

# NEWS



Lake Prince  
Woods  
EveryAge Senior Living™

## MEET JIM JONES

### In Pursuit of Mind, Body & Spirit

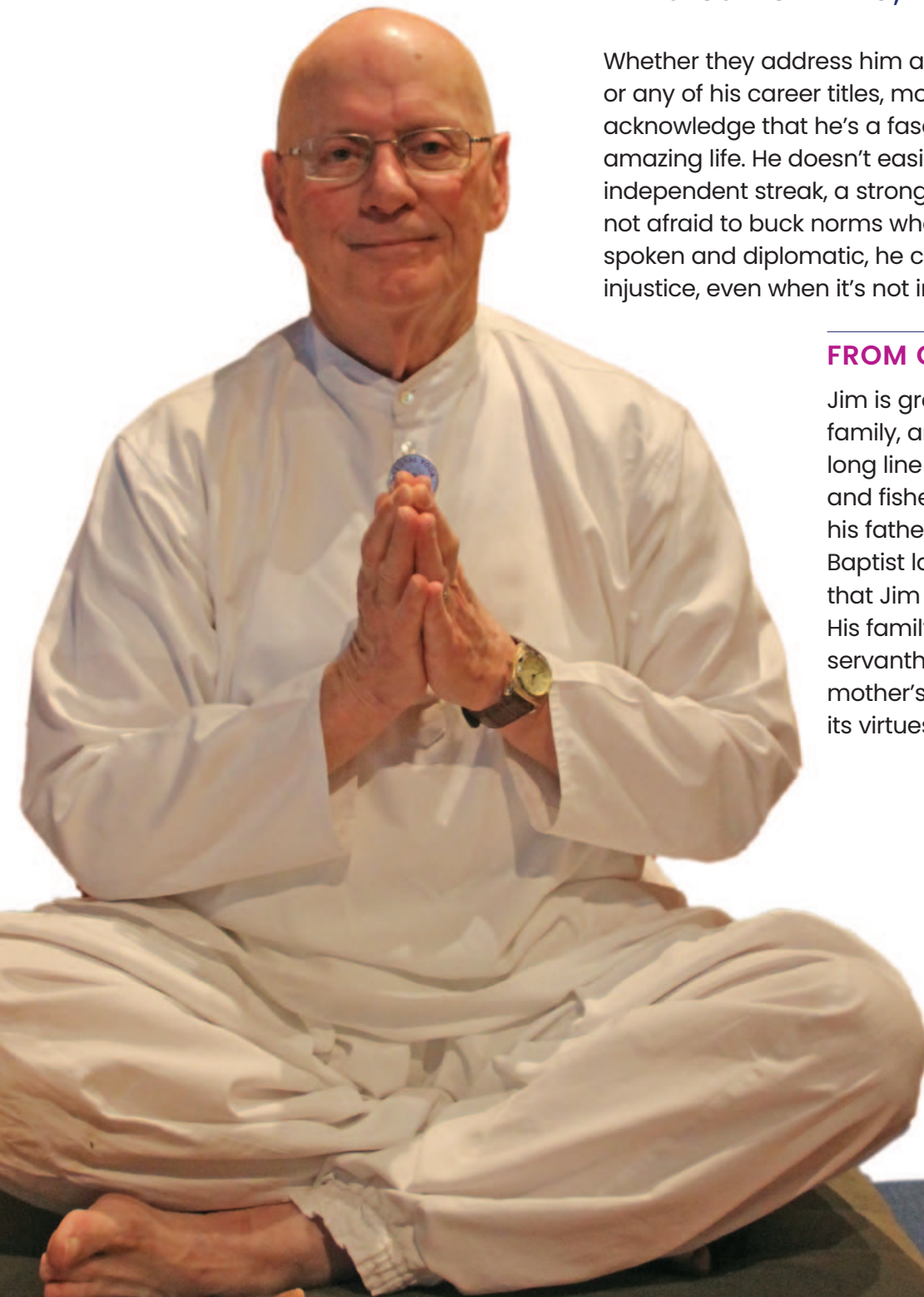
Whether they address him as James, Jimmy, Jim, Counselor, or any of his career titles, most folks who know Jim Jones acknowledge that he's a fascinating person with an amazing life. He doesn't easily fit expectations. He's got an independent streak, a strong penchant for fairness, and he's not afraid to buck norms when it's the right thing to do. Soft-spoken and diplomatic, he can also hunker down to combat injustice, even when it's not in his best interest to do so.

#### FROM GOOD STOCK

Jim is grounded by a deep love of faith, family, and country. He comes from a long line of Georgia and Virginia farmers and fishers. His mother was Baptist, and his father was a Quaker who became Baptist later in life, courtesy of a baptism that Jim still recalls from his childhood. His family had a strong mission of servanthood, and he can still recite his mother's favorite poem, which extolled its virtues.

*Do not live to make a living,  
Rather live to make a life;  
For the measure of  
succeeding  
Is your service in the strife.  
All that you leave behind you,  
When your Soul has crossed  
the bay,  
Is the good you've done  
for others  
As you tarried by the way.*

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## A FIRM FOUNDATION

As a child, Jim excelled in math, science, and language arts. Seeing something notable in him at a young age, a neighbor announced to the family that Jim was certain to be either a lawyer or a preacher. With a sharp mind already in evidence, he gave his first sermon at age 14. Ultimately, he would come to fulfill both roles the neighbor predicted.

First, Jim earned his bachelor's degree in government through a scholarship from the University of Virginia, where he met his wife, Nancy, a nursing student. Afterwards, he attended law school, obtaining his JD degree with Nancy's encouragement and financial support. In college, Jim had participated in the Marine Commissioning Program, which required that he serve the corps for six years in return. Going beyond his commitment, he spent three years in active duty, another four in active reserve, and a final two years in inactive reserve.

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## SERVING THE NATION

Jim's first permanent duty station as an officer – after graduating from the rigorous, six-month Basic Infantry Officer Training School at Quantico, VA – was at Parris Island, SC. There, he was staff legal officer, taught at the drill instructor's school, and supported all training operations. Early on, he brought attention to

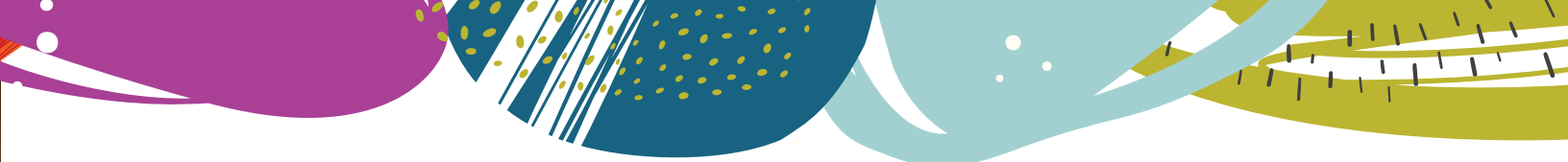
himself when he confronted a popular car dealership that was taking advantage of the troops with unfair contracts. Despite being an advocate for young Marines out of recruit training, Jim ruffled feathers through his efforts and was sent to Vietnam after some nine months, believing the tour of duty was intended to shut him up, if not get him killed. Despite facing death and military attacks many times, he managed to return safely to the United States.

However, the stigma of Vietnam service during the 1960s made getting a job a tough prospect. While serving stateside in the Marines, Jim was tapped as a copywriter and speechwriter for senior military leadership. He also penned a speech for President Lyndon B. Johnson, who was presenting the Medal of Honor to a Marine Corps officer.

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## A CAREER IN LAW

After leaving the service, Jim began practicing law, working first as the assistant city attorney in Portsmouth and learning transportation law and real estate. Following that, he spent decades in private practice before becoming outside counsel to the Virginia Department of Transportation and, later, staff attorney, working for a series of Virginia attorneys general. In 2000, he became an assistant attorney general and counsel for the VDOT's



right-of-way manager and staff. Eventually, he became a senior assistant attorney general for the VDOT Southeast region as its staff counsel, where he oversaw 35 private firms as they acquired land for Virginia to construct new roads, bridges, and tunnels.

In 2023, Jim began his 58th year of practicing law, although he has now cut back on his working hours. In the study he and Nancy built onto their cottage at Lake Prince Woods, he primarily deals in civil litigation contract work, a field he particularly enjoys. His intention is to slow down even further by the end of the year.

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### **SERVING THE CHURCH**

Using the hours he once devoted to the law, Jim hopes to spend more time in the ministry. Fulfilling his childhood neighbor's prophecy, he converted to the Methodist faith decades ago and became certified as a lay minister in the United Methodist Church at the age of 70. While he isn't able to consecrate elements or perform marriages or baptisms in this role, he can preach, counsel, visit the sick, and officiate at funerals. In his job as Minister for Wellness Programs for Mind, Body & Spirit at New Creation United Methodist Church, he also facilitates a Grief Partners support group, teaches Bible study classes, and leads mat yoga classes.

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### **A STRONG INSTRUMENT**

Jim is also an inveterate athlete. A longtime runner, he wanted to get his law office staff in better shape in the 1980s, so he invited them to pick the method of training for group exercise. To thwart his efforts, they laughingly chose Jazzercise. Never one to be underestimated, Jim took on the challenge, became a certified instructor, and taught Jazzercise for seven years. Afterwards, he transitioned to spin classes and cycling, which he practiced for 20 years. At that point, yoga was gaining popularity, so he pursued it as well. He found such merit in yoga that he stockpiled vacation days to be able to spend four

weeks at Satchidananda Ashram–Yogaville and become a certified instructor. This well-regarded yoga complex on the James River in central Virginia is world-renowned as a retreat, teaching center, and yoga community. Now in his mid-80s, Jim still practices yoga and also teaches residents mat yoga regularly at Lake Prince Woods.

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### **LIFE IN RETIREMENT**

He finds the retirement community a beautiful, restful place to live and acknowledges that he and Nancy should have moved years before they actually did. A couple they were friends with – a judge and a nurse – had done so, and they were envious of their more relaxed lifestyle. Prior to the move, Nancy had been diagnosed with Alzheimer's, and the continuum of care available to both of them has been of great benefit. Despite the daunting aspect of moving – and culling their belongings – Jim is satisfied by the home they've created. They hired a downsizer to help with the process, keeping the things they loved from their previous residence and working with her to reconfigure their furniture and belongings in new ways. Now, surrounded by the watercolors and nautical art he loves, Jim feels completely at home among LPW friends and amid the Virginia landscape where he grew up.

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### **SERVING OTHERS**

Never one to rest on his laurels, Jim was recently instrumental in bringing Lake Prince Woods' wellness center (now under construction) to fruition. Along with Dr. Leroy Howell, vice-chair of the EveryAge Foundation's Board of Trustees, and Ray Blaum, president of the LPW residents' association, Jim was a co-chair of the Mind, Body, Spirit Capital Campaign that raised funds to build the impressive new center. Like many things Jim has touched, it will be part of his legacy to the community: serving the greater good, offering equitable access for all, and nurturing the ideas and impulses that lovingly draw out our better angels.



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# HOME IS WAITING!

We would love to welcome you to retirement at Lake Prince Woods. Set amid coastal woodlands, our cottages, villas, and apartments are designed to fit just the lifestyle you dream of. To start your journey, refresh your memory, review floorplans, or request a tour, please reach out to us at your convenience. You'll wonder why you didn't make the move years ago!

Currently available: A variety of spacious apartments, plus one cottage (new construction, open floor plan, two-car garage).

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