



# Northern Virginia Independent Living Newsletter

## January 2010



“When you come to the end of your rope, tie a knot and hang on.” — Franklin D. Roosevelt

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## Project LIFE: Living Independently, Focusing on Empowerment

As it is certain that the majority of you know about Project LIFE, there are still some that are not as familiar. Project LIFE is a collaboration with the Virginia Department of Social Services and UMFS. Project LIFE's overall goal is to support permanency for older youth through coordination and enhancement of independent living services to youth in and transitioning out of foster care by creatively collaborating with departments of social services, private providers, and community stakeholders.

Some of the things that your region's independent living consultant, Heather Wines, can assist in are as follows: provide information about the Chafee Independent Living Program and Funds as well as Education and Training Vouchers; assist in the development and execution of Independent Living workshops and regional events; provide training on the Ansell Casey Life Skills Assessment tool; provide trainings for foster care social workers as well as in-service trainings for foster parents; develop a regional youth advisory council.

For more information about Project LIFE, please visit our website at [www.vaprojectlife.org](http://www.vaprojectlife.org).

## Upcoming Events

### Northern Region Youth Advisory Council

Project LIFE and the Northern Region Independent Living Committee are very excited to announce an upcoming event to begin the youth advisory council for the Northern Region (NVYAC). This event will be held on March 6, 2010, at the United Methodist Church in Marshall, Va., from 10 a.m. until 3:30 p.m.

This event will first introduce the idea of a youth advisory council to the Northern Region as a “sub-council” to the Virginia Youth Advisory Council that the state had originally formed. At this event, the youth will be exposed to three different workshop in which they will learn about LEADERSHIP, ADVOCACY, and have a chance to express their opinions about what they would like to see the future of the NVYAC look like. This event will also explain the process of how to become an executive member as well as an honorary member to the council.

We are planning to have a maximum of 50 youth at this event. The youth must be from the age of 15 to 20 to participate in this event. Youth Advisory Councils have traditionally been compiled of youth that exhibit strong leadership skills, demonstrate good self-discipline, and have some effective communication skills. This council will follow some of those basic concepts. If you have a question about whether or not this event is appropriate for a particular youth, please contact Heather Wines at 540-905-5299 or [hwines@umfs.org](mailto:hwines@umfs.org). Please continue to look for updates on this event as well as available registration forms.

### Websites to Know!

[www.vaprojectlife.org](http://www.vaprojectlife.org)

[www.umfs.org](http://www.umfs.org)

[www.dss.virginia.gov/  
family/fc/vyac/](http://www.dss.virginia.gov/family/fc/vyac/)

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## Super Saturday

On February 13, 2010, from 10 a.m. to 2 p.m., there are several locations across the Northern Region as well as statewide, that are holding an event, Super Saturday, in which local youth can get information about colleges in the area as well as financial aid.

See Page 3 of this newsletter for all Super Saturday locations and local contacts.

For more information about Super Saturday, please visit [www.VASFAA.org](http://www.VASFAA.org) or contact any member of the VASFAA Awareness Committee: Dorothy Davidson, Regent University ([dorobur@regent.edu](mailto:dorobur@regent.edu)); Susan Davis, Bluefield College ([sdavis@bluefield.edu](mailto:sdavis@bluefield.edu)); Dave Deibel, ECOM ([ddeibel@ecmc.org](mailto:ddeibel@ecmc.org)); Kristy Hall, Mountain Empire Community College ([khall@me.vccs.edu](mailto:khall@me.vccs.edu)); Linda H. Woodley, SCHEV ([lindawoodley@schev.edu](mailto:lindawoodley@schev.edu)).

## Successes of Events

### November 2009

In November 2009, the Prince William County Independent Living Program participated in Operation Turkey. The initiative was developed in 2000 to promote community outreach during the Thanksgiving holiday. Operation Turkey organizes community distributions of food, clothes and toiletries to the homeless and less-fortunate around the country. Eleven youth from our County participated in this community service event, which assembled in Manassas, Va.

### December 2009

On December 1, 2009, the Prince William County Department of Social Services hosted a Holiday Craft Extravaganza. During this activity, our youth group spread holiday cheer by preparing holiday ornaments (wreaths, ornaments, etc.) Our group was facilitated by a staff member who has strong artistic abilities. These ornaments and decorations produced during this event were used to adorn a local nursing home.

### January 2010

Fairfax Department of Social Services held two separate events in January on Financial Aid and Educational Planning. The Financial Aid Workshop was open to all teenagers but Juniors and Seniors were highly encouraged to attend. They discussed what to know about applying for school and as well as information about applying for financial aid.

The Educational Planning Workshop was specific for Seniors and the adults assisted the teens in completing the FASFA paperwork. They also had a small panel of youth who are currently attending a post-secondary educational institute to describe some of the "real-life" situations that have arisen for them.

**Editor's Note:** If you would like to add any information to the upcoming newsletters or make corrections for past newsletters, please contact Heather Wines at [hwines@umfs.org](mailto:hwines@umfs.org).

**ARLINGTON**

Washington Lee High School  
1301 N Stafford St, Arlington, VA 22201  
Site Coordinator: Patty Limjap  
703-243-4785, plimjab@arlc.org

**BIG STONE GAP**

Mountain Empire Community College  
3441 Mountain Empire Road  
Big Stone Gap, VA 24219  
Site Coordinator: Kristy Hall  
276-523-2400, khall@me.vccs.edu

**BRIDGEWATER**

Bridgewater College  
402 E. College Street  
Bridgewater, VA 22812  
Site Coordinator: Scott Morrison  
540-282-5376, smorriso@bridgewater.edu

**CHARLOTTESVILLE**

Piedmont Virginia Community College  
501 College Dr, Charlottesville, VA 22903  
Site Coordinator: Heather Lutz  
434-961-5275, hlutz@pvcc.edu

**CHESTERFIELD**

Meadowbrook High School  
4901 Cogbill Rd, Richmond, VA 23234  
Site Coordinator: Rebertha Pope-Matthews  
804-743-3675, ext. 217  
Bert\_pope-matthews@ccpsnet.net

**DANVILLE**

Institute for Advanced Learning & Research  
150 Slayton Avenue, Danville, VA 24540  
Site Coordinator: Nancy Combs  
434-766-6725, Nancy.combs@iair.org

**EMORY**

Emory & Henry College  
Emory, VA 24327  
Site Coordinator: Margaret Murphy  
276-944-6940, mmurphy@ehc.edu

**FARMVILLE**

Prince Edward High School  
35 Eagle Drive, Farmville, VA 23901  
Site Coordinator: Avis Gresby  
434-315-2100, ext. 3333  
Avis.gresby@pecps.k12.va.us

**FRANKLIN**

Paul D. Camp Community College  
100 N. College Dr, Franklin, VA 23851  
Site Coordinator: Teresa Harrison  
757-569-6715, tharrison@pc.vccs.edu

**FRONT ROYAL**

Skyline High School  
151 Skyline Vista Dr, Front Royal, VA 22630  
Site Coordinator: Joyce Jenkins-Wimmer  
540-635-4144, joyce@warrencoalition.org

**GRUNDY**

Grundy High School  
1300 Golden Wave Drive  
Grundy, VA 25614  
Site Coordinator: Rhonda Seitz  
rseitz@buc.k12.va.us

**HAMPTON**

Peninsula Higher Education Center – ODU  
600 Butler Farm Road, Suite 220  
Hampton, VA 23666  
Site Coordinator: Bob Norman  
757-766-5200, phecc@odu.edu

**HENRICO**

Henrico High School  
302 Azalea Avenue, Henrico, VA 23227  
Site Coordinator: LaToya Draper  
lkdraper@henrico.k12.va.us

**HOPEWELL**

Hopewell High School  
400 South Mesa Drive, Hopewell, VA 23860  
Site Coordinator: D. Paulette Victory  
804-541-6402, dvictory@hopewell.k12.va.us

**KING GEORGE**

King George High School  
10100 Foxes Way, King George, VA 22485  
Site Coordinator: Diane Eskey  
540-775-3535, ext. 3206  
deskey@kgcs.k12.va.us

**LAWRENCEVILLE**

Saint Paul's College  
115 College Drive, Lawrenceville, VA 23868  
Site Coordinator: Phenie Golatt  
434-848-6497, pggolatt@saintpauls.edu

**LYNCHBURG**

Central Virginia Community College  
3506 Wards Road, Merritt Hall  
Lynchburg, VA 24502  
Site Coordinator: Deborah Marshall  
434-832-7812, marshalld@cvss.vccs.edu

**MANASSAS**

Stonewall Jackson High School  
8820 Rixlew Lane, Manassas, VA 20109  
Site Coordinator: Nancy Pomaranski  
703-365-2992, pomransk@pwcs.edu

**MARTINSVILLE**

Patrick Henry Community College  
645 Patriot Ave, Martinsville, VA 24112  
Site Coordinator: Sharon Gilbert  
276-656-5486, sgilbert@ph.vccs.edu

**MELFA**

Eastern Shore Community College  
29300 Lankford Hwy, Melfa, VA 23410  
Site Coordinator: P. Bryan Smith  
757-789-1732, bsmith@es.vccs.edu

**MIDDLETOWN**

Lord Fairfax Community College  
173 Skirmisher Ln, Middletown, VA 22645  
Site Coordinator: Tracy Shepherd  
540-868-7131, tshepherd@lfcc.edu

**NEWPORT NEWS**

Warwick High School  
51 Copeland Ln, Newport News, VA 23601  
Site Coordinator: Donzaleigh Douglas  
757-591-4721  
Donzaleigh.douglas@nn.k12.va.us

**NORFOLK**

Old Dominion University  
108 Rollins Hall, Norfolk, VA 23529  
Site Coordinator: Lakeisha Phelps  
757-683-3645, lphelps@odu.edu

**PALMYRA**

Fluvanna County High School  
3717 Central Plains Rd, Palmyra, VA 22963  
Site Coordinator: Eleanor Canter  
434-589-3666, ecanter@mail.fluco.org

**PORTSMOUTH**

I.C. Norcom High School  
1801 London Blvd, Portsmouth, VA 23704  
Site Coordinator: Joanne Forbes  
757-393-8004, jforbes@accesscollege.org

**RICHMOND**

John Marshall High School  
4225 Old Brook Rd, Richmond, VA 23219  
Site Coordinator: Beverly Mountain  
804-780-7710  
bmountai@richmond.k12.va.us

**ROANOKE**

William Fleming High School  
3649 Ferncliff Avenue, N.W.  
Lawson Hall Computer Lab, RM 715  
Roanoke, VA 24017  
Site Coordinator: Bill Scharrer  
540-389-9900  
wscharrer@projectdiscovery.org

**SPOTSYLVANIA / FREDERICKSBURG**

Massaponax High School  
8201 Jefferson Davis Hwy.  
Fredericksburg, VA 22407  
Site Coordinator: Judy Ladd  
540-834-2500, jladd@spotsylvania.k12.va.us

**SUFFOLK**

Paul D. Camp Community College  
271 Kenyon Rd, Suffolk, VA 23434  
Site Coordinator: Linda Stevenson  
757-925-6307, lstevenson@pc.vccs.edu

**VIRGINIA BEACH**

Bryant & Stratton College  
301 Centre Pointe Drive  
Virginia Beach, VA 23462  
Site Coordinator: BethAnn Verbal  
757-499-7900, ext. 183  
baverbal@bryantstratton.edu

**WILLIAMSBURG**

College of William and Mary, Jones Hall  
218 Richmond Rd, Williamsburg, VA 23187  
Site Coordinator: Ed Irish  
757-221-2425, epiris@wm.edu

**WISE**

UVA College @ Wise  
Darden Hall Computer Lab, Wise, VA 24293  
Site Coordinator: Bill Wendle  
276-328-0139, B\_windle@uvawise.edu

**For more information about Super Saturday, please visit [www.VASFAA.org](http://www.VASFAA.org) or contact any Awareness Committee member (page 2 of this newsletter).**