

Community MATTERS

A NEWSLETTER BY LIFESPIRE OF VIRGINIA • ANNUAL REPORT EDITION • JUNE 2022



LifeSpire
of Virginia
Faith. Wellness. Community.

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On the Cover: A view of LifeSpire's fifth and newest life plan community, The Summit, in Lynchburg, Va. The 143-acre community features an 8.5-acre lake.

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PETER ROBINSON
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JODI LEONARD
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HILLARY SMITH
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MESSAGE from the CEO JONATHAN COOK

As the world moves into the second quarter of 2022, hope is on the horizon for the COVID-19 pandemic. Licensing agencies and global health leaders continue to lift restrictions. Though positive cases continue, the severity seems to be waning. During this time in 2021, the situation was not nearly as optimistic. While there were some significant successes for LifeSpire, it was the most challenging year our team has ever experienced in senior living.

LifeSpire dealt with bankruptcy, significant occupancy and financial challenges, and the global pandemic in the past decade. None of those challenges compare to the labor shortage and inflation the industry experienced this past year. According to Leading Age of Virginia, 9,100 healthcare workers (11.6%) left the field since 2020 in Virginia alone.

That number doesn't consider hospitality team members, including housekeeping, maintenance and culinary services.

To help combat the "great resignation," LifeSpire increased salaries by more than 25% in two and a half years. In 2021, LifeSpire's leadership team decided to increase beginning salaries to \$15 an hour. The organization also decided to adjust all certified nursing aides in assisted living and memory support to a starting wage of \$16.25. The starting wage for skilled certified aides increased to \$17.50.

Despite the pandemic and continuing labor shortages, 2021 was a historic year for LifeSpire. For the first time in the organization's 75-year history, LifeSpire assumed ownership of the assisted and independent living neighborhoods at The Summit in Lynchburg, Va. I am excited to add the community, its residents and team members to the family.

Not only has LifeSpire grown through strategic partnerships, but there has been significant

affiliation, consolidation and acquisitions taking place in the senior living space. These trends will continue as leaders retire, and providers struggle with the concerns mentioned above.

The industry landscape led LifeSpire's Board of Trustees and leadership team to reboot the strategic plan to assist the organization as it navigates the

concerns and opportunities for growth. The strategic plan, penned in 2018, is what prepared and positioned the organization to weather the pandemic and industry challenges and come out on the other side it is today. The plan's six key tenants include investing in the future, strengthening finances, being an employer of choice, offering excellence in healthcare, forging strategic alliances and leveraging technology.

Under the plan's guidance, LifeSpire announced a joint venture with Pinnacle Living to provide home health via a newly formed home health

CONSUMER
TRENDS SHOW
THAT SENIORS
ARE LOOKING
FOR PURPOSE
AND CHOICES.

“

LifeSpire's mission is empowering individuals with choices in purposeful living.



company, Affirmation home Health. Lakewood at Home launched, which in 2021 welcomed its 100th member.

In the summer, Fitch Ratings—an award-winning provider of credit ratings, commentary and research—reaffirmed its 2020 ‘BBB’ rating reflecting the expected resilience of LifeSpire’s financial profile. This endorsement allowed the organization to issue new tax-free bonds at low-interest rates to purchase The Summit and finance new cottage construction at The Culpeper and Lakewood.

This financial stability has afforded LifeSpire the chance to build more independent living in the communities, refresh some areas in the higher levels of care and add some amenity spaces. As the organization grows internally and externally, the leadership team is ever mindful of the cost of materials for construction projects and general upkeep. The return on these investments is clear: independent living residences were over 95% occupied, well above industry benchmarks, at the end of 2021, and nearly \$22 million in net entry fees was collected.

Additionally, technology will evolve and enhance resident programs and services and simplify work duties for team members. The Lakewood team piloted a driverless vehicle this past year, and some communities are exploring the use of robots in dining spaces. The information technology team deployed a feature to reduce printing costs and provide security. The

team also championed an initiative to consolidate door access across the organization to provide better protection now and in the future.


Consumer trends show that seniors are looking for purpose and choices. Indeed, LifeSpire’s mission is empowering individuals with choices in purposeful living. As the organization seeks to advance that mission, the entire LifeSpire family must be nimble and innovative.



With all of these fantastic accomplishments, the organization is still holding to Dr. JT Edwards’ promise of caring for seniors in need through the generous support of the Virginia Baptist Homes Foundation. LifeSpire continues to provide over \$1.1 million in financial subsidies for the benevolent need of residents that, through no fault of their own, deplete their assets. Residents live longer, vibrant

lives, and I am honored to provide them the comfort and security that they know and love through this benevolent ministry.

Thank you to the caring team members who have selflessly served others these past two years. Thank you to the supervisors who worked extra shifts in frontline positions and often did the work of many. Lastly, thank you to every LifeSpire resident who understood the organization’s issues and challenges and worked together to combat the difficult times. I am very proud to be leading such a caring and committed group of people.



Jonathan Cook
President & CEO



MESSAGE from the CFO CHRIS MARKWITH

2021 was another strong year for the LifeSpire's family of communities. Operating revenue was a record \$108.2 million with net operating income of \$3.8 million and an ending Independent Living occupancy of 95.3%. As with our peers in the industry, we continued to navigate the challenges brought on by the COVID-19 pandemic. Our independent living has remained stable over the last two years, while the higher levels of care (assisted living, memory care and skilled nursing) continue to rebound. Reluctance of residents to move through the continuum of care, slower than normal outside admissions, and staffing shortages continue to put pressure on the higher levels of care.

Our continued strong performance can be attributed to continual benchmarking of financial, operational, and staffing metrics and vigilance in monitoring our budgets and making appropriate adjustments. With that said, it is our team's dedication that will always be the most significant driver of our success.

Christopher M. Markwith, CPA
SVP, Chief Financial Officer and Treasurer

KEY HIGHLIGHTS:

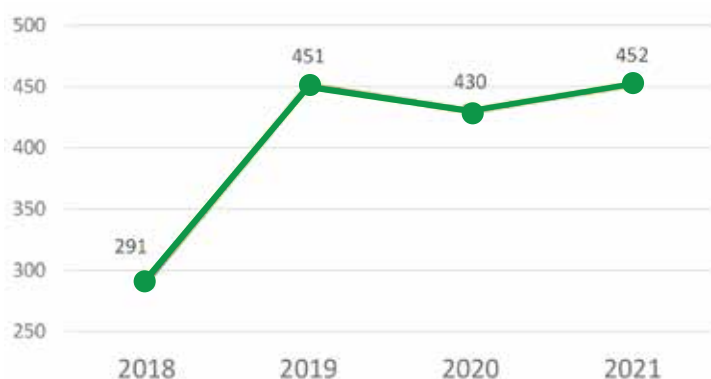
- Implemented a \$15 minimum starting wage for all positions.
- Purchased The Summit in Lynchburg, Va adding 101 independent living and 43 assisted living residences.
- Debt service coverage ratio dropped to 2.04 times debt.
- This drop was planned and is better than our pro forma financial models done in conjunction with our capital expansions and the purchase of The Summit.
- Fitch reaffirmed LifeSpire's financial rating at BBB with a stable outlook.
- Issued new tax-free bonds of \$77.9 million with a 1.95% interest rate for 30 years to purchase The Summit, finance cottage construction at The Culpeper and Lakewood, and refinance the 2017 Culpeper bank debt.

FINANCIALS

SUMMARY FINANCIAL STATEMENTS FOR DECEMBER 31, 2021 AND 2020*

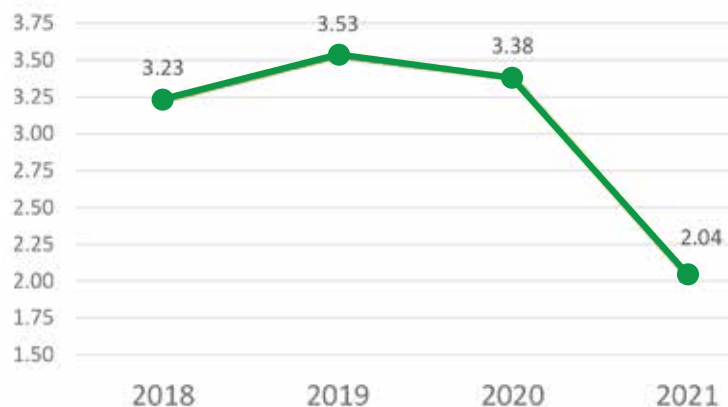
DAYS CASH ON HAND

Covenant Compliance Greater Than 120 Days

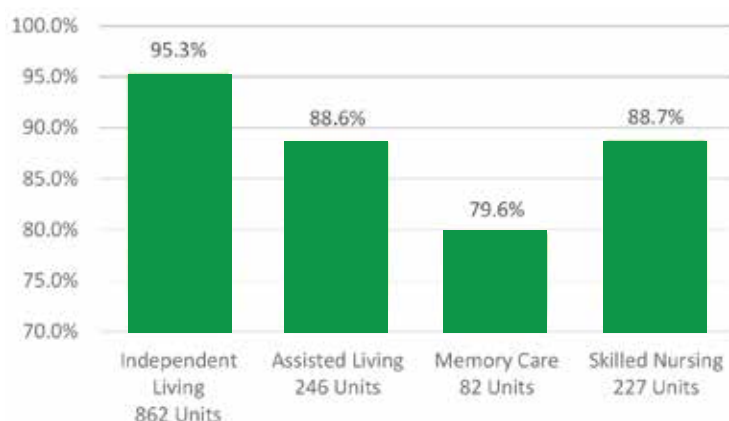


DEBT SERVICE COVERAGE RATIO

Covenant Compliance Greater Than 1.2



OCCUPANCY BY AREA 12.31.2021



AVERAGE OCCUPANCY FOR ALL CARE LEVELS



CONSOLIDATED BALANCE SHEETS

Assets	2021	2020
Current	51,202	50,975
Long-Term	119,251	84,209
Net Fixed Assets	253,754	214,315

Total Assets	\$424,207	\$349,499
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Liabilities and Net Assets	2021	2020
Current	26,576	28,041
Deferred Revenue	113,722	104,808
Other	48,294	41,226
Long-Term Debt	252,510	201,880
Net Assets	(16,895)	(26,456)

Total Liabilities and Net Assets	\$424,207	\$349,499
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CONSOLIDATED STATEMENTS OF OPERATIONS AND CHANGES IN NET ASSETS

Statement of Operations	2021	2020
Operating Revenue	108,205	95,192
Operating Expense	104,389	93,697
OPERATING INCOME	\$3,816	\$1,495
Unrealized Gains (Losses)	3,580	2,489
Other Nonoperating Gains (Losses)	(63)	(2,247)

Increase in Unrestricted Net Assets	\$7,333	\$1,737
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Statement of Changes in Net Assets	2021	2020
Increase in Net Assets Without Donor Restrictions	7,333	1,737
Net Assets Released from Restrictions -	21	
Increase in Net Assets With Donor Restrictions	2,228	969
INCREASE IN NET ASSETS	9,561	2,727
Net Assets - Beginning of Year	(26,456)	(29,183)

Net Assets (Deficit) - End of Year	\$(16,895)	\$(26,456)
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*Condensed Financial Statements audited by independent certified public accountants.
The audit report may be requested on our website at www.LifeSpireLiving.org.



MESSAGE from the VP of THE VBH FOUNDATION JODI LEONARD

So often, I get thanked for all that the Virginia Baptist Home (VBH) Foundation does to support LifeSpire's residents and team members. The Foundation's role is to connect interest with need and create and nurture those relationships. The genuine gratitude belongs to all the Foundation's supporters, volunteers and donors. As you read through all LifeSpire's accomplishments for 2021, know that you played a tremendous role in fulfilling needs.

Thank you to those who provided 52 residents with the financial support they need to stay in the homes they know and love. Benevolence is at the heart of what LifeSpire and the Foundation do, and my team is honored to carry out the mission of caring for seniors that the organization's founders set forth more than 70 years ago.

"What a wonderful gift! We are so grateful to the VBH Foundation for the financial subsidy to cover our care. We had not expected to ask for this, but when it did become necessary, your generous response was a real blessing and will continue to be so. We are thankful to live in a community where our friends and neighbors care for each other and support this need."

-A grateful LifeSpire couple

Thank you to those who supported LifeSpire's team members in times of crisis. Team members who need financial support due to emergencies could rely on your generosity to help get them through their crisis through the Employee Crisis Funds.

"I didn't know what I was going to do. My family lost everything and owed everything.

The support gave me stability, time to think, and time to get things back in order. Today I'm back on my feet. I'm not where I want to be yet, but far from where I was. **I'm very grateful for that, and words can't express how much."**

A Crisis Fund grant recipient

Thank you to those who recognized that the need for LifeSpire team members to fulfill their educational goals is paramount for the organization to retain and grow the team and provide excellent care to residents. Through the Employee Education Fund, 22 eligible team members, their children or grandchildren were awarded scholarships to support their college dreams.

"LifeSpire's financial support of its team members to further their education is priceless to me as a team member as I pursue my master's degree. I have had no choice but to manage and balance my life while on

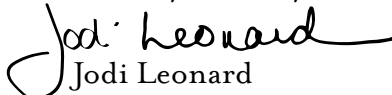
BENEVOLENCE
IS THE
HEART OF
WHAT WE DO

this journey. The financial scholarship LifeSpire has awarded me has certainly helped as I balance my registration schedule towards all my classes.”

Allison Bancroft, Events & Programs Coordinator, The Glebe

How can the Foundation assist in fulfilling your needs to engage with your neighbors and friends in supporting our communities?

What’s your story? I would love to hear it.


Jodi Leonard
VP of the VBH Foundation



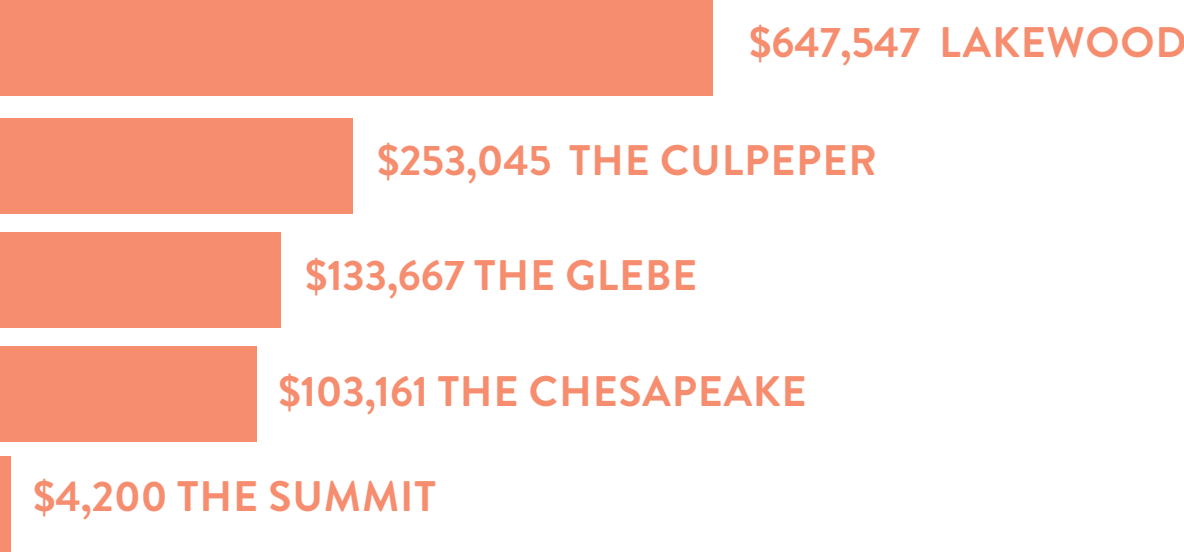
FOUNDATION STATS

GIFTS RECEIVED BY CAUSE



\$1,670,785

BENEVOLENT AWARDS



\$1,141,620

GIFTS RECEIVED BY ENTITY



\$1,670,785



community



SOCIAL ACCOUNTABILITY

Social accountability for a non-profit organization is the impact that organization has on its wider community. It is a measure of an organization's commitment to its mission, stakeholders and the greater community. Each of LifeSpire communities along with the Virginia Baptist Homes Foundation are significantly impacting the communities in which they are located.

In 2021, LifeSpire of Virginia—including The Chesapeake, The Culpeper, The Glebe, Lakewood, Lakewood at Home, The Summit, the Virginia Baptist Homes Foundation and the home office team—provided more than \$1.4 million in monetary donations, goods and services to public charities and organizations. Across all communities, team members gave 143 hours and residents gave more than 5,000 hours of time to volunteer service.



Learn more *about how LifeSpire residents and team members are impacting the communities in which they live and work. LifeSpire's full Social Accountability and Charitable Giving Report for 2021 and a Financial Summary Report can be found online at lifespireliving.org/social-accountability.*

The charities that benefitted from LifeSpire community and resident volunteer service in 2021 include:

The Adult Care Center of Central Virginia
Aging Together
Alzheimer's Association
Angel Flight
Blessing Place
Blue Ridge Autism and Achievement Center
Blue Sky Fund
Boy Scout Troop 196
The Boys Home of Virginia
Centra Lynchburg General Hospital
The Chesapeake
Church Hill Activities and Tutoring
Cristo Rey Richmond
The Culpeper
Culpeper Volunteer Fire Department
Feeding America
Feeding Southwest Virginia
First Baptist Church, Richmond
ESL Program

Foster Fuels Coat Drive
From the Heart Stitchers
Full Circle Thrift
The Giving Heart
The Glebe Retirement Community
GoochlandCares
Goodwill
Good Vibrations Choir
Grace Baptist Church
Habitat for Humanity
Henrico Christmas Mother
Henrico Concert Band
Henrico SPCA
HHS Veterans
Insight Vision Support Group
Joint Leadership Council
Lakewood
Marine Corps League
Medical College of Virginia Foundation

Oregon Hill Baptist Center Homeless
Ministry
Oregon Hill South Richmond Baptist
Center Christmas Store
Powhatan Food Pantry
Quilts of Valor
REACH
Richmond Housing Authority
River City Faith Network
River Road Baptist Church
Ronald McDonald House
The Rotary Club of Culpeper
Ryan's Case for Smiles
Salvation Army
Special Olympics
Shepherds Center
The Summit
Virginia Baptist Foundation



J.T. EDWARDS LEGACY SOCIETY



In January 1946 Dr. James T. Edwards, pastor of Culpeper Baptist Church, introduced the idea of establishing a home for senior adults to live out their retirement years. Over 70 years later, his vision continues to thrive and expand.

The J.T. Edwards Society was established in 1996 to honor those who support Dr. Edwards' legacy through any form of planned giving, including bequests, charitable gift annuities, charitable remainder trusts or gifts of life insurance. These gifts provide the Foundation with the ability to plan for the future success of this ministry.

JTE Society members extend a lifetime of support through giving, volunteering and membership. Like Dr. Edwards, these visionary individuals are leaving their own legacy for future residents and the Foundation is proud to honor them through membership in this society.

Barbara J. Begor

Martha A. Bledsoe

Ruth Bokun

Curtis and Dee Brooking

Jacquelyn K. Brooks

Bert and Rose Browning

Montgomery Cale

Jeannette Cantrell

Hilary and Gina Claypool

Carolyn Coffman

Jonathan and Barbara Cook

Robert Copenhaver

Anne daCosta

Carole A. Edwards

Emily W. Fitzgerald

Linda Fleshman

Frances Francis

Audrey Guild

J. Ellis Hall

Nelson and Cathy Harris

Monica Hillery

R. Craig and Sharon W. Hopson

Frances W. Ingram

Peyton and Nancy Jefferson

Latham and Linda Jones

Michael and Joan Keck

Maurice C. Law

George and Virginia Leftwich

Thomas and Elizabeth Mabe	Peter and Myra Robinson
Guy and Vivia Mattox	Bonnie Shelton
Joyce G. McCall	Mary K. Small
Donald and Lida McKinney	Ann Ruckman Smith
Joy McNabb	Beula Sprague
Rachael D. Mothena	Elizabeth A. Stevenson
Barbara W. Murphy	Presley and Gladys Thompson
Margaret J. Oliver	William and Nancy Trimble
Elizabeth Ann Peterson	Violet C. Varner
Marie C. Piper	Robert and Julia Weikle
Doris S. Pritchard	Jacquelin A. Werb
Hunter Riggins	11 Anonymous Donors
Randall and Linda Robinson	

J.T. EDWARDS SOCIETY LEGACY GIFTS

In 2021, 44 donors made their ultimate gift to LifeSpire through estate planning. Some created a trust that provides income every year to support benevolence and our communities. Others gave through bequests. These generous expressions of faith humble the LifeSpire team. While their passing saddens us, we remember the way they lived—with love and kindness for others.

Estate of Carol H. Alley
 Estate of Sallie Allport
 Hatcher Broadus and Therma Valentine Baxter Living Trust
 William Hirst Bell and Annie Lee Bell Memorial Fund
 Inez Duff Bishop Charitable Trust
 Ira C. and Bertha Johns Hopkins & Nancy Hopkins Bryan Fund
 Alma P. Bryan Trust
 Culpeper Endowment Fund
 Alton Carlton Elder Trust
 John W. and Ruth B. Elmore Trust

David J. & Edith Evans Trust
Stanford L. Fellers, Jr. Memorial Trust
Estate of Marvel L. Fielden
Estate of Jacquelyn D. Gilbert
Mr. and Mrs. R. E. Graves Trust
Edward Russell Gray Memorial Fund
Estate of Orine Katherine Parker Griffith
Woodford B. Hackley Trust Fund
John T. & Mamie Harris Trust
Laura J. Harris Trust
Lizzie Harvey Trust
Charlie Hatchel Living Trust Fund
Samuel W. Holdcroft Trust Fund
C. Kenneth Horner Trust
Mary B. Hudson Trust Fund
Ora Jones Trust
Yvonne Stewart Kelly Fund
Estate of Barbara S. Kinsey
Alice Ruth and Willie Parr Lewis Trust
Mr. and Mrs. Wilbur Jason Lyttle
 Living Trust Fund
Catherine H. Mahoney Trust
Lloyd C. and Ruth C. Moore Trust
Estate of Elizabeth A. Nalley
Estate of Ann Clere Partlow
Emily C. Ramstetter Trust
Harold K. Richardson Trust
James M. and Ida F. Rose Trust



Waller J. Rucker and Sallie M. Rucker Trust

Loraine Russell Trust

J. Robert Stiff Memorial Trust

Hubert T. Thornhill Trust

Robert A. Treakle Trust

James T. Tunstall Trust

Georgia T. Witt Fund

1 Anonymous Donor

TRIBUTE GIVING



Gifts received in honor and in memory of loved ones are wonderful expression of compassion and understanding. We celebrate those who were remembered in this special, meaningful way.

IN HONOR OF

Eleanor L. Adams
Sally Barrett
Virginia K. Bauserman
Jane A. Berkeley
Ruth Bokun
Betty Brooks
Allen R. Brown
Charlotte G. Brown
Harold Byars
Rosalie M. Byron
Shihyung Chung
Vicky L. Chung
Nancy J. Cleveland
Carolyn R. Coffman
Elizabeth P. Cook
Susan C. Cowling
Gaybrooke G. Crittenden
Thomas S. Crittenden
Anne daCosta
Ellen L. D'Ardenne

Barbara E. Denton
Melissa Dixon
Bobby Earnest
Nancy R. Elliott
Peter B. Farr
David P. Fauri
Larry A. Fischbach
Norman E. Flora
Lois Flora
Juanita Fox
The Glebe Memory Care Staff
The Glebe Staff
Albert Harvey
Margaret Harvey
Zeno G. Hollowell
Carolyn C. Hollowell
Peyton G. Jefferson
Patricia Jones
W. Douglas Kyle
Lakewood Resident Services
Townsend H. Lalonde

Deborah C. Loftis
Louise C. Marchello
Geraldine McDaniel
Joy M. McNabb
Rebecca J. Moak
Joyce N. Moore
Twinkle W. Moore
Helen H. Morris
Hans Murdock
Barbara W. Murphy
Jerome S. Nichols
Frances G. Novelli
William Overstreet
Bruce C. Pfeiffer
Judy Preston
Pamela Renga
Anna L. Rivers
Mothers of Rosedale Baptist Church
Martha Rosette
Uwe C. Scharf
Henry Scheele

Ann R. Sheriff
Marlene D. Short
Dreama R. Slone
Jean L. Smith
Residents of The Summit
Mike Tessieri
Joyce H. Tysinger
Julie G. Walton
Karen B. Weber
Jacquelin A. Werb
Betty S. Wheat
Alice Worthington
Charlotte Yeatts

IN MEMORY OF

Karla Adair
Elizabeth M. Alexander
Carol H. Alley
Louise D. Angus
Frances Arnn





Wayne Ayers
Bruce A. Baber
Mary B. Bailey
Hope Baker
William T. Baker
Michael Bass
Mabel C. Bass
Sara Bateman
Betty Jo Bates
Clarence L. Batten
Willard Bauserman
Sally Beckman
Glenn Blair
Jean Blair
Frank R. Bloxom
W. F. Boldridge
Mary. C. Boldridge
Lois Bowman
Shirley Bowman
Paul D. Boyenga
Robert N. Bradshaw
Robert Branch
Louise Branner

Jacqueline A. Brewer
Virginia W. Brinton
Russell J. Brooks
J. Martin Buhl
Elizabeth J. Buhl
Charles L. Bunch
John R. Bunt
Iva Burke
Otis L. Burke
Annie L. Butler
William Byron
Joanna C. Caldwell
Danford E. Cantner
Nora J. Cantner
Libby Cantrell
Bruce H. Cantrell
Mary L. Carver
Carroll E. Caskey
Marjorie B. Cave
Henry Childress
Margaret I. Clancy
Ashton Clarke
Dennis P. Claypool



Carrie A. Claypool
Clarence Clodfelter
Robert D. Coffman
Thomas H. Cook
Pauline Cooke
Margaret K. Copenhaver
Mary Alice Cowden
Ludwig T. Crossman
Olive B. Crummett
Albert daCosta
Ruth L. Davies
Mary P. Davies
Pete Davies
Joyce C. Davis
William B. Dawson
Ann H. Deal
Donald V. Detloff
Inez Diguseppe
Helen E. Dix
Ann M. Duncan
Mary H. Elgin

Sebastian J. Esposito
Larry L. Farmer
Dorothy A. Faulconer
Beulah Ferguson
William A. Ferkler
Alma H. Fernald
William C. Fielden
Elyse Fielden
John Fox
Nelson P. French
Archilou A. Frix
Emelia Gagliano
Maude G. Gallagher
John Garnett
Marvin Gennings
Rena E. Gennings
Sharon Gibson
Amy H. Gill
Clyde S. Givens
Martha F. Glover
Retta Goggin

Ralph G. Goley
Mildred C. Goode
Aylett W. Goode
Richard L. Googins
Iris W. Gordon
Shirley A. Griffith
Eleanor J. Gruber
Mary A. Hailman
Emily Hall
Janice B. Halloran
Vergie D. Hamblin
Otto F. Hamilton
Carlene Harding
Larry D. Harris
Elizabeth L. Harris
George Harrison
John D. Harwood
Judith F. Hathaway
Betty B. Hawes
Doris Helbig
Herbert L. Heltzer

Glenna Hinson
Ruth Hodge
William Hodges
Richard R. Holzbach
Dorothy D. Hopkins
Frances B. Hoyle
Leroy Hubbard
Curtis C. Humphris
Wally Hunt
Kathleen E. Hunter
Janis I. Ingram-Griggs
Gisela M. Jackson
Carole W. Jackson
James R. Jeans
Ethel C. Jeffress
Jane A. Jennings
Peggy F. Johnson
Donald C. Johnson
Carmen R. Johnson
Ida Marian G. Johnson
Gwendolyn J. Kennedy





Charles Kessler
Sung W. Kim
Richard Kincaid
Roy D. Kinert
Ella Mae King
William Knoble
Freda E. Kratochvil
Mary P. La Moyne
Anita Lambert
June B. Lane
Robert E. Lassiter
Lloyd G. Lazarus
Sue W. Leary
Earl B. Lee
Jane S. Lee
Edith Lee
Mary E. Ligon
Grace P. Lipscomb
Rose G. Low
Evelyn M. Mallory
Marie E. Mason

Marguerite S. Mattox
Marion P. McBean
George McClammy
Doris H. McClammy
Mary Ben McClave
Carla E. McDevitt
Larry H. McKelvey
Anna McKenney
Gail F. McNamara
William McPherson
Earlynn J. Miller
Mildred Miller
Stan Mitchell
Connie Mitchell
Mary L. Mitchell
Gladys Moger
Henry Moger
Virginia Moore
Gertrude E. Moore
Joyce S. Moore
Evelyn S. Morris

Bradford Y. Mouring
Albert R. Myers
Irene M. Myers
Violet Nale
Ray Nale
Lawrence A. Neureither
Vita M. Neureither
Norma C. Newlon
Patsy Nichols
Diane Niningering
Thomas J. Northen
Gladys M. Northen
Hugh Norton
Elvira Ohlendorf
Alan Palmer
Ann C. Partlow
Edna Patrick
Granville Patrick
Joy B. Patten
Robert Patterson
Mary Patterson
Earle W. Paylor

Sadie L. Payne
Lucille J. Perkins
Jane W. Perkins
Forest G. Peterson
Larry Pfeilsticker
Woodrow M. Pierce
Ruth V. Powers
Frances J. Rankin
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Mary H. Riggins
Meredith K. Roberson
Shirley D. Robertson
Jeanne Robeson
Mildred B. Roche
Bernice M. Rodgerson
Phillip E. Rodgerson
Russell Rosenberger
Michael G. Sams
Patricia F. Saunders
Marvin D. Saunders
Nancy L. Sayre



Dorothy Schaeffer
John F. Schlaefli
Frank G. Schwall
Harriet G. Scott
David S. Scott
Donald L. Shelton
Mildred D. Shepherd
Cecil G. Short
Albert E. Simms
Helen C. Simms
Rudolph K. Simon
Elsbeth M. Simon
Kay Sisler
Anne M. Sluga
David P. Small
Rita Smith
Celia V. Smith
Virginia A. Smith
Agnes T. Smith
Courtney S. Snyder
James K. Solomon
Elise M. Sparks
William A. Sprague
LaVora M. Sprinkle
Nellie Sprouse
Sarah F. St. Clair
Virginia C. Stallard
Eva H. Stephenson
Richard M. Stephenson
Noralee M. Stephenson
Edward W. Stritesky
Sue T. Strother
Shirley Syouf
Marian F. Tate
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The Chesapeake Supplies Nearly 60 Kids with Back-to-School Gear

Volunteers stuffed 56 backpacks with notebooks, pens, paper, markers, pencils, pens, and folders.

As kids, teachers and parents prepared for back-to-school, residents and team members at The Chesapeake prepared to ensure students had the supplies they needed to succeed in the classroom. Residents and team members raised money to purchase school supplies and backpacks tailored to elementary, middle or high school students for team members' children.

In early September, members of the resident services team purchased items. A group of volunteers gathered to stuff the backpacks. Once complete, the bags were distributed to parents for their child or children the week before school started.

The community raised nearly \$1,400 from 32 donors. Seven volunteers spent a collective of 21 total volunteer hours on the project. Volunteers stuffed 56 backpacks with notebooks, pens, paper, markers, pencils, pens, and folders for kindergarten through twelfth-grade students.

"Chesapeake residents and team members recognize that getting ready for school each year can be a costly event.

Because we interact, care and support each other as family, we decided to take action," said Executive Director David Loop. "The backpack initiative takes care of school supplies, equating to \$50 or more per child, allowing parents to focus on new school clothes or shoes."

The Chesapeake began the Back-to-School Backpack Event in 2019. Since then, nearly 140 team members' children have received backpacks.



The Chesapeake
Freedom lives here.



Faith, wellness, community





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Sincere appreciation to every donor. Whether your gift provided comfort and security to seniors in need through benevolence, or supported a special project or a team member fund, you made a difference and touched the lives of the entire LifeSpire family.

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faith



The Culpeper Honors Veterans with Flags for Heroes

THE CULPEPER

Dozens gathered at The Culpeper on November 9 for the Flags for Heroes event, hosted by the Rotary Club of Culpeper, to thank, honor and remember all veterans. The service organization honored nearly 200 veterans, service members, first responders and front lines workers with a U.S. flag celebrating service and sacrifice. Club members placed the flags along James Madison Highway through a partnership with The Culpeper.

“A hero faces adversity with grace and courage while helping someone in a moment of weakness,” said Rotarian and The Culpeper’s Director of Marketing

Rose Wallace. “Flags for Heroes is also for our residents who endured a pandemic and their families who could not see them in person. It’s for the first responders and frontline medical workers walking alongside the community,” she said. “It’s for the teachers and parents, the grocery and restaurant workers, social workers, bus drivers, grandparents, aunts and uncles, utility crews and sanitation employees who showed up to work every day.”

The commemorative event raised more than \$10,000 for the Rotary Club of Culpeper. Wallace said the proceeds went to Special Love to fund Camp Fantastic, a summer camp for children battling cancer.

Members of the club volunteer at the camp every summer. Proceeds also went towards scholarships for local high school students. Additionally, The Culpeper’s team donated the event space, materials and team members’ time totaling \$6,000.

The event featured an eight-plane flyover by Commemorative Air Force Capital Wing. Members of Veterans of Foreign Wars Post 2524 presented the nation’s colors while The Culpeper’s Chaplain Hans Murdock delivered the invocation. A bugler from Eastern View High School played Taps. The patriotic display remained in place for several weeks. Wallace said the community hopes to make it an annual event.



DEPARTMENT HIGHLIGHTS



COMMUNITY LIFE

All LifeSpire team members adapted to COVID-19 restrictions to allow group activities through creativity with spaces and program types, resident and team member education, and infection control procedures to support gatherings. Live entertainment, guest speakers, clubs, committees, field trips, theme nights and in-person dining returned.

The Glebe partnered with the Taubman Museum of Arts to bring engaging art reviews and projects to the community. The activities committee also connected with local artists to show and share their expertise at monthly art exhibitions.

The Chesapeake's Chaplain Uwe Scharf held a class to teach residents how to speak the German language through a program called Chesapeake University. Eight residents graduated from the course in 2021.

The Culpeper's residents, families and team members enjoyed the new outdoor living space, The Overlook. Several outside civic organizations, including the local Chamber of Commerce, Ruritan Club, Culpeper Business Women and Healthy Culpeper, hosted events in the space.

Lakewood at Home team members joined the Osher Lifelong Learning Institute's Hiking Club. The group takes monthly hikes, including Holiday Lake State Park, the Patricia Byram Forest Preserve, and Fort Monroe.

While waiting to move into The Summit, Heidi Koring began writing weekly letters to residents during the COVID-19 pandemic. She hasn't missed a week. "I wanted to give them messages of comfort and hope."

On May 30, Lakewood resident Rebecca Moak walked 30 miles to celebrate her 70th birthday and raised more than \$1,000 for the Alzheimer's Association. The quest took her less than 12 hours. Donations supported the community's 2021 Walk to End Alzheimer's team.

Construction crews completed 13 out of 25 Hillside Cottages at The Culpeper.

Construction crews renovated the covered entrance to the main building at The Glebe. The facilities team installed a new gutter system to prevent water runoff.

Crews resurfaced The Chesdin and The Brook Buildings at Lakewood and renovated the interior of The Chesdin Building.



CONSTRUCTION



Construction crews broke ground on 19 new Woodside Cottages and installed a new signage package at Lakewood.

Construction crews completed interior renovations at The Chesapeake, including resurfacing the pool area and refreshing the locker rooms.

LifeSpire's marketing team saw a net gain of nine occupied independent living residences across the organization compared to just one in 2020. Despite the uncertainty presented by the pandemic, the company has experienced two consecutive years of net gains in independent living.

At the end of 2021, independent living residences were more than 95% occupied, well above industry benchmarks.

CULINARY SERVICES



The Culpeper's culinary services team prepared 139,942 meals in 2021, with an average of 283 meals per day. The team prepared 24,750 meals for fellow team members, with an average of 69 meals per day.

The Chesapeake's culinary services team prepared 272,488 meals in 2021, with an average of 746 meals per day.

Lakewood's culinary services team prepared 295,217 meals per day with an average of 800 meals.

Since LifeSpire assumed ownership of The Summit in October, the culinary services team has prepared 9868 meals in independent living, with an average of 107 meals prepared daily. The team prepared 11,409 in assisted living, with an average of 127 meals prepared daily.

The culinary services teams added express dining options and grab-and-go food choices.

The Glebe's team expanded menus to offer residents two choices for evening dining, while Lakewood's team added daily menu specials for lunch and dinner.

Sous chefs operated action stations for made-to-order menu choices once a week in the main dining room at The Glebe. Assisted living residents enjoyed an action station option twice a month.

ENVIRONMENTAL SERVICES



The Chesapeake's environmental services team completed 9,813 maintenance work requests.

The Culpeper's environmental services team completed 4,195 maintenance work requests.

Lakewood's environmental services team completed 11,606 work requests—an average of 967 per month—and had a resident satisfaction score of 98%.

The Summit's environmental services team completed an average of 10 maintenance service requests each day since LifeSpire assumed ownership in October.

The Chesapeake's environmental services team implemented an ultraviolet light array to assist in detailed cleaning and to disinfect of all spaces to kill all microorganisms. The team also utilized an eco-friendly steam cleaning process to sanitize.

The Lakewood environmental services team helped move 47 new residents into the community by cleaning and readying the homes for occupancy.

The Chesapeake upgraded the kitchen's HVAC units and the health center to provide higher efficiency heating and cooling.

The Glebe's environmental services team installed new carpets and painted the independent living neighborhood's hallways.

HUMAN RESOURCES



311 new team members.

In October 2020, LifeSpire transitioned its human resources and payroll to a cloud-based system. For 2021, the human resources team focused on growing and extending usage to strengthen operational discipline and scalability. The team replaced several paper-based processes with centralized online capabilities and automated workflows.

Even with the uncertainty of the pandemic, the organization continued to grow. The human resources teams across the organization hired

We Care Connect launched in the fourth quarter as a tool to encourage and collect feedback from team members and respond quickly to potential concerns. The team compiled a total of 293 surveys in the fourth quarter alone.

LifeSpire's leadership team decided to increase beginning salaries to \$15 an hour, which impacted 551 team members, more than half of the organization's total team members.

The organization also decided to adjust all certified nursing aides in assisted living and memory support to a starting wage of \$16.25. Skilled certified aides now receive a starting wage of \$17.50. Both rates were effective at the beginning of 2022.



DEPARTMENT HIGHLIGHTS



HEALTHCARE SERVICES



Clinical teams held multiple vaccination and booster clinics at all communities, including the LifeSpire home office and Lakewood at Home teams.

98% of all LifeSpire team members are fully vaccinated

97% of all LifeSpire residents are fully vaccinated

LifeSpire's leadership team announced that the organization would require COVID-19 vaccinations for all team members in the summer. The LifeSpire COVID-19 Vaccination Committee provides a fair, consistent and thorough process for medical or religious exemptions.

LifeSpire communities underwent ten inspections by outside licensing agencies in 2021 in the healthcare, assisted living and memory support areas, with two just focused on infection control. Five of the ten inspections resulted in deficiency-free surveys. LifeSpire communities shined in compliance, infection control and resident care.

Team members adapted to meet resident and family needs using clinical technology like telehealth visits, virtual processes and enhanced use of electronic medical records.

MARKETING



LifeSpire's marketing team saw a net gain of nine occupied independent living residences across the organization compared to just one in 2020.

Despite the uncertainty presented by the pandemic, the company has experienced two consecutive years of net gains in independent living.

At the end of 2021, independent living residences were more than 95% occupied, well above industry benchmarks.

Lakewood's marketing team launched an expansion of cottages and sold all 19 available in less than three months. The marketing team at The Culpeper has sold 20 new Hillside Cottages of 25 available.

In 2021, \$21,752,127 in net entry fees was collected.

INFORMATION TECHNOLOGY



LifeSpire's information technology team supported the communities by resolving more than 4,200 help desk service requests.

The team deployed PaperCut across the organization. The team added this feature to copy machines to reduce costs through document management and provide secure printing.

The information technology team played a critical role in welcoming The Summit to the LifeSpire family of communities. The team created a new infrastructure for The Summit's network, computers and phones and kept disruption minimum.

The team consolidated door access controls across the organization to provide better security now and in the future.

The team implemented a new training program to help better spot phishing emails. Through test phishing emails, training and a newsletter with tips, the team reduced the likelihood of a phishing attack.

STRATEGY



On June 1, just 27 months after launching the program, the Lakewood at Home team welcomed its 99th and 100th members.

In June, LifeSpire and Pinnacle Living announced a joint venture agreement to provide home health and other organizational support services via the newly formed home health company, Affirmation Home Health.

In the summer, Fitch Ratings—an award-winning provider of credit ratings, commentary and research—reaffirmed its 2020 'BBB' rating reflecting the expected resilience of LifeSpire's financial profile.

LifeSpire assumed ownership of The Summit's assisted living and independent living neighborhoods in Fall 2021. In Lynchburg, Va., The Summit is the organization's fifth life plan community.

In the fourth quarter, the Board of Trustees announced that it would refresh and update the 2018 strategic plan. The group will complete the planning process by the end of 2022.



“You just do these things, not expecting anything. I was not looking for an award.”

The Chesapeake's Virginia Gall Receives Lifelong Citizenship Award

When Chesapeake resident Virginia Gall retired after 35 years working at Langley Air Force Base in Hampton, Va., her sister-in-law had a few ideas on what she could do to fill her newly free time. The two women met with the Peninsula Agency on Aging. They began delivering Meals on Wheels to homebound older adults in the area.

“When I was doing Meals on Wheels, I had the opportunity to meet many people, and they’re so grateful to have you there to interact. I became close friends with several people I met,” Virginia said.

After retiring from Meals on Wheels, she took on a leadership role as an Agency on Aging’s advisory committee member.

“A neighbor of mine told me about the Virginia Living Museum. He thought I’d like it, and he was right. I also met so many interesting people there. One of my favorite places to volunteer was at the touch tank, where children got a chance to touch the horseshoe crabs,” she said. She is one of the lon-

gest-serving volunteers for the Virginia Living Museum.

In 2021, Newport News Parks, Recreation & Tourism’s Active Lifestyles Program Advisory Committee recognized ten local nonagenarians—those over 90—for their years of dedicated service and support to the citizens of Newport News. Virginia was amongst those honored with the Lifelong Citizenship Award. Newport News Mayor McKinley Price presented Virginia with the award during a virtual ceremony in October.

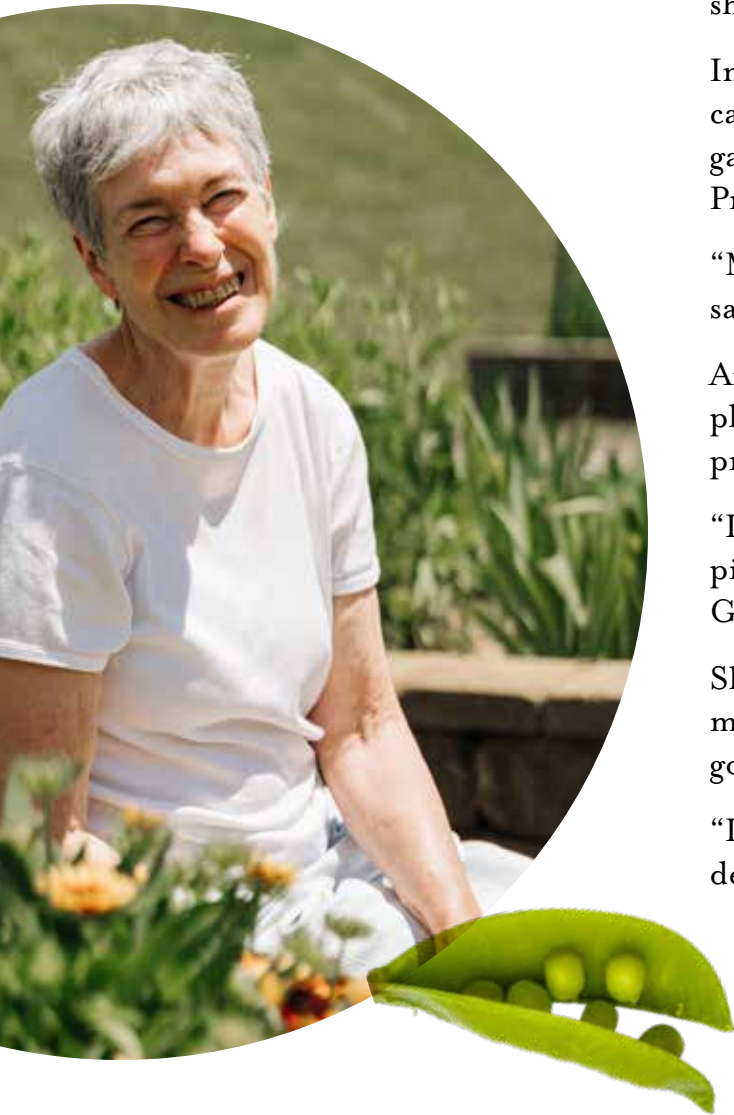
Virginia received the award due to her more than 50 years of service to local agencies and organizations in Newport News. When she learned that she was a recipient, she said, “Why me? I couldn’t believe it.”

“You just do these things, not expecting anything. I was not looking for an award. The volunteering was the reward,” Virginia explained.

Virginia also works in the soup kitchen at her church and is a longtime member of the church’s women’s group. At The Chesapeake, she serves on the Spiritual Life Committee.

“I’m so glad that I was able to do all of these things. It’s not a chore. It’s a privilege. Volunteering broadens your horizons, and there’s really nothing like being around and meeting the public,” Virginia said. “It helps you be a better person, and I know if it has made me a better person.”

Summit Resident Grows Produce to Help Feed Those in Need



Glennys Sheppard inherited a green thumb. Helping her father in the garden, the love of nurturing and caring for plants rubbed off on her.

“I’ve grown up loving gardens and being outdoors,” she said.

In retirement, Glennys has combined her botanical love with a desire to give back, volunteering in gardens at Randolph College and Quaker Memorial Presbyterian Church.

“My love of gardens has led me to other places,” she said.

At Quaker Memorial, Glennys is part of a team that plants and harvests a community garden with the produce donated to local food banks.

“It’s something that I can do. Whether weeding or picking produce, it’s going for such a good cause,” Glennys said.

Sheppard also cares for her raised bed in The Summit’s community garden. She has wildflowers and a gorgeous crop of lavender.

“It was really important to have the raised bed gardens when I first moved to The Summit,” she said.

The
SUMMIT

Lakewood Competition Raises Money for the Special Olympics

Athletes from around the globe took part in the Summer Olympics in Tokyo, but in Richmond, the competition was fierce for the inaugural Lakewood Summer Games in July. Lakewood's entire resident population was divided into countries and competed in various events July 12–16.

As part of the games, each team accepted donations which ultimately totaled more than \$3,500. The community donated proceeds from the event to the Special Olympics.

The event featured opening ceremonies where a color represented each team. All competitors participated in a parade. Residents participated in dozens of competitions. Teams went head to head in croquet and lawn darts, swimming, trivia, javelin, discus, shot put, dancing, obstacle courses, water polo, volleyball, shuffleboard, bowling, wiffleball, basketball, cycling, marksmanship, running and minute-to-win-it games.

The weeklong event concluded with closing ceremonies and medal presentations. The gold medal and a celebratory party went to the members of Team Dominican Republic. Team England took home the silver medal and Team Brazil came in third to take the bronze medal podium.



Lakewood at Home Members, Team Fulfill Christmas Wishes of Four Children

Lakewood at Home members and team took the most wonderful time of the year to a whole new level when giving back. Members and the team raised nearly \$400 for the Salvation Army's Angel Tree. The program allows community members and organizations to choose children ages zero to 13 to provide Christmas gifts and clothing that might not have a Christmas without the community's support.

The Lakewood at Home team and its members were able to sponsor four children ages 4-13 for Christmas. Each of the four children received all the items on their lists, including clothing, toys and athletic gear such as roller skates and a soccer net.

The Salvation Army Angel Tree Program has been a tradition in the greater Richmond area since 1930. In 2020, more than 3,500 children in Central Virginia received Christmas assistance through Angel Tree.

Additionally, Lakewood at Home team members volunteered at the Henrico Christmas Mother. The team spent an afternoon assisting local families with shopping for gifts from the Christmas Mother warehouse. Lakewood at Home member Angela Harper was the 2018 Henrico Christmas Mother. She worked with the team to arrange the volunteer opportunity.

Since 1942, Henrico Christmas Mother has provided food, new clothing, books, toys and other gift items to Henrico families with children, seniors age 65+ and disabled adults during the holiday season.

“Each of the four children received all the items on their lists.”



LAKEWOOD at Home
Live the life you envision.



*When it comes to gardening at
The Glebe, it's a community affair.*



The Glebe's Green Thumbs Help Dig Into Community Landscaping

“Think fresh vegetables, pretty flowers and fellowship,” said Ron Miller.

Ron chairs the gardening committee that maintains the raised planting beds The Glebe's facilities team provided. Approximately 25 residents participate.

“We have 32 flower beds assigned to participating residents,” said Facilities Director Rafael DeLeon. “The residents meet to discuss their projects, wants and needs, and my team assists in any way possible.”

Raised beds allow residents greater access to the plants without sitting on the ground or bending repeatedly. Rafael said the beds have been highly fruitful in producing flowers, fruits, vegetables and herbs. His team repurposed what was the security checkpoint during the pandemic as a toolshed and supply area for gardening materials.

“It's wonderful to see our residents engaged in a healthy and stimulating activity,” he said. “Gardening increases physical activity levels and helps maintain mobility and flexibility.”

Executive Director Ellen D'Ardenne said plans are in the works to expand the garden and increase the number of beds for residents to plant.

“We are starting a project that will allow us to grow more herbs and zone hearty veggies that we can harvest and sell at the local farmers' market,” Ellen said. “We are just in the planning phases of this garden and hope to get a spot started before summer.”



FIVE COMMUNITIES. ONE VISION.

Where Faith, Wellness and Community Flourish.

Each of LifeSpire of Virginia's five communities offer comfortable apartments and cottages in beautiful, inviting settings while the Lakewood at Home program provides members with the comfort of aging at home. Regardless of the option or location,

LifeSpire's communities provide the peace of mind of continuing care if needed. Take advantage of the security of knowing the future is well planned in an atmosphere where faith, wellness and community flourish.

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THE CHESAPEAKE



THE CULPEPER



THE GLEBE



LAKWOOD



THE SUMMIT

