017 SPRING/SUMMER



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Healthy communities.  
Bright futures.

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VIRGINIA TO SUPPORT GOOD HEALTH AND BRIGHT FUTURES.**

### FRONT COVER

Jean Blackwell stands beneath a giant sailfish caught by her husband on a business trip years before his death. Jean lost her husband to Alzheimer's in 2016. Read her story in "Loving Jimmy" on page 8.

## CONTENTS

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**02**

**TEACHING THROUGH ACTION**  
**GREATER RICHMOND FIT4KIDS**

**04**

**JRF AWARDS GRANTS TO**  
**16 NONPROFITS**

**05**

**FAREWELL TO**  
**JAMES "TOMMY" BUREN**

**06**

**DROWN PROOFING HOPEWELL**  
**SWIMRVA**

**08**

**LOVING JIMMY**  
**CRATER COMMUNITY HOSPICE**

**10**

**THE POWER OF ENDOWMENTS**

**13**

**REMEMBERING RODERICK MANIFOLD**


**15**

**2016 DONOR CLUBS**

**18**

**MEMORIALS & HONORARIUMS**





Patrick Copeland  
Elementary students  
weed the school garden  
before they try a sample  
of the crops.

# TEACHING THROUGH ACTION

GREATER RICHMOND FIT4KIDS

Cynthia Piazza is standing at the back of a group of kindergarten aged children and following along as a young boy leads his classmates through Vrkasana, better known to these children and many others as “The Tree Pose.” They are practicing alphabet yoga to cool down and calm their minds after rigorous play and learning activities.

Not a half hour before, Cynthia and I stood between four raised plant beds behind Patrick Copeland Elementary School (PCES) where surprisingly strong hordes of lettuce, carrots, broccoli and various herbs grew. First-graders were weeding this garden as two Fit4Kids “farmers” explained why weeding is so important. When they finished, each student sat down at a picnic table to try out salad made from the crops planted last fall (which smelled amazing).

It’s Cynthia’s second and final year teaching and integrating the Fit4Kids program into PCES. She is one of Fit4Kids’ four Wellness Integration Specialists that spend two years at a Title I school before moving to the next location.

“The first year tends to be a “transitional” year. The staff are not quite sure what exactly my role is in the building. We have four specialists (Chesterfield, Richmond, Petersburg, Hopewell) but our individual schools and needs steer the direction of what we are involved with. No program looks identical and that is what makes it successful. The second year we continue to integrate lessons and I hope to see more collaboration with staff. I begin to ask teachers how they can continue some of what they have seen... The model is two years of integration and then sustainability. Most schools do not want their specialist to leave; but our mission is to touch and reach as many schools, children and communities as we can!”\*

In the first year, Cynthia is demonstrating in the classrooms a lot more. Before the garden and alphabet yoga that day, I watched Cynthia lead a class of first-graders through a math lesson.

They completed an addition problem and once they found the sum, Cynthia and the kids did the same number of jumping jacks or squats. To say she is full of energy is an understatement.

So, why all this activity and running around during the school day? Shouldn’t kids be, you know, learning?

Well, childhood obesity rates have tripled across America in the last three decades matched with a decline in exercise and outside play.\*\* If these trends continue, today’s youth will be the first generation to have a shorter life expectancy than their parents. John Randolph Foundation believes in fighting for the health of children in our area, and Fit4Kids is a perfect partner. They don’t just teach about healthy habits and exercise, they integrate health and wellness into all of their activities. Things like recumbent bike reading, subtraction tag, and time in the garden all contribute to the same goal.

So, while Cynthia is doing jumping jacks and squats, what she’s really doing is forcing these kids to learn both mentally and physically at the same time, ensuring that they put these things to memory and get in a lot of exercise.

“Active, well-nourished children learn more at school, have greater self-esteem, and grow to lead productive lives. Preventing childhood obesity isn’t just about avoiding extra weight and disease, it’s about building a brighter future. Fit4Kids is working to build this brighter future by infusing schools with a culture of health and wellness. Through this culture change, we strive to make the healthy choice the easy choice. And, after 26 years of teaching....every person I touch is a new relationship that can help me grow and learn; I can only hope I leave behind a legacy of learners (teachers, parents and students) and of course runners!”\*

\* Quotes from an email interview with Cynthia.

\*\* Information taken from the Fit4Kids website.



# JRF AWARDS GRANTS TO 16 NONPROFITS

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The 2016 Fall Grant Cycle was a special one. Not only was it the first time that each grant awarded was 100% of the requested amount, it was also the biggest crowd we've seen at a Grant Awards Ceremony. Thank you to the 16 nonprofit partners who received a total of \$391,074 to help residents of the Tri-Cities area in the fields of health, quality of life, and education. We are so grateful for your hard work!

## HEALTH

**ALS Association:** \$10,000 to support people with Amyotrophic Lateral Sclerosis in the Hopewell area

**Colonial Heights Food Pantry:** \$20,000 to alleviate hunger in the Colonial Heights community

**District 19 Community Services Board:** \$15,500 for emergency medication assistance for people with mental illness

**FOLAR - Friends of the Lower Appomattox River:** \$50,000 for administrative support for the creation of the Lower Appomattox River Heritage Trail

**Gateway Homes:** \$35,000 for the Community Reintegration Program serving those with mental illness

**Greater Richmond Fit4Kids:** \$45,000 to continue health and wellness program in Hopewell schools

**Jackson Feild Homes:** \$10,000 to help build a new outdoor recreation center for children with mental health disorders

**National Alliance on Mental Illness - Central Virginia:** \$9,250 to support people with mental illness and their families

**Prince George County Parks and Recreation:** \$46,912 to provide fitness equipment for the Central Wellness Center

**project:HOMES:** \$30,000 to build wheelchair ramps and ensure safe and accessible homes for people in need

## QUALITY OF LIFE

**American Red Cross:** \$10,000 to support people who have experienced home fires with emergency relief and resources

**STORY - Southside Transformation Opportunities for Residents and Youth:** \$26,912 to work with students in the Thomas Rolfe community of Hopewell through the new Math, Literacy and Leadership program

**VirginiaNavigator:** \$7,500 to help veterans navigate services and healthcare through the new VeteransNavigator website

## EDUCATION

**Big Brothers Big Sisters:** \$30,000 to match mentors with students at Harry E. James and Dupont Elementary Schools

**Children's Museum of Richmond:** \$5,000 to provide early enrichment programs for Hopewell students

**Smart Beginnings Southeast:** \$40,000 to promote quality childcare and school-readiness for children in the Tri-Cities area

# THE BOARD OF TRUSTEES BIDS FAREWELL TO JAMES "TOMMY" BUREN

In January 2017, the Board of Trustees bid farewell to Tommy Buren after nine years of dedicated service. Tommy served in different capacities through the Grant and Scholarship Programs, as well as providing financial knowledge and expertise to the Audit and Investment Advisory Committees. Not only is Tommy a servant to his community through his work at the Foundation, but recently he retired from the Bank of Southside Virginia where he worked for 48 years serving customers and making our communities more prosperous for residents and businesses alike. Tommy's love of community is reflected in his service as a volunteer fireman for over 60 years with the Prince George Volunteer Fire Department Company 1, saving countless lives and property. However, his greatest love is his family. Tommy has lived his entire life in the Prince George community with his wife, Gloria, and daughter Leslie, and he is the proud grandfather of Bradley Cooper, a senior at North Carolina State University. To recognize and honor Tommy's service, the Foundation will award a \$1,000 scholarship to a deserving student in 2017 in his honor.





# DROWN PROOFING HOPEWELL SWIMRVA

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A cowbell sounds across the Hopewell Community Center swimming pool as a swim instructor announces that Dante is moving on to Station Three. The whole room erupts into applause for Dante before returning to their lessons. Ryan Nester, the SwimRVA Learn-To-Swim Program Coordinator, is in the water supporting a student learning to float. It's obvious she's a little scared, but that's what Station One is for: students who are fearful of the water. Ryan ran her and two other Station One students through a variety of challenges and exercises, teaching them how to get their heads under the water and to push air out through their noses. By the end of the 45 minute class, I watched all three of those kids ring the bell and move on to Station Two.

Ryan Nester runs through a breathing exercise with a Learn-To-Swim student.



Conquering fears, cheering for each other, learning practical skills — it's all part of SwimRVA's Learn-To-Swim program offered to Hopewell second-graders through their school curriculums. Each of the seven learning stations focuses on a specific set of skills like breath control, floating, freestyle, and diving. But the best part? It's free to students who may not have the opportunity to take lessons outside of school.

"The fact that these classes are free to the families makes all the difference. Not everyone has it in their budget to take classes for something they consider an unnecessary skill... So when parents hear we are offering these classes for free, and that we've worked it into their school curriculum... not only are we getting the kids that love to swim and can't believe they're getting to go... we're also getting my personal favorite: those that are doubtful of their abilities down to those scared stiff of the water," said Ryan.

SwimRVA does more than just teach kids to swim, they boost self-esteem and encourage new friendships by noting the achievements of each child. When a student completes a station, Ryan and his team make a point to pause and announce the student has moved forward in the program, and the kid gets to ring a loud cowbell to get everyone's attention. They even take a moment for everyone to clap and cheer for the station graduate.

"After a class or two, you can see a profound difference in their confidence, self-esteem, and how they carry themselves.... They're standing up taller, making eye contact, high-fiving or shaking hands. There's a clear impact on how they view themselves (and life in general) after a small taste of success. My biggest reward is seeing them come back to continue learning to swim. Some have even gone on to join my swim team or coach Jacob's water polo team."

SwimRVA, in cooperation with the Hopewell Community Center, is a John Randolph Foundation grantee. We awarded this grant because we want to drownproof Hopewell by teaching every Hopewell second-grader how to swim. With more than 75% of Hopewell students living in poverty, these youth are the least likely to learn to swim on their own. As a result, they are not only denied an opportunity for health and a better quality of life, but they are also put at grave risk. Drowning is the second leading cause of death for children under 14. Together, we are tackling this major health concern.

"The Learn-to-Swim program is unique in that we are able to reach out to families who may have never considered taking lessons before, and because it's done while they are at school, not only are we helping them learn a skill that's going to keep them healthy and fit for their entire lives, but we're also building self-esteem and confidence, and maybe a new friendship or two that hopefully lasts just as long. But it wouldn't have the same reach, we wouldn't be able to effect those who would benefit the most without the support from the John Randolph Foundation."

At the end of the lesson, I watched the students take turns jumping into the water. Many of them started out just like Ryan's students: scared and unsure of themselves, but thanks to the Learn-To-Swim program and its reach to Hopewell through the Hopewell Community Center they are confident and excited to get in the pool. One moment that touched me deeply was watching the girl I described earlier turn back before heading to the locker room. She embraced Ryan and thanked him, no longer fearful to dive in.

*\* Fictional name.*

*\*\* Quotes from an email interview with Ryan Nester.*

# LOVING JIMMY

## CRATER COMMUNITY HOSPICE

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Jean Blackwell opened the front door of her home and greeted me with a smile and a warm handshake. Stepping inside, I couldn't help but gasp at the enormous sailfish on the wall above her fireplace. "Jimmy caught that on a business trip," she said. I responded in amazement, "How? Where? ... You can't be serious." But she was. Jimmy had fished since his childhood, and he caught the sailfish on a business trip in South Florida before he retired.

We sat down in the living room, and Jean shared about her experience caring for her husband, James "Jimmy" Blackwell, Jr., as he journeyed through Alzheimer's. They met at a Virginia Polytechnical Institute (Virginia Tech) dance in Hopewell. Though they attended with other dates, Jimmy noticed her and asked a friend for Jean's phone number. "I thought I probably won't hear from him for a couple days... next morning he called! We went together for a year before we got married, and we were married 63 years."

Jean and Jimmy had five children - Debbie, Linda, Jim, Tom and Nancy.

"He was not real strong with the children. I had to be the one to whoop 'em... but he was a very gentle man. He loved to fish and hunt... and he was a wonderful father, I mean, he just taught the kids so much. He could do anything, fix anything, and when he did it, he had the boys come and watch him. One of them has turned out just like him."

The Blackwells lived for 25 years in Hopewell and Prince George. When Jimmy was diagnosed with Alzheimer's, Jean and her daughter, Nancy, took care of him themselves. "It was hard to communicate with Jimmy. I had to keep asking, 'What did you say?' and I hated to do that, but I couldn't tell what he was trying to tell me. That was one of the hardest things, not being able to communicate. I couldn't be close to him...."

Even through the grief of Alzheimer's, Jean still has fond memories.

"I fixed breakfast every morning while Nancy was getting him up ready to come in here and eat. He'd come up the hall, and when he got to the door to the kitchen he would always say, 'Hi, honey,' and I'd always come 'round and kiss him. And one morning he said it halfway up the hall before he got to the kitchen. Nancy would say, 'Daddy, we're not quite there yet.' I thought that was so cute."

But eventually, Jimmy's health began to decline quickly. Both Jean and Nancy knew they needed help. "I noticed Jimmy was getting worse. He got very quiet... He didn't want to take baths, he was losing interest in everything."

It was at that point that they decided to call Crater Community Hospice. The CCH nurses and caregivers were able to reach Jimmy and care for him in a way Jean and Nancy struggled to achieve. CCH continued to work with the *continued on page 14*





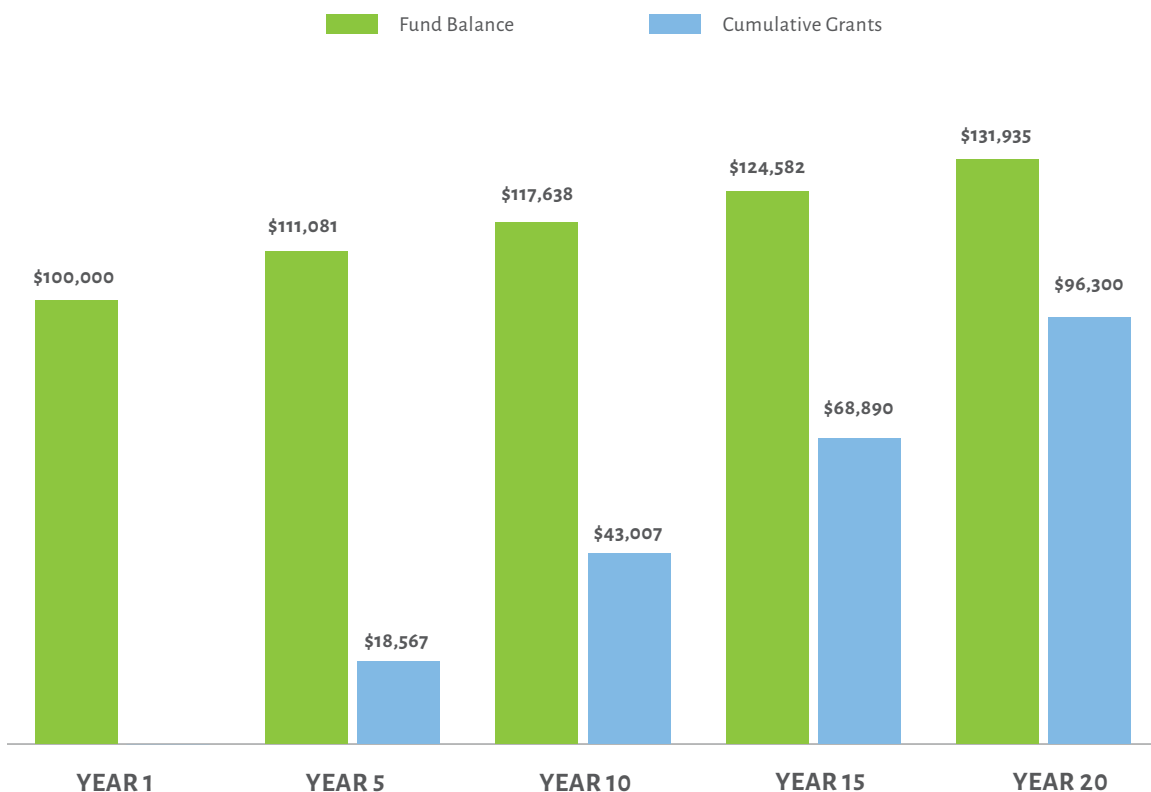
Jean Blackwell sits in Jimmy's chair in the living room of their home. Jimmy would sit in this chair and talk to Crater Community Hospice workers before he passed away.

# THE POWER OF ENDOWMENTS

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Endowments are a great way for donors to create enduring investments in the community. An endowed gift to the Foundation is professionally invested by our long-time partner, The Colony Group, with oversight by our Investment Advisory Committee. The Foundation gives away a portion of the endowment's investment returns through grants, scholarships, and awards. For donors, an endowment enables their values and priorities to endure long after they are gone.

Below is an example of how an endowment works. An endowed gift of \$100,000 could give away \$96,300 to the community over 20 years while growing the endowment to \$131,935. As the endowment grows, so does your impact on the community.



*Note: These figures are based on a 6.1% investment return which has been the JRF average for the past 20 years.*



## upcoming EVENTS

### FRIDAY, MAY 5

Owen Golf Tournament

### SATURDAY, MAY 13

Hometown Heroes 5K & Little Feet Meet

### FRIDAY, MAY 19 & SUNDAY, MAY 21

Scholarship Awards Ceremonies

### THURSDAY, JULY 20

Grant Awards Ceremony

### SUNDAY, OCTOBER 8

Friends of the Foundation

### SATURDAY, OCTOBER 28

City Point 5K & Kids Fun Run

# YOU CAN CREATE HEALTHY COMMUNITIES AND BRIGHT FUTURES

Thank you for partnering with us to support good health and bright futures for our communities.

### JOHN RANDOLPH FUND

☐ Support JRF's unrestricted annual fund.

### ENDOWED FUNDS

- ☐ Appomattox Regional Library Endowed Fund
- ☐ D. Paul Karnes Endowment for Wellness
- ☐ Frederick T. Gray & Evelyn J. Gray Memorial Endowment Fund
- ☐ Hopewell-Prince George Community Health Center Endowed Fund
- ☐ Trudy Bogese Endowment for Youth Development
- ☐ Ursula M. Gibbs Endowment for Medication Access
- ☐ Ursula M. Gibbs Endowment for the Beacon Theater
- ☐ Ursula M. Gibbs Endowment for Weston Manor
- ☐ Ursula M. Gibbs Unrestricted Memorial Endowment

### SCHOLARSHIP OR EDUCATOR AWARD

A full list of scholarships and awards is located on our website at [www.johnrandolphfoundation.org/donate](http://www.johnrandolphfoundation.org/donate).

John Randolph Foundation is a 501(c) 3 organization. FEIN 54-1649268. All gifts are tax-deductible.

# MAKE AN IMPACT GIVE TODAY

## NAME

(as you wish it to appear in our annual report)

## ADDRESS

## PHONE

## EMAIL

Enclosed is my gift of \$ \_\_\_\_\_  
payable to John Randolph Foundation.

- ☐ My employer will match my gift.
- ☐ Matching gift instructions are enclosed.

My gift today is (circle one)  
**IN HONOR OF** or **IN MEMORY OF**

To give via debit or credit card, please go to  
[www.johnrandolphfoundation.org/donate](http://www.johnrandolphfoundation.org/donate)

## BECOME A MEMBER OF THE LEGACY SOCIETY

- ☐ I have included John Randolph Foundation  
in my estate plans.
- ☐ I would like information about including John  
Randolph Foundation in my will.

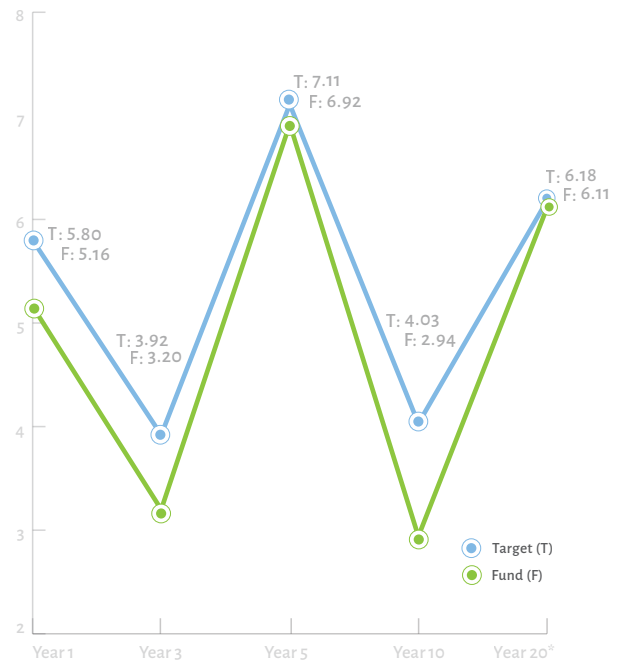
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- ☐ Please send me a monthly giving form.

For a full list of ways you can give, including appreciated stock,  
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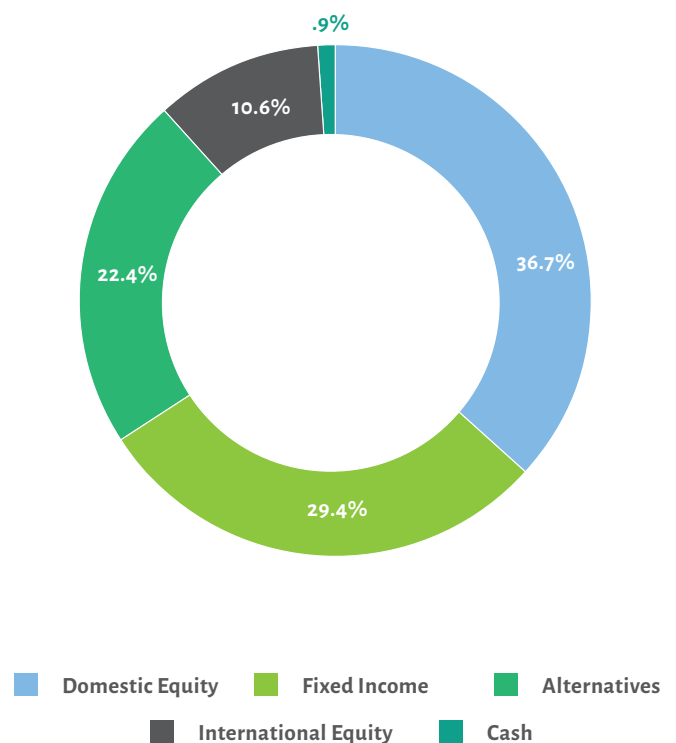
# INVESTMENT SNAPSHOT

## HISTORICAL PERFORMANCE



\* John Randolph Foundation was founded in 1995

## YEAR END 2016 ASSET ALLOCATION





# REMEMBERING RODERICK MANIFOLD

## AN INSPIRATION, A LEADER, AND A PASSIONATE HEALTH CENTER ADVOCATE

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The world lost an incredible leader in Roderick “Rod” Manifold on January 23, 2017. Roderick, better known as Rod, was the Executive Director of Central Virginia Health Services (CVHS), a flagship grantee of the Foundation. Rod had been with CVHS for 32 years and had served as their Executive Director for the past 25 years.

Rod’s impact on the health center world and on each person he knew was profound. At CVHS, he was a wonderful mentor and friend who encouraged and nurtured each person’s professional growth. Under Rod’s leadership, CVHS grew from three to 16 health center locations across Virginia, including the Hopewell-Prince George Community Health Center.

Lisa Sharpe, Executive Director of John Randolph Foundation, shared this about her colleague. “Rod was bigger than life. He always had a big smile planted on his face after driving at least an hour from home for a 7:30 am Advisory Board meeting here at the Foundation. He was always so positive and genuinely loved Central Virginia Health Services. Although Rod is no longer with us here, his life’s work will live on through the hundreds of thousands of lives that he made healthier and better.”

Indeed, Rod leaves behind a tremendous legacy, and he will be missed by his colleagues from the Hopewell-Prince George Community Health Center Advisory Board and John Randolph Foundation.



Jean holds Jimmy's portrait on her lap while wearing his wedding band. She lost her ring during the last few days of Jimmy's life, but she wanted to keep something on her finger so she wears his ring now.

... *Loving Jimmy continued* Blackwells over two months before Jimmy passed away. "They were absolutely wonderful. I do not know what I would have done without them. They all had their own personality, but it was good. They knew how to handle him and that was important to me.... He accepted every one of them."

Crater Community Hospice is the only nonprofit hospice in the Tri-Cities area. Their nonprofit status allows them to provide hospice care to anyone in need, regardless of their ability to pay, as well as resources to caregivers and bereavement support to those who have just lost a loved one.

"Crater Community Hospice is one of JRF's grantees doing especially valuable work. 'Help is Here' is their motto, and many families and patients look to CCH for serious illness and end of life education, quality care, and supportive services," said Mike Williams, Chairperson of the JRF Grant Committee and General Manager of Cogentrix Energy, LLC in Hopewell.

Bathing, shaving, meals, even just watching

Jimmy so Jean and Nancy could grab some lunch and take a breather, Crater Community Hospice was a support and comfort to the Blackwells in a very difficult time.

"They were very good to me. They were asking me, 'Are you alright?'. See, they always asked that every time they came in, 'Are you alright?,' before we start on Jimmy, I want to know how you're doing."

It was that kind of concern, concern for Jimmy and his loved ones that made a real impact on Jean. In the 10 months after Jimmy's death, Crater Community Hospice has kept in touch with Jean. They call and check in to make sure she's getting on okay, and that has touched Jean deeply. She even went to their memorial service this year.

"I'm very happy with the way everything went. I have no regrets. I'm so glad we called hospice... I'm so glad. I know I couldn't have done it by myself. I'm getting up in age too, and by the end of the day, I collapsed in that bed. I feel blessed that the hospice was there to help us."

# THANK YOU DONORS!

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