

Finding Healing and Hope

Most of us know the importance of maintaining good physical health through smart eating and exercise. Strong mental health, however, is just as important. This past fall, organizers of the Morning of Hope Walk set out to raise awareness about good mental health and help alleviate the social stigma surrounding mental illness.

Over 3500 people attended the walk held at Mount Trashmore in Virginia Beach. The event, facilitated by the nonprofit organization Hampton Roads Survivors of Suicide, was one of remembrance and healing, but also served as an opportunity for participants to celebrate life to its fullest extent.

The morning began with a touching program featuring a tribute to lives lost due to mental illness. Speakers shared messages of hope and awareness. By providing education and resources about mental illness, event organizers hope to spread the message of mental illness as a treatable disease and suicide as a preventable tragedy.

At the start of the walk, participants passed through a curtain of 1,000 delicately

folded paper cranes, an international symbol of peace and healing. Susan Rowe, executive vice president of treasury sales at TowneBank, has been involved with the walk since its inception. “As you can imagine, this is not your typical walk. It is one of mental healing and touches so many lives and families in our community. It is an unforgettable experience.”

Licensed counselors were available during the event to provide support, answer questions and provide resources. The family-friendly event also included food, live music, and an opportunity for participants to create their own paper crane.

For several years, a team of TowneBank volunteers has helped manage registration and welcome families and participants as they arrived for the walk. TowneBank was pleased to once again serve as a sponsor of the event.

Future events, including the Out of Darkness Walk sponsored by the American Foundation of Suicide Prevention, are being planned for our community. To learn more and to find additional resources and education about mental health, visit the American Foundation of Suicide Prevention’s website at afsp.donordrive.com. ♦



The crane is a symbol of healing and peace, and 1,000 were on display at the Morning of Hope Walk.

TOP 40 UNDER 40 Congratulations Joe Dusewicz

The Towne Family is thrilled to share that another one of our hometown bankers, Joe Dusewicz, has been placed on the Top 40 Under 40 list published annually by *Inside Business*. The list, now on its 19th year, recognizes successful professionals in Hampton Roads who engage in meaningful service in their community.

In 2012, Joe joined TowneBank as a banking officer and member services specialist, moving to the role of credit analyst in 2015. Today, he serves as the assistant vice president and manager at TowneBank Oyster Point in Newport News, the largest location on the Peninsula. Not only does Joe manage a multimillion-dollar portfolio, he also serves as a mentor to his colleagues. “He has a talent for training and development,” states Brian Skinner, chief banking officer, who attributes these strengths to Joe’s previous experience in management and his time spent coaching little league and soccer.

In addition to being selected for Towne’s 2019 LEAD Associate program, Joe sits on the board of directors for the Hampton Roads Chapter of Risk Management Associates. He graduated with a 4.0 from Averett University with a double major in business management and sports management, all while playing collegiate soccer, even serving as the team captain his senior year.

Joe is on the executive council of the United Way

Joe is active in the community and enjoyed blowing bubbles with a friend at the New E3 School in Norfolk.

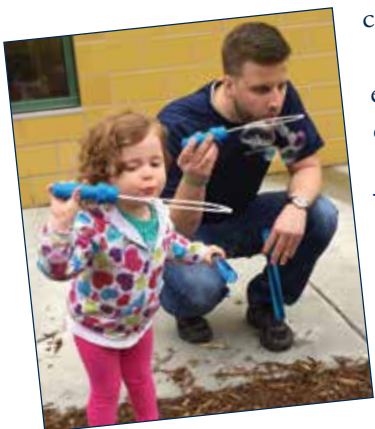


Towne’s Joe Dusewicz has climbed to the top as one of the Inside Business Top 40 Under 40.

Emerging Leaders Society for the Virginia Peninsula, a group that works to develop young philanthropists in our community. As part of the group’s “Over the Edge” fundraiser, Joe put his passion into action by rappelling down the side of a building in downtown Newport News. He also serves as the team leader for the Pacesetter United Way campaign, helping TowneBank meet and exceed its fundraising goal.

Additionally, Joe volunteers as a budget advocate for THRIVE Peninsula, counseling those at risk of eviction or losing utilities on how to create and manage a sustainable budget. He is the first vice president for the Peninsula Sports Club, helping with fundraisers that assist with youth programs and scholarships for athletes. He has been a participant in a range of other philanthropic endeavors, including the Salvation Army holiday toy drive, the “Walk a Mile in Her Shoes” event, and the Otter Ball committee to benefit the Virginia Living Museum.

The Towne Family congratulates Joe on this well-deserved and prestigious honor! ♦



Keeping Skin Healthy for 75 Years

PARISER DERMATOLOGY

Our skin is the largest organ in the human body. It serves a critical role in our health by protecting us from the environment and supporting the body’s other systems. Keeping skin healthy is vital.

When Dr. Harry Pariser founded his dermatology practice in the mid-1940s, sunscreen was yet to be invented. The average person knew little about the importance of protecting their skin from the sun’s harmful rays.



Dr. David Pariser



Dr. Robert Pariser

Dr. Pariser practiced alone for about 30 years, helping his patients with a variety of skin problems. Harry’s sons, David and Robert, both became dermatologists and then joined their father in his practice. The three worked together for about 15 years before Harry retired. David and Robert are still part of the practice today. From that downtown Norfolk office 75 years ago, Pariser Dermatology has grown to six locations stretching from Virginia Beach to Williamsburg, with 185 on staff.

Pariser dermatologists have extensive experience in treatment and prevention of many general dermatologic needs. Using both medical and surgical aspects, they can treat ailments related to acne, eczema, warts, rashes, rosacea, mole removal, psoriasis, and skin cancer. Pariser has two surgeons who are Mohs-trained, a specialized surgery technique used to treat skin cancer. They also have a full-service lab with two onsite pathologists.

In recent years, cosmetics has become a larger part of Pariser Dermatology with three master aestheticians now on staff. They offer a wide variety of cosmetic services including facials, laser treatments, chemical peels, and botox treatments.

Carol Seymour, practice administrator, joined Pariser Dermatology about three years ago and introduced the practice to TowneBank. “I had a relationship with Towne at my previous job,” Carol says. “When I came to Pariser, I quickly found out that we didn’t have the kind of relationship with a bank that I was accustomed to. I introduced Dawn Provost, Portsmouth Boulevard branch manager, to our team, and we quickly made the switch to TowneBank.”

Some tips to keep your skin healthy:

- Wear sunscreen every day with an SPF of 30+.
- Avoid the sun between 10 a.m. and 4 p.m. when the sun’s rays are strongest.
- Eat a healthy diet.
- Don’t smoke.
- Have your skin checked annually by your physician or a dermatologist.
- If anything unusual appears on your skin, have it checked out.

Visit pariser.derm.com for more information. ♦