

the Catalyst

IMPROVING THE HEALTH AND QUALITY OF LIFE IN OUR COMMUNITY

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MISSION

The John Randolph Foundation is working to improve the health and quality of life for residents of Hopewell and the surrounding areas.

JOHN RANDOLPH FOUNDATION

P.O. Box 1606 / 112 North Main Street

Hopewell, VA 23860

(804) 458-2239 • www.johnrandolphfoundation.org



JOHN RANDOLPH FOUNDATION



Felicia Epps, Coordinator, for the Tri-Cities Branch of the Alzheimer's Association works at her computer while Association Director, Mary Ann Johnson looks on.

The Alzheimer's Association Emphasizes Understanding and Compassionate Care

IMPROVED TECHNOLOGY AND MEDICAL CARE are helping people live longer, but with this added life expectancy comes an increase in Alzheimer's disease. As a result, the need is soaring for understanding and compassionate care for people struggling with this disease. This can also be a very challenging time for the families or caregivers.

Costly programs like assisted living, respite care, or a full-time nursing facility is not an option for many, and family caregivers often attempt to take total care of their loved one until death. This commitment can be overwhelming and filled with stress, anxiety and burnout.

Consider the following story of Betty, a woman who lives in the Tri-Cities area and is the daily caregiver of her father-in-law who was diagnosed with Alzheimer's disease and moved into their home.

"On his 'alert days' he talks non-stop," said Betty. "He remembers his childhood, WWII, and tries to remember all the members of his family. He knows his memories are fading faster each day, and he tries to keep them alive by repeating them over and over. He said he wants someone to hear his stories so they can pass them on to future generations."

"I love him," Betty continued, "but some days I wake up and I dread getting out of bed. I'm 45 years old and sometimes I just want to scream out, 'When will I have a chance to live out some of my own dreams?'"

Care giving impacts the mental, emotional and physical health of the caregiver, and may lead to abuse of the loved one with Alzheimer's. Studies have shown that education and respite reduce stress and improve the quality of life for them and their families.

Continued on Page 2 - See Improved Technology

Where Are They Now?

IN 2002, WHEN SUSAN BACK applied to the John Randolph Foundation for a scholarship to help her achieve her dream of becoming a registered nurse, she was not your typical college student. She had already completed four semesters at John Tyler Community College where she had maintained a 4.0 average and was a member of the Phi Theta Kappa Honor Society. In addition to this, Susan was 46 years old, and had been out of school for 18 years. She also did work-study in the chemistry lab, served in two PTA groups, taught Sunday school and led a Youth Group every Wednesday night. And she did all this while caring for her husband and four children!

That year, Susan was awarded the Joan Glascock Skaggs Nursing Scholarship. This scholarship was established in 1998 by Dr. Jerome Skaggs to honor his late wife, Joan Glascock Skaggs. Mrs. Skaggs had been a registered nurse who had held high ideals of the nursing profession. She had also been an advocate of excellent education and fundamental training for nurses and the scholarship program had been established to foster these ideals in future generations of registered nurses. Susan Back was a natural fit for this award.

"You've changed my life and the lives of our entire family," Susan told Dr. Skaggs when she visited him at the Foundation. "I had been home raising kids for 18 years and didn't know anyone would go out on a limb for me, but you did. Without

the scholarship, I would have had to quit school and go to work and could never have become a nurse."

The \$2,500 scholarship is funded by private donations made in memory of Mrs. Skaggs and is potentially renewable for one additional consecutive year assuming the applicant continues to meet all criteria and submits an application for renewal. Susan was awarded the scholarship again the following year and graduated in 2004.



Susan Back and Dr. Jerome Skaggs

Following graduation, Susan worked as an operating room nurse at several hospitals, including the John Randolph Medical Center. She answered a calling to work with hospice patients, and when she spoke of her time with these patients, her passion for her work was easy to see.

"That was probably the most rewarding thing I've ever done," said Susan, remembering the experience. "When you walk into a person's room, you're there with them during one of the hardest times

in their lives and you become their hero because you can help them."

Currently, Susan is venturing into another new nursing experience. She is the school nurse at Harry E. James Elementary School in Hopewell.

She said she's especially excited to be working with the special-needs children there. "Plus, I'll get to be home in the evenings to spend time with my family," she said with a smile.

Susan is also excited about working in the city where she grew up. Having graduated from Hopewell High in 1975, her life has come full circle and she had this advice for others who might be struggling to go to school. "I grew up in a single-family home and we lived in poverty. But you can't let the circumstances of your life define who you are or keep you from doing what you want to do."

Through the generosity of individuals and local businesses in our area, the Foundation is honored to offer a growing number of scholarship opportunities for students like Susan who reside in the communities we serve.

Future editions of The Catalyst will continue to feature articles focusing on past scholarship recipients entitled, "Where Are They Now?" If you are a past recipient, please call or email John Randolph Foundation to share your story!

Improved Technology - continued from page 1

In 1981 The Alzheimer's Association Greater Richmond Chapter began providing support to individuals and caregivers struggling with Alzheimer's. In 2002 the John Randolph Foundation helped establish a Tri-Cities branch of the organization so people like Betty and her family could have access to these services also.

"There are nearly 3,000 individuals in the Tri-Cities area that have Alzheimer's disease," said Felicia Epps, Coordinator of the Tri-Cities Branch of the Alzheimer's Association. "For every afflicted person, there are usually three or more family members and/or caregivers also adversely affected."

The John Randolph Foundation understands the importance of education in light of the sometimes adverse impact care giving has on family members. It also understands the need for respite, or

temporary relief for those who are caring for Alzheimer's patients. The Foundation is partnering with the Alzheimer's Association Tri-Cities Branch to provide an early and ongoing point of contact for people who are diagnosed with Alzheimer's as well as for their families and caregivers. They are also providing specially-tailored education and skills-training programs to help people caring for a person with Alzheimer's.

This past year the Tri-Cities Branch of the Alzheimer's Association held three informational forums that addressed a wide range of topics including, *Legal and Financial Aspects, Coming to Acceptance, Preparing for a Doctor's Visit, Tips for Bathing, Aging Well, Fall Prevention and Taking Care of the Caregiver*. They also offer respite scholarships and respite vouchers for caregivers to be able to attend their education programs.

Besides operational support, the John Randolph Foundation has helped fund speakers, books and educational materials, as well as a large portion of the respite cost. With this support, caregivers come to the conferences knowing their loved ones are safe.

In the words of one attendee who lives in the Petersburg area and has been the primary caregiver for her husband since 2006, "I love to attend these programs and support groups because I get a better understanding of my husband's disease and how to cope with it. Plus, it just helps to know I'm not alone in this struggle."

If you would like to know more about the ongoing informational forums and services offered by the Tri-Cities Branch of the Alzheimer's Association, contact Felicia Epps at their toll-free number (800) 272-3900.

Golfers "Hit the Green" for JRF Scholarships!



Dia Nichols and a JRM Sponsor Team



2011 Co-Chairs Mike and Lee Mahaney

On Monday, October 10th, twenty-two teams of golfers came out to "Hit the Greens for Scholarships" under sunny skies at the Country Club of Petersburg. The day kicked-off with a delicious barbecue lunch and ended with a social where winners were recognized and prizes awarded. The event raised over \$20,000 that has since been distributed to the scholarship funds managed by the foundation.

For the past 12 years, this fun-filled event has raised money for John Randolph Foundation's scholarship funds which have been established by individuals, civic organizations and area businesses. Over the years, these funds have given almost 500 area students the opportunity to pursue their educational goals by attending college and technical schools!

As in past years, the John Randolph

Medical Center was the Naming Sponsor. Throughout time, this generous partnership has translated into \$117,000 in scholarship support as well as a \$50,000 donation to establish a Nurse Educators award. The Foundation is extremely grateful for JRM's bold commitment to education.

Father and son team, Mike and Lee Mahaney, co-chaired this year's exciting tournament. In addition to competing for first, second and third place, golfers also vied for the longest drive, closest to the pin, and a chance at 'beating the pro'. Strosnider Chevrolet offered the opportunity to win a 2011 Chevrolet Equinox with a hole-in-one contest on the 9th hole.

The winning team included Mike Mahaney, Lee Mahaney, Jerry Triplett and

Vance Johnson from the Ford Agency. Second place went to John Mosteller, Rick Rowland, Brian Hayes, and Don Everett from Colonial Webb. Doug Wright, Franky Myers, Jim Miller, and Andy Foret from JRM came in third. Leon Owens, from BB&T's team, won for the longest drive and Lee Mahaney was closest to the pin on hole #16.

Along with trophies, gift certificates and honors for placing, golfers purchasing mulligans and raffle tickets also had a chance to win one or more of the 188 prizes and gift cards donated by area businesses and nonprofits.

The John Randolph Foundation would like to thank everyone who was so generous in their support. This truly was a wonderful community effort. Don't miss it next year!



Hopewell Recreation and Parks Team



JRF Executive Director Lisa Sharpe sells raffle tickets



Almost everyone went home a raffle winner some with multiple wins

Congratulations to the 2011 Scholarship and Award Recipients

Anderson J. Blevins and Thelma L. Hammond Scholarship

Samuel Kennedy, Matoaca High School

Appomattox Regional Governors School for the Arts and Technology Scholarship

Taylor Walls, Appomattox Regional Governors School for the Arts and Technology

Bobby Owen Memorial Scholarship

Rachael Bowman, Thomas Dale High School
Rebekah Bridgers, Prince George High School

Coach Kevin Ferguson Scholarship

Evan Montgomery, Prince George High School

Connie Williamson Memorial Scholarship

Tyler Mason, Hopewell High School

Edna Trader Cain Scholarship

Aidan O'Hare, Prince George High School

Franklin D. Boyce Scholarship

Lauren Wright, Thomas Dale High School
Megan Benton, Colonial Heights High School

Franklin D. Boyce (one-time) Scholarship

Kelly Johnson, Thomas Dale High School
Allison Comer, Thomas Dale High School

Friends of Paul R. Carraway Memorial Scholarship

Michael Winn, Prince George High School

Genevieve Renn Roscher Nursing Scholarship

Elizabeth McGaha, Appomattox Regional Governor's School for the Arts and Technology

Gregg E. Hosack Scholarship

Hannah Robbins, Thomas Dale High School

Honeywell Technology Scholarship

Ethan Bickford, Matoaca High School

Hopewell Retired Teacher's Association – Charles W. Smith Memorial Scholarship

Colleen Ackinclose-Hirn, Longwood University

James L. "Skeet" and Marguerite M. Slagle Scholarship

Stacey Henderson, Hopewell High School

James River Ball Patrons Committee Scholarship

Sarah Henderson, Hopewell High School

Joan Glascock Skaggs Nursing Scholarship

Sloan Johnson, Thomas Dale High School

John Randolph Foundation Merit Scholarship

Alexandra Higgins, Thomas Dale High School

John Randolph Medical Center Auxiliary Scholarship

Amber Schakel, Thomas Dale High School
Meredyth Daniel, Appomattox Regional Governor's School for the Arts and Technology
Brandon Ellison, Virginia Commonwealth University

John, Shanda and Doreatha Jackson Scholarship

Kenneisha Edmonds, Petersburg High School

Juanita and Wilson Chambers Scholarship

Sonovia Jacob, Hopewell High School

Judy Gordon Memorial Scholarship

Rachael Karns, Prince George High School

Katy Clayton Memorial Scholarship

Krista Kettyle, Thomas Dale High School

Louis C. and Ursula Sue Gibbs Scholarship

Matthew Skinner, Prince George High School
Autrey Jackson, Prince George High School
Shanice Reavis, Appomattox Regional Governor's School for the Arts and Technology

Nancy J. Seavy Memorial Scholarship

Ellynn Loftus, Thomas Dale High School

George Eliades Law Scholarship

Diana Owens, Prince George High School

Prince George High School Memorial Scholarship

Jessie Campbell, Prince George High School

Rotary Club of Hopewell, Jack Thomasson Rotarian Scholarship

Raven Platte, Hopewell High School

Rotary Club of Petersburg (Luncheon) Scholarship

Emma Merrill, College of William and Mary
Tanner Ramey, Thomas Dale High School
Tiffany Jones-Fouts, Southside Regional School of Nursing
Porsha Lewis, Petersburg High School

Sylvia J. Slominski Nursing Scholarship

Victoria Kouassi, Hopewell High School
Sarah Iqbal, Colonial Heights High School

Ted P. Blanks Scholarship

Michael Banks, Prince George High School
Christina Webb, Hopewell High School
Courtney Granderson, Hopewell High School
Rebecca Earnhardt, Prince George High School
Kyle English, Hopewell High School

The Talegaonkar Medical Scholarship

Ka Hye Song, Prince George High School

Veterans of Foreign Wars Post 637- Otis Berry Memorial Scholarship

Hilary Sodat, Hopewell High School

Woman's Club of Hopewell Scholarship

Madeline Fulke, Hopewell High School

2011 Award Recipients

Drs. Singh-Bhuller Tri-Cities Outstanding Educator of the Year Award

Carl Fleming – J.E.J. Moore Middle School Plato

Preston and Ann Leake Teacher Recognition Award

Mitzie Eubank – Dupont Elementary School

John Randolph Medical Center for Nurse Educator Award

Carol Cauthorne – Chesterfield Technical Center
Nancy Leahy – John Tyler Community College

Golfers "Hit the Green"



Winning Team left to right: Lee Mahaney, Vance Johnson, Mike Mahaney and Jerry Triplett



JRF staff Bonnie Falls and Tammy McCollum kept golfers hydrated



Warming up for a great day on the course

October 10th, twenty-two teams of golfers came out to "Hit the Greens for Scholarships" under sunny skies at the Country Club of Petersburg.

The event raised over \$20,000 that has since been distributed to the scholarship funds managed by the foundation.

gift OF GIVING



Please consider making a gift to support the work of John Randolph Foundation. If you wish to restrict your gift, indicate on the form below. Fill out the requested information on the back of this form and include it in the enclosed envelope in order to have your contribution correctly recorded. Again, we appreciate your assistance in helping to improve the health and quality of life for residents in the community.

I wish to assist John Randolph Foundation by restricting my gift for use in **one** of the following areas:

COMMUNITY NEEDS:

- Medication Assistance Program (MAP)
- Access to Medical Care
- Mental Health/Substance Abuse/Mental Retardation
- Prevention/Wellness
- Unrestricted

COMMUNITY ORGANIZATIONS:

- Appomattox Regional Library Endowed Fund
- Hopewell-Prince George Community Health Center Endowed Fund

SCHOLARSHIPS:

- Anderson J. Blevins and Thelma L. Hammond Scholarship
- Bobby Owen Memorial Scholarship
- Coach Kevin Ferguson Scholarship
- Connie Williamson Memorial Scholarship
- Edna Trader Cain Scholarship
- Franklin D. Boyce Scholarship
- Friends of Paul Carraway Memorial Scholarship
- Genevieve Renn Roscher Nursing Scholarship
- Gregg E. Hosack Scholarship
- Honeywell Technology Scholarship
- Hopewell Retired Teachers Association's Charles W. Smith Memorial Scholarship
- Hopewell Rotary Club's Jack Thomasson Rotarian Scholarship
- James River Ball Patrons Committee Scholarship
- Jane Bryant Scholarship for the Dramatic Arts
- Joan Glascock Skaggs Nursing Scholarship
- John and Wilber Traylor Scholarship
- John Randolph Medical Center Auxiliary Scholarship
- John, Shanda and Doreatha Jackson Scholarship
- Juanita and Wilson Chambers Scholarship
- Judy Gordon Memorial Scholarship
- Katy Clayton Scholarship
- Louis C. and Ursula Sue Gibbs Scholarship
- James "Skeet" and Marguerite M. Slagle Memorial Scholarship
- Nancy J. Seavy Memorial Scholarship
- Plato George Eliades Law Scholarship
- Prince George High School Memorial Scholarship
- Robert C. and Dianne W. Smith Community Service Scholarship
- Sylvia J. Slominski Nursing Scholarship
- Ted P. Blanks Scholarship
- The Rotary Club of Petersburg (Luncheon) Scholarship
- The Talegaonkar Medical Scholarship
- The Woman's Club of Hopewell Scholarship
- Veterans of Foreign Wars, Post 637 Otis Berry Memorial Scholarship

ACHIEVEMENT AWARDS:

- Drs. Singh and Bhuller Tri-Cities Outstanding Educator of the Year Award
- John Randolph Medical Center Award for Nurse Educators
- Preston and Ann Leake Teacher Recognition Award

Please write name(s) as you wish your contribution recorded.

Mr./Mrs./Ms./Dr. _____

Address _____ City _____ State _____ Zip _____

Telephone () _____

Email _____

Gift Amount \$ _____ Check Enclosed

Please call the foundation office at (804) 458-2239 if you wish to make your gift by credit card.

My contribution is made: In honor of In memory of Name _____

Please send acknowledgement of my gift:

Name _____

Address _____ City _____ State _____ Zip _____

JRF and Hopewell Boys & Girls Club Partner for Area Youth

Support and encouragement from the local community and partners like the John Randolph Foundation help make the Hopewell Boys & Girls Club a safe, dependable place for hundreds of area youth. According to the foundation's grant chair, Jeanne Flinn, "We have been a funding partner since 2000, when the Club was established in Hopewell. At the Foundation, we believe that any concentrated efforts to motivate our youth and give them hope will help to decrease teenage pregnancy rates and increase graduation rates. We need to continue modeling positive life skills and achievement for our youth."

"Youth of the Year" is the Boys & Girls Clubs' year-round program designed to encourage, develop and recognize Club members through promoting service to Club, community and family, academic success, strong moral character, life goals, poise and public speaking ability.



Ciana Hughes, Hopewell Boys & Girls Club's Youth of the Year, with her mother, Demita Kelly

This year 40 boys and girls throughout the Metro Richmond organization, which includes Hopewell, participated in the Youth of the Year Academy created and implemented by staff members in order to further develop the positive characteristics that have surfaced in each Club's membership. After completing the 15-session Academy, one young person at each Club is selected and recognized as the Youth of the Year.

The Hopewell Club proudly announced Ciana Hughes, a junior at Hopewell High School, as the 2011 Hopewell Youth of the Year. Ciana has been a member of the Hopewell Club for nine years and is described as studious, unwavering, compassionate, pleasant and reliable. She plans to become a pediatrician in order to explore her passion for working with babies and keeping children healthy.

Ciana describes her Club by saying, "The Boys and Girls Club means a lot to me. When I'm not at home, the Club is the safest place for me to be. Everyone at the Club gives me the support I need, but I know there are a lot of kids who don't have that type of support. I will always be grateful for everything the Boys and Girls Club has done for me."

Outside of the Club, Ciana is very involved in her community and school. Maintaining a GPA of 3.5 or better, she's a member of the Honor Society and Beta Club where she gets to participate in

Continued on Page 7 - See Area Youth

Spring 2011 Grantees

SPRING 2011 GRANTEES • TOTAL: \$300,000

JOHN RANDOLPH FOUNDATION reviews regular grant requests twice a year, in the spring and in the fall. Each cycle begins with a concept paper which explains the project. Concept papers are reviewed and organizations are invited to submit a formal proposal. The following is a list of grants awarded in the spring of 2011.

HEALTH & HEALTHCARE \$128,250 – 43%

American Heart Association - \$24,750 for "Mission Lifeline," which offers a comprehensive care system working with EMS agencies and hospitals to improve response time to heart attacks in Hopewell and Prince George.

Cross Over Ministry - \$10,000 to support operations for the Sherbourne Clinic, which provides free primary care, HIV/AIDS and OBGYN services to the underserved.

Central Virginia Health Services - \$93,500 to add one full time physician, additional behavioral health time for patients at the Hopewell-Prince George Community Health Center, and to continue mammogram screenings and wellness education for the community.

QUALITY OF LIFE \$126,750 – 42%

Big Brothers Big Sisters - \$15,000 to support 15 matches of Hopewell High School student mentors with Patrick Copeland Elementary School students for 2011-12.

CARES - \$23,000 to assist with providing Post Shelter Case Management for client families who have left the shelter for permanent housing and need support with learning and sustaining self-sufficiency.

Colonial Heights Food Pantry - \$20,000 to support operations of the pantry, which services residents of the 23834 zip code who cannot afford to buy food for their families.

Crater Community Hospice - \$25,000 to help purchase durable medical equipment and medications to provide free hospice care in the Foundation's service area.

Area Youth - *continued from page 6*

monthly volunteer activities. She helps tutor 9th grade students in subjects where they are having difficulty while also finding time to be a cheerleader and to help with the "Words Have Consequences" event by being an advocate for kids who've been bullied.

As Hopewell's Youth of the Year, Ciana has had many opportunities to develop and grow even further through taking etiquette lessons, delivering a speech at the Federal Reserve Bank of Richmond, filming a video about her experience at the Club and through being a role model for younger Club members like 6th grader Danyell Oden who was selected as Hopewell's Jr. Youth of the Year. Ciana has a couple more years to participate in the Academy, and could still win the "Regional Youth of the Year" title someday prior to graduating high school!

Hopewell's youth are able to find positive and caring role models as well as life-changing opportunities and experiences at their Club due in part to the Foundation's generous support.

Hopewell Recreation & Parks - \$5,000 to support the Youth Sports League via free registrations for youth who cannot afford fees to play basketball, football and baseball, and to support salaries for youth scorekeepers and helpers.

Hopewell Recreation & Parks - \$5,750 to support the Respite Program, which provides day group activities and socialization for senior and disabled citizens, and their families who must work.

Hopewell Recreation & Parks - \$15,000 to support the nine-week Rainbow Summer reading, activities and education enhancement program for youth in Hopewell.

The James House - \$8,000 to support operations for personal violence intervention and prevention services.

Serenity - \$10,000 to support the Life Strides Project, which provides support services for individuals infected and affected by HIV/AIDS.

EDUCATION \$45,000 – 15%

John Tyler Community College - \$15,000 to continue supporting the part-time career coach position at Hopewell High School to assist students with discovering options for post-secondary planning.

St. John Child Development Center - \$15,000 to hire a qualified teacher as program director to enhance the curriculum and prepare the center to achieve the Virginia Star Quality accreditation for early childhood education.

Science Museum of Virginia Foundation - \$15,000 to support the after-school STEM (Science, Technology, Engineering & Math) pilot program for middle-school-aged youth in Hopewell and Petersburg schools to gain exposure to STEM learning and career options.



Doris Smith, Project Coordinator,
Science Museum of Virginia



Jeanne Flinn, JRF Grant
Committee Chair



Krista Ratliff, Development Director,
Crater Community Hospice



Ruth Chappell, Colonial Heights
Food Pantry

UPCOMING *events*

Grant Information Sessions

December 15, 2011 and January 17, 2012 9:00-11:30 a.m.

Please call to register

Spring 2012 Application Deadline

February 1, 2012

Scholarship Application Deadline

Wednesday, February 15, 2012



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