

# Spotlight on Success

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## WindsorMeade and Its Residents: Working Together to Give Back to the Community

By Suzanne Douglas

**W**ell-known for its beautiful location, superb food, and exceptional service, WindsorMeade of Williamsburg is one of the Peninsula's premiere continuing care retirement communities. Through the service of its residents, it is also one of its most generous contributors to local community life.

WindsorMeade residents benefit from an active, independent lifestyle via a personalized program of social, spiritual, emotional, intellectual, and physical growth. Part of that growth for many residents is to give back to the greater Williamsburg community. Whether on their own or through WindsorMeade's many community outreach programs, residents consider volunteering as just one more part of living the good life.

"Residents of WindsorMeade are not only active, but very socially aware when it comes to the need for all of us to give back," says Kate Leach, Director of Sales and Marketing for the community. "One of our goals here at WindsorMeade is to help enrich the greater Williamsburg community through outreach and charity. This goal is being spurred on by our residents, many of whom are dedicated to local causes like FISH, Avalon, Habitat for Humanity, Literacy for Life, Colonial Williamsburg, or Adopt-A-Highway, just to name a few. We respect our volunteers, and we support them in any way we can."

WindsorMeade" events to benefit FISH. Residents and guests will bring canned or packaged food as the admission price, and special receptacles for food items will also be placed throughout the WindsorMeade campus. Continues Stewart, "FISH does an extraordinary job. They help feed young area families who are out of work. They also feed the homeless. There is nothing that FISH couldn't use."

### Treasure Hunting and Baking

On October 18th, WindsorMeade hosted a Treasure and Bake Sale for residents. Attendees brought unwanted



### William and Mary's Community Engagement Program

WindsorMeade continues to work with the College of William & Mary's Community Engagement program to partner on volunteer projects that benefit both the residents of WindsorMeade and the students at William and Mary. "It's all part of our intergenerational initiative to enhance the lives of the young and the aging in the Williamsburg community," says Leach.

### Teaching Art at Peninsula Regional Jail

WindsorMeade resident Rice Trolan is an award-winning local artist who devotes personal time to teaching art to inmates at the Virginia Peninsula Regional Jail. "When I first came to Williamsburg," Trolan says, "my wife suggested that I take some art classes. One day, my teacher said 'I want to talk to you', and somehow I found myself volunteering to teach art to local inmates! The more I got involved with it, the more rewarding it became." Trolan has been volunteering at the jail for

### Knitting for Charity

Resident Doris Newell leads the "Knit-Wit" group at WindsorMeade. She and her group knit hats for newborns at Sentara Hospital, as well as other items for FISH and Avalon. "As a resident of WindsorMeade, you can participate in any or all of our programs," says Newell. "There are so many special people here, with special talents. It is a wonderful way to continue to grow."

Indeed, life at WindsorMeade is as special as its volunteers. Whether you are looking for a relaxing retirement or an active, inspiring lifestyle, WindsorMeade provides it all in a beautiful environment that emphasizes health, wellness, family and friendship. Anyone wishing to learn more about life at WindsorMeade can call the Marketing Suite at either 757.941.3615 or 1.866.403.5503, or visit the website at [www.windsormeade.org](http://www.windsormeade.org).



### Volunteering for FISH

Mrs. Patricia Stewart, a resident of WindsorMeade for the last five years, is working directly with WindsorMeade to sponsor a Food Drive for FISH, the community volunteer agency that provides emergency help to residents of the greater Williamsburg area. "One day," recounts Stewart, "I had gone over to Fish to drop off some food items from my closet. I was absolutely amazed to see that they had very little on the shelves. I have never known hunger, and the idea that hunger could be a reality for other people really affected me. I started thinking about it, and I said to them, 'you know, I think we can help you stock those shelves.'"

Stewart came back to WindsorMeade and approached management about coordinating a food drive for the organization. The result: On Thursday, November 15, WindsorMeade's popular and charismatic Chef Jonathan Redcross will devote one of the popular "Cooking with

ed items that others might see as a "treasure," and staff and residents donated baked goods for sale. All proceeds went to benefit Hospice House

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and the Virginia United Methodist Homes Samaritan Fund. Leftover items were donated to the Habitat for Humanity Re-Store.



over ten years, and says that some of the inmates he has worked with have turned out to be really fine artists. "Some of these folks have had no exposure at all to art," he says. "Through these classes and others like them, people learn how to do something on their own, how to express themselves, how to feel more confident. It truly has a lasting effect on their lives." Trolan believes that the experience has been good for him as well. "I have learned so much from my students," he says. "I believe I am a better painter for this experience."

*in focus...*

## WindsorMeade of Williamsburg

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