



RUGBY LIVING

September
2019

A Private Publication For The Residents of Rugby, Rugby Hills & Meadowbrook Hills

Introducing Designer
Jennifer Glickman

cover image by **Brook Robinson Photography**

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The residents of Rugby, Rugby Hills and Meadowbrook Hills. We are always looking for residents to follow up on leads, find great stories and send us ideas. Let's celebrate the great things happening in our community! No contribution is too small.
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INTRODUCING *RUGBY* NEIGHBOR AND INTERIOR DESIGNER

Jennifer Glickman

meet the owner

As a result of a fulfilling career working in Boston's leading architecture firms, accomplished designer Jennifer Glickman's passion for entrepreneurship was awakened, which inspired her to create her interior design firm, Glickman Design Studio, in 2009.

After a successful eight years owning and operating her namesake boutique interior design firm in Boston, Jennifer decided to head south and relocate her company, and family, to Charlottesville, VA. Though their headquarters are in Charlottesville, the firm reaches across multiple cities such as Washington, D.C., Boston and beyond.

Glickman Design Studio is comprised of a team possessing a desire for, and expertise in, creating beautiful and detailed bespoke interiors that meet the unique needs of each client and tackles designs of all types and sizes. Whether it's residential, commercial, hospitality, or institutional interiors, the firm approaches each space with a fresh eye as they collaborate with clients. Jennifer and her team of designers enjoy the range of project opportunities because it allows them to utilize and grow various strengths in both technique and design execution.



Open shelving, classic glossy subway tile, seeded glass pendants, and a stainless steel hood all help create an open kitchen feel.



Kitchen with deep blue cabinets at perimeter and soft ivory island with built-in wine refrigerator for a soft and moody traditional kitchen.

As finding inspiration can be a hard task when first working on a project, the team gleans insight to their clients' interests by requesting four photos: two photos of spaces they love and two photos of spaces they do not. Should clients not have a clear idea in mind, the team takes a peek in the client's closet. Through many years' experience in the industry, the team has found that how someone dresses will speak great lengths about his or her design voice. Glickman Design Studio believes the client's home or company should be a reflection of them and their personality.

Jennifer and her team's inspiration comes from architecture and culture around the world. Creating beautiful, practical spaces to bring clients' visions to life are some of their favorite aspects of the design process. They believe design has no limits and they take on every project with excitement and passion – stunning creations begin on the page with a simple idea and they work tirelessly to ensure the idea is brought to life.

Not keen on repeating designs and becoming stagnant in the industry, the designers create each space to be unique and true to the client. Jennifer has developed a love for the unexpected, bold pair-

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ings and juxtaposition of design elements. This is reflected in her projects as you'll notice sleek notes of contradictions with aspects such as masculine and feminine, historic and new, and traditional and modern throughout each design. This love of sophisticated contrast comes from Jennifer's years of travel and research in many of the world's architectural capitals including Italy, Paris, Rome, and London. She further solidified her authority in the industry with appearances on mega-networks HGTV and The Travel Channel.

Glickman Design Studio is proudly a SWaM-certified business, micro-, woman- and minority-owned. Jennifer is LEED-certified, holds a bachelor's degree from The University of Virginia and a master's degree in interior design from Suffolk University.



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Katie Kishore with daughters Kiran and Mira.



RUGBY RESIDENT TO OPEN KINDNESS CAFÉ



When Kindness Cafe + Play opens its doors this fall, it may look like just another Charlottesville coffee shop. Like others, it will sell coffee and espresso, kombucha, and family-friendly food options, with space for reading, conversation, and small group gatherings. But Kindness Cafe has a larger goal in mind: Inclusiveness.

Kindness Cafe's primary mission is to provide meaningful employment and a supportive community to adults with cognitive disabilities. Founder and Rugby neighbor Katie Kishore wants Kindness to be the "warmest, friendliest space in Charlottesville." The cafe will employ people with and without disabilities, and she's hoping it will be a welcoming space for children and adults with special needs as well as typically abled customers. Her goal is to create a community space in which people of all abilities will celebrate the gifts in themselves and others while interacting as peers. And she hopes that the spirit of inclusiveness in her coffee shop will have a ripple effect in the Charlottesville community and beyond.

According to The Arc, a nationwide advocacy organization, the majority of adults with intellectual and developmental disabilities are either unemployed or underemployed; estimates are as high as 70%. Many adults with disabilities have the capability and desire to work, but the barriers to finding meaningful, sustainable work can be difficult to overcome.

In many ways, a coffee shop is an ideal setting for the employment of adults with cognitive disabilities. With coaching and mentoring, adults with disabilities can learn the ins and outs of cafe management, with each individual paired with the role for which he or she is best suited. Much of the work behind the counter is repetitive, so employees can be successful and feel

proud of their work. Employees may move on to other work in time, a leap made easier with a proven track-record and professional references gained at Kindness. Or they may find satisfaction in long-term employment at Kindness Cafe.

"In this world that often feels like a race, generally speaking, people with cognitive disabilities are not concerned with finishing first," Katie said in her recent talk at the Tom Tom Festival crowdsourcing event. "They are less likely to seek power and tend to care more about relationships — the giving and receiving of love." With this in mind, Katie is putting her own go-getter past behind her and focusing on Kindness Cafe as a community asset that will bring about social change, one cup of coffee at a time.

Katie is a 2001 University of Virginia graduate, where she played varsity soccer and basketball, co-captaining both teams her senior year. The 2014 arrival of her second child Kiran, born with Down syndrome, and the subsequent death of her husband Kris, changed her outlook considerably. "In my early life, I was



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focused on achievement,” Katie explained. “Now I want to be a good person and make positive contributions to my community. I’m creating Kindness as a place where both my children can feel welcomed and valued. I want Kindness Cafe to be the most welcoming place in Charlottesville.”

With a planned opening in October of this year, Kindness Cafe has found early support from several other Charlottesville organizations. The Brooks Family YMCA facility in McIntire Park will be the initial home for the cafe. Katie is grateful for the opportunity to co-locate with this popular community center and hopes that families using Brooks for recreation will find Kindness Cafe’s mission compelling. Initially, the cafe will operate 20 hours per week, though plans are to expand to 63 hours per week (nine hours per day, seven days per week) within the first year. Grit Coffee, with multiple locations in Charlottesville, is partnering with Kindness to train employees and provide coffee in its early months. Arc of the Piedmont is serving as a fiscal sponsor, while Kindness Cafe awaits approval on its 501(c)3 status.

In the planning stages, Katie spent time in conversations with Charlottesville organizations such as Breadworks and Innisfree, which also employ adults with disabilities. At every turn, Katie has been delighted at how receptive and helpful the Charlottesville community has been to the mission and vision for Kindness Cafe + Play.

Reagan Stillerman is serving as Kindness Cafe’s Operations Director. With 19 years of experience in special education, most recently at Monticello High School, Stillerman is excited to take her expertise out of the classroom setting and into a real-world setting. “After nearly 20 years of classroom experience working with students with disabilities in grades K-12,” said Reagan, “I feel like my whole career has led up to this moment, this experience. I am so excited to welcome Kindness to Charlottesville and even more thrilled that I get to be a part of it.” When the cafe opens this fall, she will supervise a staff of people with and without disabilities and oversee the daily operations. Her goal is to ensure that the work environment is positive, the customers are satisfied, and that Kindness Cafe + Play is a place of belonging for all.

Katie’s interest in such a venture was inspired by similar successful businesses, such as Bitty & Beau’s Coffee Shop in Wilmington, NC. Founder Amy Wright opened the shop in 2016 and has since opened additional locations in Charleston, SC, and Savannah, GA, with a fourth shop soon to open in Annapolis, MD. Bitty & Beau’s employs 80 people, with and without disabilities, and expects to add 20 more when the newest shop opens this summer. Wright posts videos of her employees when they learn to prepare new menu items, and the pride and validation is palpable. She also promotes her employees into positions that best suit their skills, such as “Director of Entertainment” for a staff member who likes to dance or “Director of Employee Etiquette” for a staff member with exemplary manners.



When Katie heard about Bitty & Beau’s, she planned a visit and the seed of an idea was planted. As she researched similar ventures and talked to Charlottesville-based organizations, she became increasingly convinced that Charlottesville was ready for a venture like Kindness. “As I continued to talk about this idea with others, it became increasingly clear that there was tons of support for this type of cafe in Charlottesville. I also quickly realized that I was uniquely positioned to make it happen.”

As she prepares to open Kindness Cafe + Play this fall, Katie is keeping her focus on the mission. “I’ve been able to focus my vision based on how I want my own kids to grow up,” Katie shared. “My older daughter Mira is typically developing, and I want her to know that everyone has talents to share. For my younger daughter Kiran, I want her to see adults with disabilities like hers engaged in meaningful work and contributing to our community. It will give her a picture of how she might fit into our community in her adult life.”

For now, Katie is rolling up her sleeves and learning the coffee business from the grounds up. She is looking forward to the challenge of growing Kindness Cafe + Play in the direction that best serves her employees and customers, whatever that may be. Her hope is that customers who come in looking for coffee will leave with an appreciation for the warmth and inclusiveness with which it was served. Whether the order is an iced half-caff soy latte or a plain black coffee, each drink served will fulfill a larger mission for Kindness, it’s employees, and the Charlottesville community.

For information about ways to support Kindness Cafe, visit their website: <https://kindnesscafeville.com/>.

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N2 Publishing, the company behind this publication, has challenged its entire organization to skip work and volunteer on September 27. Together, we aim to make an even greater impact on communities nationwide.

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home of the month



Your current neighbors at 1415 Dairy Rd. moved back to Charlottesville in 2011 after residing for a few years in New York City. Having graduated from UVA in 2008, they were thrilled to have the opportunity to move back to Charlottesville! “We found this home after living in the Lewis and Clark building for three years, and knew it would be the perfect spot for our growing family,” they recalled. “This has been an outstanding home! The new kitchen features soapstone countertops and a large gas range. A wall between the kitchen and den was removed, which creates a wonderful open living space, where we can cook and be with our children at the same time. We added wainscoting and grass cloth wallpaper to the dining room to complete the feeling of a formal eating space, and we also installed all new custom Chippendale railings to the screened porch. We love to cook and entertain, and we’ve found that the first floor is perfect for both.”

The couple invested in a few other upgrades to improve and expand the other levels of the house. The basement was also remodeled and finished. It now has a large play area for the children, including an under-the-stairs playhouse on one side and a family room on the other. They also added a guest bedroom in the basement and renovated the bathroom. A new outdoor living space was created by building a patio in the backyard, accessible from the basement and from new stairs, which connects the backyard to the screened porch. “Our kids were delighted when we leveled the backyard to reclaim previously unusable yard space, and especially when we added the playset!”



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This impressive c.1950 residence has been beautifully upgraded and recently renovated by the current owners. Offering a traditional, family-friendly, floor plan that boasts nearly 3,000 finished square feet of comfortable living space across three levels.

The main level features: Lovely hardwood floors; an updated kitchen with gas range, soapstone countertops, wood cabinets, tile backsplash, breakfast bar and opens into an adjoining light-filled family room; huge formal living room with built-in bookshelves, wood-burning fireplace and access to an inviting side screened porch, the perfect spot to relax, dine and/or entertain; formal dining room with wainscoting and chandelier; and, powder room with updated vanity and shower.

The second level features: A spacious master bedroom with master bath and two closets; two other large guest or children's bedrooms; full bath with updated vanity; and, a bonus room, which would



make a great home office/study, and also accesses the massive walk-up attic with plenty of storage and potential to finish.

The terrace level features: A new "down to the studs" renovation, adding open and useable space with top quality finishes; family room and play area; fourth bedroom; full bath; laundry; and, walks out to the fenced, level and landscaped backyard with stone patio and plenty of space to enjoy.

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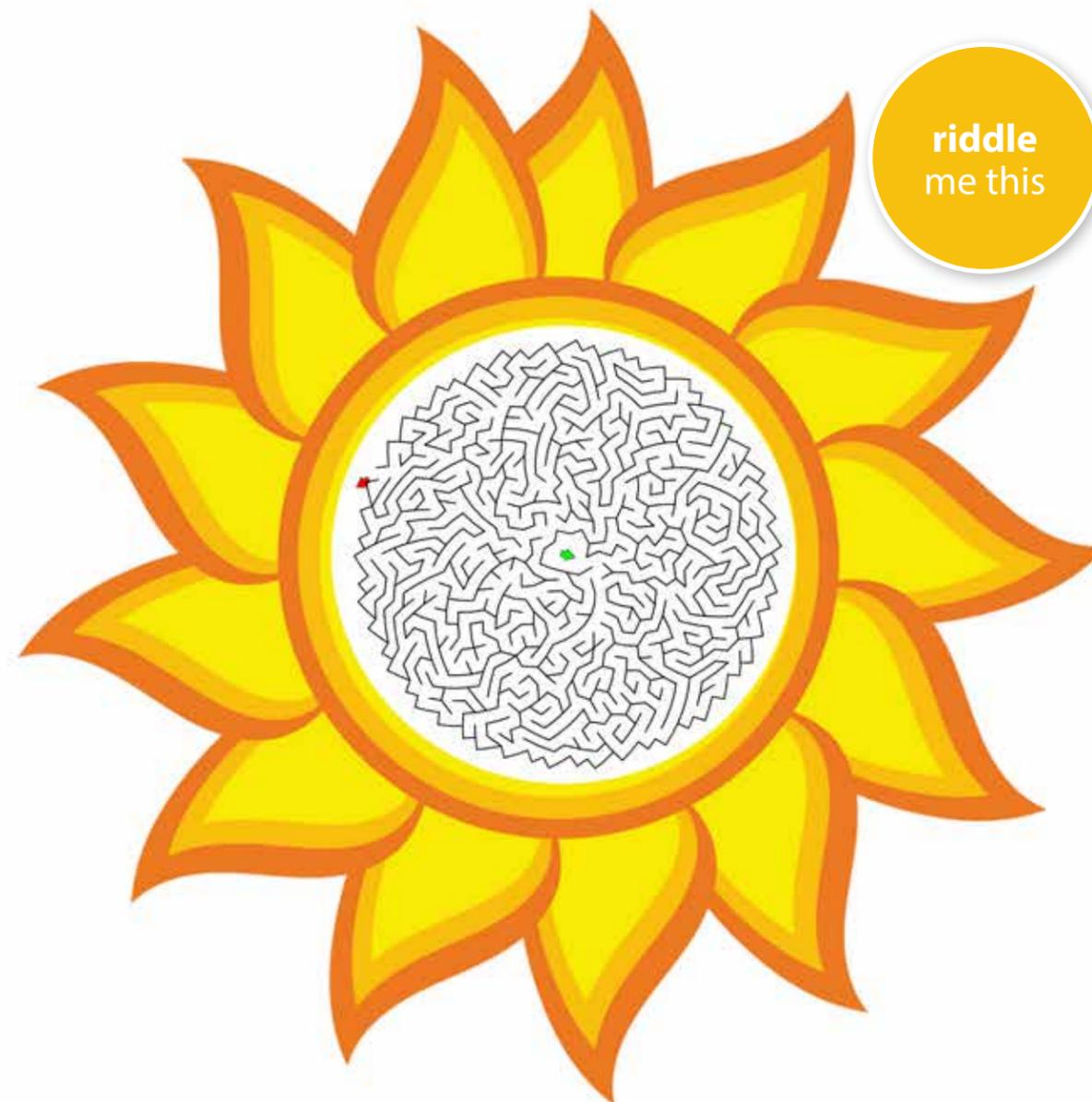
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RUGBY NEIGHBORS LOOK FORWARD TO ANNUAL BARN PARTY



The Family Barn Party, hosted by The Women's Initiative, is a fantastic event! The lively event features “A Bull, A Bear, and A Country Fair” at the picturesque **Bellair Farm**. Families look forward to the night of delicious food and drinks, delightful entertainment, and charming and nostalgic activities. This celebration has a reputation as a unique family-friendly fundraiser like no other!

This classic country fair is powered by the enthusiastic involvement of more than 100 volunteers, many of whom live in your neighborhood! These volunteers help ensure that this memorable event – complete with pony rides, bull riding, bear wrestling, a petting zoo and more – runs smoothly. Rugby neighbor Kristin Cory is a passionate TWI volunteer who co-chaired the planning committee for the Family Barn Party last year. “The first Family Barn Party I attended was in 2011,” Kristin recalled. “It was hands-down the best fundraiser I’ve ever attended. It’s a casual evening, filled with laughter and fun, food and drink, in a beautiful setting, with a great group of people. The kids love it! I learned then that the event really reflects the values of The Women’s Initiative, which strives to provide women with effective counseling, social support and education so they can transform life challenges into positive change and growth. I think all women face challenges at some point in their lives and counseling during those critical times can be a life-changing experience, especially for those who might not otherwise be able to afford it. I’ve been involved ever since!”



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The Family Barn Party has become a beloved annual tradition that is much-anticipated each year! The event headliner is bear wrestling, where children “wrestle a good-natured volunteer who is fully decked out in full bear costume.” Most of the younger children are eager for their chance in the ring with the bear, but spectating is also great fun! The fair games offer children a chance to earn stickers to fill a “passport.”

In addition to being a fun-filled evening for parents and kids alike, the Family Barn Party is also a major fundraiser for the incredible work that The Women’s Initiative does in our community. This event raises critical funds for affordable mental health services for women in need. The event’s proceeds undergird providing vital mental health care to women in need. By all standards, last year’s Barn Party was a tremendous success: Record-breaking attendance with over 500 kids and adults raised over \$118,000!

Most of us have been affected by mental health challenges at some point in our lives. The symptoms of anxiety, depression and trauma can deeply impact both the individuals who suffer as well as those they love. It can be difficult for anyone to locate effective mental health care and have the courage to reach out for help. For women in underserved communities, however, barriers such as cost, language, transportation, unique cultural circumstances, and social stigma can be insurmountable. Thanks to the dedicated efforts of The Women’s Initiative, this is changing.

And they are gearing up now for Family Barn Party 2019 on *Sunday, September 29!* For information about this year’s event, contact Kerry Day at (434) 872-0047 x103 or kday@thewomensinitiative.org. For more information about The Women’s Initiative, visit their website <http://thewomensinitiative.org/>.



Let **Rodney Madagan** Help You “**Move Better**”!

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sponsor spotlight

Rodney Madagan studied biology as an undergraduate at Mary Washington College with plans to pursue a career in molecular biology; however, his senior thesis cancer research project opened his eyes to the rewarding work of helping people directly. “It helped me realize that I greatly enjoyed working with the public, far more so than the rigor of isolated lab work,” Rodney recalled. “A college professor mentor steered me to volunteer in a local physical therapy clinic, and I really enjoyed the experience so I matriculated into professional graduate studies in the same town where my father grew up in Winchester, VA, at Shenandoah University.”

Rodney founded Move Better Physical Therapy in 2001 with the goal of providing high-quality care to patients. “Our practice is unique in several meaningful ways,” Rodney explained. “First, as we have grown, we have maintained our same focused treatment model for our patients. We do not use athletic trainers, techs, or aides to monitor a patient’s therapeutic exercises during a therapy visit. Our patients work one-on-one with the same therapist each visit, and we average fewer patient visits per day so that our therapist can provide the highest-quality care each session. For example, our practice averages 10 patient visits per therapist per day, but the national average is 14 patient visits per therapist per day. Second, all of our physical therapists are required to obtain board-certification in a therapy specialty, either orthopedics (OCS), sports (SCS), or geriatrics (GCS). This standard places our team of therapists in the top 10% in the nation for expertise in our profession. Lastly, we support our younger clinicians with a formal mentoring program and provide double the continuing education course work

per year compared to our peers. Our therapists are further supported with professional literature reviews and evidence-based practice is emphasized in all of our patient treatment pathways.”

Move Better Physical Therapy has been a thriving PT practice for the past 18 years because of the exceptional physical therapy services they offer to our patients. “Not all therapy is the same,” Rodney cautioned. If someone has not had success with another PT provider in the past, I would encourage them to consider Move Better. Our therapy results have helped us achieve an unsurpassed reputation for clinical excellence in Charlottesville, and our excellent patient satisfaction scores support our practice model!”

Rodney is excited to share the news that Move Better Physical Therapy has recently moved our practice into a new clinic space designed to provide an extraordinary physical therapy experience for their patients. “Abundant natural light, industry-leading equipment options, functional training areas, and a sports conditioning zone all help provide an optimal therapy experience for our patients to achieve their therapy goals,” Rodney exclaimed. “At Move Better, we treat more than injuries, we treat people. Our team believes in offering one-on-one attention for every client with a treatment approach personalized for them. We know that higher-quality care offers a better success rate for our referring physicians and their patients we serve!”

Move Better Physical Therapy
285 Hydraulic Ridge Road, suite 4
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local events

After Hours Event

Location: Leftover Luxuries 350 Pantops Center

Date: Recurring, first Thursday of each month

Time: 6-9 pm

This event we will feature our next artist for the month of October. Our Friends with Luxuries will be there too...GotRocks Jewelry Design, Verve Home Furnishings, Laurie Holladay Shades, Mallon & Bennett Antiques, Fox & Crow Antiques, Shenmont Antiques and come meet our newest Friends with Luxuries. So many new items have rolled into the store — grab some friends and COME ON IN!

Tots and Dots

Location: Kluge Ruhe Aboriginal Art Museum 400 Worrell Drive

Date: Recurring monthly on the 1st

Time: 9:00 am to 9:45 am

Price: Free

This early visual literacy program features a brief tour focusing on basic elements of visual art and ways to further stimulate visual and interpretive development in young children. The tour is followed by multi-sensory art play for children aged two to four led by Kluge-Ruhe education staff, while babies and caregivers enjoy social play in the gallery with visually stimulating toys. Free but registration required. Sign up for one 45 minute session that starts at 9:00 am, 10:00 am, or 11:00 am. Register at www.kluge-ruhe.org/education/tots-and-dots

Weekly Mindfulness

Location: Charlottesville Empowerment: Counseling and Wellness Services 223 W Main Street, Suite F

Date: Recurring weekly on Monday, Thursday

Time: 12:05 pm to 12:55 pm

Price: \$20 per session (or 4 for \$70)

Charlottesville Empowerment: Counseling and Wellness Services offers drop-in Weekly Mindfulness Sessions. Take 50 minutes for self-care, stress-reduction, and relaxation during your lunch break or at the end of your day! Mindfulness is moment-to-moment awareness of one's experience with curiosity and acceptance... without judgment. These drop-in sessions are designed to help quiet the mind, improve attention, and enhance overall wellness.

First Wednesday at King Family Vineyards

Location: King Family Vineyards 6550 Roseland Farm Lane

Date: Recurring monthly on the 1st

Time: 5 pm-8 pm

Price: Free!

First Wednesday at King Family Vineyards Join us the first Wednesday of every month for extended hours. Grab a glass of your favorite King Family Vineyards wine and enjoy local food and music as the sun sets behind the beautiful Blue Ridge Mountains. Food will be served by various food trucks, and there will be live music to enjoy.

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Attention Rugby Residents: Do you own or run a business? To have your business featured free in the resident business guide in an upcoming issue of *Rugby Living*, please send an e-mail to Krystle.myer@n2pub.com. This is open to residents of Rugby only.

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As Summer draws to a close, we hope this newsletter finds you rejuvenated and ready for the start of a new school year, football season and perhaps even a few home projects. Fall is a great time of year to tackle a few of those maintenance to do's that will help keep your home in tip top condition. We are happy to offer a few suggestions to get you started:

- Clean gutters and downspouts.
- Check wood trim around windows, doors, railings and decks for wood rot.
- Take advantage of cooler temps and paint the exterior of your home if needed.
- Inspect your roof for wear and tear. If the shingles are curling, buckling or crackling, it is time to replace them.
- Check the flashing around skylights, pipes and chimneys for leaks or gaps as heavy snow and ice will find their way in.
- Remember to turn off the valves to the exterior hose bibs before the first freeze and run the water until the pipes are empty.
- Wrap water pipes that run along exterior walls with heating tape. It will save energy and prevent them from freezing

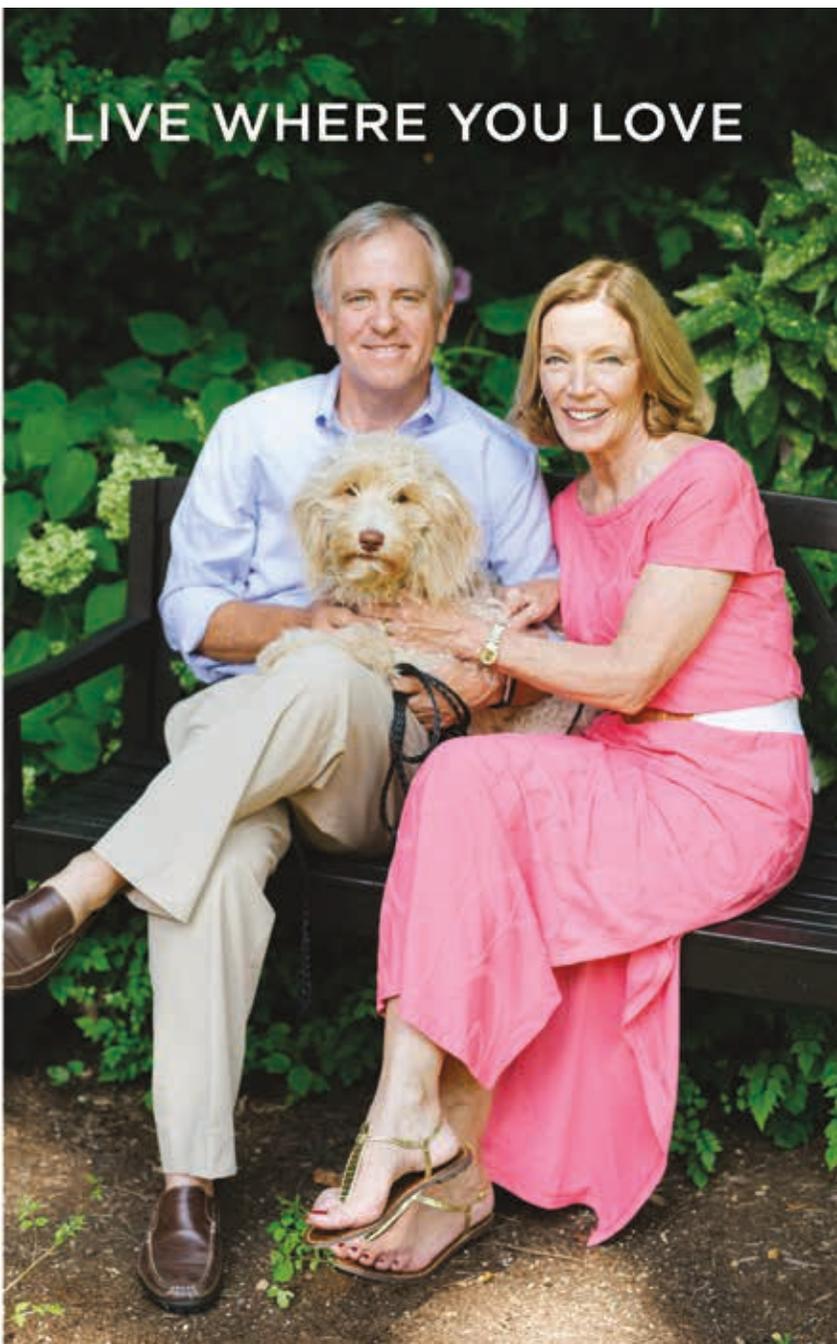
As always, we'd be honored to assist you with your real estate needs and look forward to introducing you to our newest Montgomery Team Member - Madison "Maddie" Hoo Montgomery. She has been with us since early Spring and is settling into her new position with enthusiasm!

Voie & Bobby



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