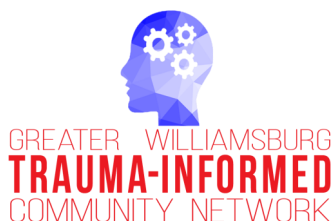


### Health and Wellness

#### The Trauma-Informed Community Network

The Greater Williamsburg Trauma-Informed Community Network (GW-TICN) was established in 2019 by a group of professional public service leaders in the area who realized through their interactions with individuals in need that many of them have experienced significant trauma in their lives. These professionals came together to spread awareness of the impact of trauma on the individuals and families they were serving, with the larger goal of promoting resiliency and healing in our community.



**The definition of trauma has evolved** over time and now includes both individual and collective trauma. Examples of **individual trauma** include experience of abuse, neglect, poverty, racism, and loss. **Collective trauma** is trauma that is experienced by groups of people such as racism, war, pandemic, or crime. When an individual or community experiences trauma, they learn to adapt to those circumstances as best they can. This trauma response is reflected in how people behave and react. The Trauma Informed Community Network is dedicated to helping government agencies, businesses, nonprofit organizations and people think about how trauma shows up in themselves, their clients, their employees and in their communities and find solutions that help heal.

#### Healing from trauma is not a “quick fix.”

Trauma responses are often subconscious and those who have experienced trauma often need help to recognize it and develop adaptive coping skills. Coping skills include acknowledging the trauma, accepting the truth about one’s experience of trauma, being willing to ask for help, and practicing self-care. Coping with trauma leads to resiliency, but being resilient is a process, and not just “getting over it.”

### COMMUNITY NEWS

The GW-TICN is actively engaging with the community as a facilitator helping to coordinate training for businesses to better understand how trauma may impact employee behavior and bringing together organizations in a town hall format to have a comprehensive conversation on drug prevention programs, addiction and the role trauma may play in these areas. Additionally, the Network is coordinating mental health experts to work with a national conference of forensic nurses being held in Williamsburg. The goal is to teach conference attendees how to best cope with what they see in their professional lives and how to obtain the skills to prevent these experiences from impacting their personal lives.

Currently, GW-TICN is working to develop assessments and processes that will help organizations to develop a more trauma aware culture and strategies to strengthen training.

To learn more about the GW-TICN please visit [www.uwvp.org/gwticn](http://www.uwvp.org/gwticn), visit their Resilience Rock Garden inside Freedom Park (pictured here), or contact Coordinator Shari Wiltshire at [swiltshire@uwvp.org](mailto:swiltshire@uwvp.org).



#### Save the Dates!

Fall Grant Awards Luncheon

September 28, 2022 at noon

Fords Colony Country Club

Next Grant Application Deadline 12/15/22

## Outstanding Service to Seniors Award

Williamsburg Landing, in partnership with Williamsburg Community Foundation, presented Janna Roche the 2022 Outstanding Service to Seniors Award. Ms. Roche's community involvement is both long standing and far reaching. She has served on the Board of Olde Town Medical Center and volunteers with Williamsburg House of Mercy. She helped form the "On Our Own Terms" Coalition, which provides families local resources to help them carry out their loved ones end-of-life wishes.

Her book, "Visiting Hours Are Over: A Chaplain Discovers What Really Matters From Her Parents Death," explores how supportive care and active living provides for more positive outcomes.

Ms. Roche's accomplishments, impact on the community and dedication to older members of the Williamsburg community led to her selection for this award. "Janna Roche has made the subject of death and dying a safe topic of daily conversation," said Greg Storer, CEO of Williamsburg Landing. Through her compassion and empathy, she provides much needed support to family and friends as they think about death as a part of living.



Janna Roche and Ellen Bushman, Hospice

## Six Community Leaders Join the WCF Board in 2022



Pictured are new Board of Trustees members  
David Bush, Dian Calderone, Rex Ellis, Merry Guernsey, Henry Ranger, and Barbara Watson

**David E. Bush** is a CPA and Certified Financial Planner at PB Mares. He currently serves on various community boards including Kiwanis Club.

**Dian T. Calderone** is president of an accounting firm and has served on and chaired numerous boards.

**Rex M. Ellis** retired as Associate Director for Curatorial Affairs, Smithsonian National Museum of African American History and Culture. He is the former Vice President of Colonial Williamsburg Foundation.

**Merry F. Guernsey** retired from the College of William and Mary as a Modern Languages professor. She currently serves on the Board of Friends of Green Springs.

**Henry K. Ranger** is a pharmacist and owns and operates the Prescription Shoppe with his wife Jade. He serves on a number of community boards.

**Barbara E. Watson** serves as James City County Social Services Assistant Director. She is the county representative for several local organizations.

## 81 Scholarships awarded in the Spring of 2022



David Lennarz and Alaina Carnahan, recipient of the William J. Lennarz Scholarship

WCF awarded **\$129,256** in scholarships this Spring to 81 high school seniors from Jamestown, Lafayette, and Warhill High Schools.

Two new scholarships endowments were created this year:

**The William J. Lennarz Science Scholarship** was created by his family to honor Mr. Lennarz and his work in biochemistry, and is awarded to a student who will be majoring in a science field.

**The Hunt and Mary Berryman Scholarship** is awarded to a student who has attained a GPA of 3.5 or higher, has been engaged in community service during their high school career, and is interested in a career in the field of education.

## Leaving a Legacy: The Doug and Rose Anne Puls Fund

Doug and Rose Anne Puls first came to Williamsburg on their honeymoon and over the years continued to visit. Shortly after they moved here from Maryland in 2013, they decided to become members of the WCF Legacy Society through a planned bequest which will support various healthcare organizations, animal rescue and nature conservation. In addition to their legacy gift, Doug and Rose Anne wanted to find a way to assist these organizations now, using their fund at WCF. “The Puls Family Fund will help us support this community we have come to love during our lifetime,” said Rose Anne. Their philanthropic giving will benefit the Williamsburg area for years to come and we are so grateful to have Doug and Rose Anne in our community!



## Spring Grant Awards Luncheon

Williamsburg Community Foundation presented **23 grants** totaling **\$88,278** at the 2022 Spring Awards luncheon, which was generously sponsored by Rick & Lara Overy of Compass Wealth Strategies. This was the first luncheon held since the pandemic began in early 2020 and we were thrilled to gather 140 community members to celebrate these awards to our local nonprofits. “While the pandemic isn’t over, I believe that our nonprofits are stronger because they adapted, they gathered their resources, and they fought back.” said Foundation President and CEO Nancy Sullivan.

To see the full list of grants, visit [WilliamsburgCommunityFoundation.org](https://WilliamsburgCommunityFoundation.org). If you know of an organization that could benefit from a grant through WCF, please contact Ginny Gasink at 757-259-1660 or [vgasink@WilliamsburgCommunityFoundation.org](mailto:vgasink@WilliamsburgCommunityFoundation.org).



Noah Scruggs, Lara Overy, Rick Overy, Nancy Sullivan and Melinda Morgan, WCF Trustee





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A **vibrant** community  
with a commitment to  
ensure that everyone  
has the opportunity  
to **thrive**.



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**Thank you Chesapeake Bank for sponsoring our newsletter!**

A photograph of a Black woman with braids smiling down at a baby lying on a white bed. The baby is looking up at the woman. The text "BEYOND BANKING" is overlaid on the right side of the image.

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We believe that banking is not the most important thing we do. It's about people helping people reach their goals and making the community stronger for all of us.

The Chesapeake Bank logo, featuring a blue oval with a white bird and the text "CHESAPEAKE BANK" below it.

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