



A NEWSLETTER BY VIRGINIA BAPTIST HOMES | VBH.ORG | SPRING 2015

Community Matters

My First Impressions



Being the new guy at [VBH](#) and traveling from the coast to the mountains on my visits to our communities, the question people have been asking me is, “What do you think of Virginia Baptist Homes?” So, I thought, what better topic for an article than my first impressions.

The first thing that stands out is the people. From my first interaction with the Trustees, residents and staff, it is clear that it is the people who make VBH special. Having visited over 200 continuing care retirement communities in my career, what strikes me most is the warmth generated and projected from the moment you enter one of our communities. I would liken it to the feeling of being covered by a warm blanket, enjoying a cup of hot chocolate by a fireplace on a cold day.

Warmth permeates our communities. It can be Denise’s smile in the dining room at [Lakewood](#) or the “Good Morning” I receive from Angie Corwin at [The Glebe](#).

Of course, living temporarily in building B at Lakewood allowed me more of an opportunity to see this warmth in the shape of homemade cookies from Mrs. Naomi Myers.

In serving any mission, you would be remiss if you did not understand that it is the people who make the difference. That statement can’t be more true than at VBH and our communities. With that said, I am grateful to everyone who has greeted my family and me with truly the warmest welcome anyone could receive. I look forward to meeting others of you who are a part of the VBH family.

Jonathan Cook
President/CEO

Welcome to Community Matters

The name *Living and Giving* served us well, but as we thought about life at our communities, it seemed the name *Community Matters* most aptly described life at VBH.

Thinking about “community” brings to mind the 1950s movie, [Good Morning, Miss Dove](#) about a strict and sensible teacher and longtime resident of the town of Liberty Hill and how she is beloved by her neighbors. She was

a fixture at the elementary school her entire career, and suddenly a debilitating tumor causes her to leave teaching.

Through the care and attention of many of the townspeople, she comes to realize that she’s had a personal, positive connection with seemingly everyone in her community—from the doctor to the chatty nurse. When word of Miss Dove’s hospitalization



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Four Easy Ways to Leave a Legacy Gift

A letter or a phone call is often all it takes to include a benevolent contribution to VBH Foundation or one of our communities in your long-term planning. Your gift not only helps to fulfill our mission to serve seniors, it also removes assets from your taxable estate.

A Codicil to your will: Let your attorney know what you would like to do.

Designation of retirement plan balance: Leave part or all of the remaining balance of your IRA or 401(k) plan. Contact your plan's manager for a beneficiary designation form.



Bank Accounts: Balances remaining in certain bank accounts can create a legacy. Complete a Designation of Beneficiary form at your bank.

Life Insurance: An old policy that has outlived its usefulness can make a substantial gift and provide a tax deduction. Complete a Designation of Beneficiary form through your agent.

Please let us know of steps you take to include VBH in your estate plans. It helps us to assure good stewardship of your gift, and lets us show our heartfelt gratitude on behalf of those who will benefit from your generosity! In addition, you will gain recognition as a member of the J. T. Edwards Society.

Patricia Morris, MPA, CFRE
 Vice President
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 (804) 521-9229
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The funds that we raise help eligible residents who outlive financial resources needed to cover the cost of their care. During the first quarter of 2015, we provided almost \$250,000 to 54 residents in our four communities.

Virginia Baptist Homes (VBH) operates four exceptional communities that welcome people from all faiths and share the steadfast mission of providing *Dignity in Living*.

For more information about Virginia Baptist Homes and our communities, visit www.vbh.org.



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Welcome to Community Matters | *Continued from Page 1*

is made known in the community, dozens of her former students come to visit—the local traffic policeman who emerged from a difficult childhood through Miss Dove's guidance; a playwright whom Miss Dove taught to speak English; and the esteemed reverend whose life was turned around by Miss Dove. Dr. Baker oversees the delicate surgery as the entire community of Liberty Hill anxiously awaits what thankfully is a positive outcome.

The story was insightful about small town life and the unnoticed impacts people have on each other. It tells the engaging story about the care and attention people in a small community share.

Similarities to Miss Dove's life are reflected over and over in our communities. And that's why many people choose to make [VBH](http://VBH.org) their home. They know that life in VBH communities is enhanced and that they are

able to share their faith, talents, and time with neighbors, friends, and staff. And there is the knowledge that in a time of need, they will be cared for and comforted.

We are glad to share our stories in acknowledgment of residents and staff who make a difference in the lives of others, as well as donors, trustees, and local community organizations who partner with us through the gifts of their resources and time. We are all blessed that community matters at VBH.

Why Community Matters

Do you have a close confidant with whom you can discuss your most private and important matters? Would you consider your social life to be lively and engaging? Unfortunately, many Americans today would not be able to answer “yes” to either of these questions. According to a study by Miller Smith et al, from Duke University in 2006, the quantity and quality of social relationships are decreasing. Specifically, the authors claim that over the last twenty years, there has been a three-fold increase in the number of Americans who claim they have no confidant.

There are several societal changes or trends at play here: reduced intergenerational living (especially among seniors and their adult children), greater professional mobility, delayed marriage, dual-career families, increased single-residence households, and increased age-related disabilities. Shouldn't all of our new technology help us stay connected? Seems like everyone has a smartphone or tablet and is on Facebook or Twitter, yet it appears that the more plugged in we become the more social isolation grows.

Dozens of studies have shown that people who have quality relationships with family and friends have fewer health problems and live longer. A lack of social ties is associated with depression and cognitive decline in seniors. A study entitled *Social Relationships and Mortality Risk: A Meta-analytic Review* by Julianne Holt-Lunstad et al, examined multiple studies containing over 309,000 people and found that lack of strong relationships increased the risk of premature death from all causes by 50%. Put another way, loneliness has roughly the same effect on mortality risk as smoking



15 cigarettes a day and greater than obesity or physical inactivity. Multiple studies, the most famous by Sheldon Cohen of Carnegie Mellon, have shown that people with more diverse social connections have immune systems that simply work better.

Seniors are the most prone to becoming socially isolated. People are living longer, but often times that longer life can be filled with disabilities, low-vision, arthritis, dementia or difficulty hearing. This can make it more challenging to stay engaged with your community and with your family—especially if they don't live nearby. Even staying connected with your church can become difficult if you can't drive.

What can be done to reverse the trend of growing social isolation among seniors? Where you live makes a big difference in how you live. Does continuing to live in a large home make sense? Are you living near places you can walk to as opposed to needing to drive

everywhere? Maybe it's time to make a change that will increase your social connectedness.

Change can be difficult, but instead of dwelling on how difficult it would be to move, think about all the additional free time you would have after a move. Time can be spent volunteering or connecting with friends and family rather than working around the house. Low-maintenance housing options are proliferating. Choosing to downsize and move to an urban, walkable environment is a growing trend.

“Dozens of studies have shown that people who have quality relationships with family and friends have fewer health problems, and live longer.”

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Teamwork Matters

Cliff and Barbara Francis moved to [The Chesapeake](#) in 2003 and immediately became a part of the family. They enjoyed the fitness classes, community trips, gardening, games and more. Cliff is a retired Navy Captain and Federal Government employee, and Barbara is a former elementary school teacher who resigned her teaching post to care for their children.

“Everyone is so kind and friendly, which creates an atmosphere of love and caring. As soon as we moved to The Chesapeake, several of our friends visited us periodically, and they also discovered the sense of closeness and belonging here. Now some of these friends are our neighbors, and they are enjoying the same wonderful experiences we have enjoyed at The Chesapeake,” says Cliff.

Cliff joined the community’s marketing team early on to volunteer as a Resident Ambassador interfacing with the marketing staff. He has been instrumental in six families making The Chesapeake their home over the past few years. In recognition of his dedication in sharing about life as a resident, the Marketing Team presented Cliff with a Lifetime Achievement Award in March 2014. Cliff is also a member of the [VBH President’s Circle of Donors](#) and is a dedicated supporter of the [VBH Foundation](#).

In January 2010, Barbara’s health declined sharply from the effects of a stroke, and she received care in The Chesapeake’s Memory Support Center for four years. Needing additional services, she now resides in our Health Services Center.



Top: Teri Jasper, Cliff Francis, and Meredith Macaluso
Left: Barbara and Cliff Francis

Cliff witnesses the love with which staff cares for Barbara, and he describes The Chesapeake as a “first-class place.” Cliff continues to live in their apartment and visits Barbara daily to take care of personal needs for her.

Cliff’s team consists of professionals in nursing, social services, activities, nutrition, and rehabilitative care. They meet daily to coordinate the care of Barbara and the other residents residing in Assisted Living, Memory Support, and the Health Services Center. Cliff praises all of the staff. In particular, he notes that Teri Jasper, Social Worker, helps him with processing paperwork for benefits that help pay for Barbara’s care. For Teri, it’s part of her job to coordinate residents’ transitions among the levels of care. She is an advocate for families and conducts assessments with residents

residing in Health Care and discharge planning. But to Cliff, it’s a blessing that she is there to do something that had he remained in his home, he likely would have depended on a family member to do—the dreaded paperwork!

With the help of Cliff’s team, he has time to continue to enjoy many personal interests. Cliff is a wonderful public speaker and loves to narrate patriotic programs for residents, as well as church and civic groups. This is where Meredith Macaluso, another member of Cliff’s team, lends a helping hand. Meredith’s official position is Wellness Manager, where she oversees the various fitness programs for residents and staff. But, she has a totally different job with Cliff. Meredith helps produce the PowerPoint™ program with photographs and videos, along with the scripts Cliff writes.

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A Life of Service Comes to a Close with the Passing of Helen Canaday Simms

The passing of Helen Canaday Simms on February 13, 2015 brought to a close her 41 year relationship with [Lakewood](#). Mrs. Simms worked side by side with her late husband, The Reverend Albert E. Simms, founding Administrator of Lakewood. Accepting this position in 1974, together they were involved with the planning and opening of this Community that would remain a part of their lives until their passing. Mr. Simms retired as Administrator in 1983, and they remained loyal supporters of the mission of Lakewood.

Following his retirement, the Simms were active in Virginia Baptist life as they had been during his pastorates at Calvary Baptist Church in Newport News and Rivermont Avenue Baptist Church in Lynchburg. His service also included Trustee of [VBH](#), where he served as Secretary of the Board prior to working for Lakewood.



In 1995, the Simms moved to their apartment at Lakewood and instantly became involved in service. Among their interests were for him the Saw Dust Club, and she enjoyed committee work, including chairing the Library Committee. She was also a loyal participant in Vesper Services. Following Mr. Simms passing in 2003, Mrs. Simms made a gift of a new organ for the Simms Center—the Center had been named in their honor upon their

retirement. Mrs. Simms loved music, and Ann Bailey, who generously shares her joy for playing the organ for many of Lakewood’s programs, has commented that she was always pleased when Mrs. Simms would quietly enter the Simms Center very early on her practice mornings to listen to her practice the music she would later play during Vesper Services.

During her later years, Mrs. Simms received care in Assisted Living and the Health Services Center. For all those who appreciated and admired Mrs. Simms, it is gratifying to know that this ministry to which she and Mr. Simms devoted many years, provided both of them a fulfilling life and loving care as their years at Lakewood came to a close. Virginia Baptist Homes’ mission of *Dignity in Living* was fulfilled in the lives of Albert and Helen Simms.



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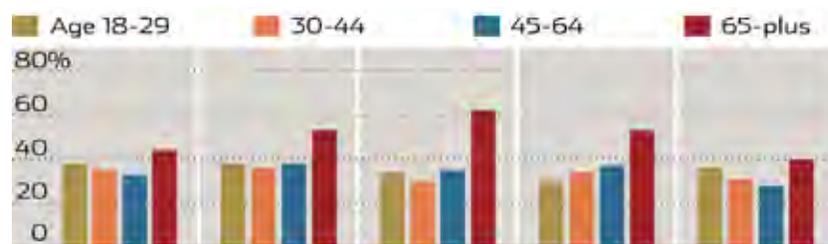
- [Culpeper Baptist Retirement Community](#)
- [Lakewood Retirement Community](#)
- [The Glebe Retirement Community](#)
- [The Chesapeake Retirement Community](#)

Let Us Hear From You.

To contact Virginia Baptist Homes Foundation or our communities, please call (see numbers on page 2) or use the enclosed envelope.

Older...and Thriving

Research that tracks Americans’ well-being in five categories found that, in each case, surveyed individuals age 65 and older report a better quality of life than younger adults. The chart shows the percentage of people who said they are “thriving” in the following categories:



Purpose

Liking what you do each day and being motivated to achieve your goals

Social

Having supportive relationships and love in your life

Financial

Managing your economic life to reduce stress and increase security

Community

Liking where you live, feeling safe, and having pride in your community

Physical

Having good health and enough energy to get things done daily

Source: Gallup-Healthways Well-Being index telephone survey of 85,145 adults age 18 and older, Jan. 1- June 23, 2014; margin of error +/- 1 percentage point.

The Wall Street Journal

“It’s Like Having 160 New Grandparents!”



Charlotte Yeatts, Sam Long, and Anne daCosta

That’s what Sam Long, Dining Manager at [The Glebe](#), tells his new dining room server recruits. The dining staff members see most residents every day, so they develop close relationships that are very much like family.

Anne daCosta says that every one of the servers goes above and beyond expectations to make residents feel comfortable. “They’d do anything for you,” Anne says. When the servers leave for college, residents miss them like grandchildren. The friendships are intimate—sharing stories of their lives and families. Anne loves seeing them come through the door on their way to work—they’re all smiles and seem happy to be working at The Glebe.

Charlotte Yeatts agrees and adds that the staff all seems to enjoy working with Sam. “It’s easy to see that Sam enjoys his job. He is easy to get along with, and he is a good manager.

He is professional, accommodating, and kind—modeling the way for his staff.” She particularly points out his willingness to meet residents’ needs—it’s an obvious priority for him.

Like most of the servers, Sam started working at The Glebe when he was 16 and still in high school. He became a supervisor at age 19 and then at 20, he became the dining room manager. He’s been at The Glebe for eight years and can’t imagine ever working anywhere else. When asked why he likes his job, he says it’s because of the people—residents and staff—and the family-like atmosphere. He comes in every morning at 10:30 am and takes care of paperwork: staff scheduling, assisting Chef Amy Gray and Dining Director Joyce Horton with menu planning; working on special events (like the Foundation’s annual donor celebration dinner and golf tournament banquet), and doing in-service training for dining staff. Then, he works from

about 3:00 pm to 7:30 pm with his staff serving residents in The Allegheny Dining Room.

Sam feels supported by his team, as well as his immediate supervisors and The Glebe’s management team. He was encouraged to pursue his Certified Dietary Manager (CDM) credentials and is currently working towards that goal. A CDM will allow him to become more involved with the health care team and resident care plans. Recently, he helped a resident who had moved temporarily to the Health Care Center following surgery and who was not at all happy with the dietary restrictions that came from the doctor. Sam was able to develop a menu that satisfied both the doctor and the resident; he saw the resident’s face go from frustration with the restrictions to happiness as these meals were enjoyed. “It was an amazing experience,” said Sam.

When asked if he could point out some examples of the grandparent/grandchild relationships he mentioned, he cites how Anne and Charlotte both help with sewing. Sewing? What’s sewing got to do with dining? Well, Anne has mended clothing, shortened pants, and taken in shirts for dining staff. Charlotte cut and hemmed linen overlays for one of the donor dinners. Both Anne and Charlotte say they would do anything for Sam and his team and enjoy doing it. And Sam, who has depended on their wisdom for things like career advice and projects at The Glebe, feels like a grandson. Recently, Sam won an afghan that Charlotte had crocheted for a raffle at The Glebe Bazaar—he cherishes it like it was made by his own grandmother!

Collegiate Students Teach iPad Classes at Lakewood

A message shared nearly 95 years ago by Helen Baker, Founding Headmistress of Richmond's [Collegiate School](#), lives on today. Her message to the graduates of Collegiate was, "I would have you live for humanity's sake, I would have you be good citizens in the widest sense. ..."

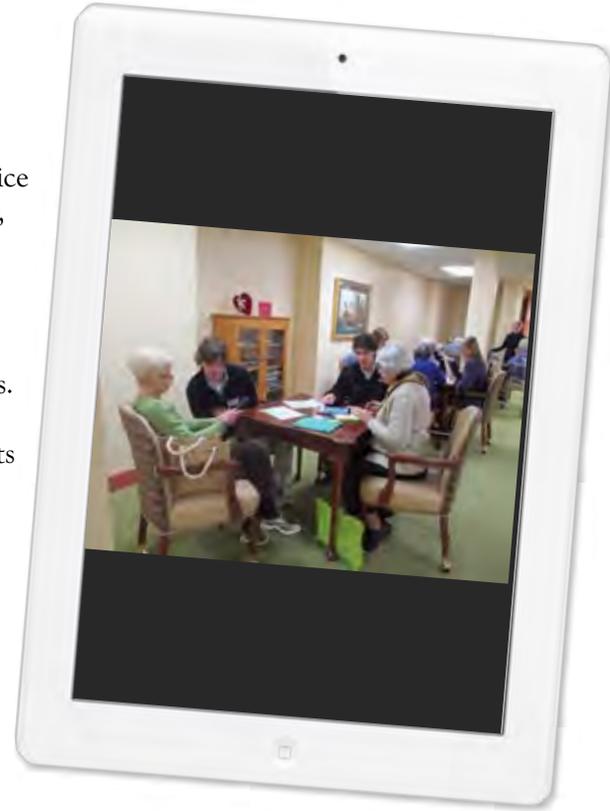
The school's continuing commitment to this message was evident when six Collegiate students spent several hours a day for a week at Lakewood recently. Their primary purpose was to teach iPad classes which were so popular they worked in one additional class during their final visit.

They also spent time visiting residents, including Ray Snyder, who proudly gave them a tour of the Saw Dust Club (Lakewood's woodworking shop).

These students were wonderful examples of the fifth of five values of the school—"Community: A commitment to responsive and compassionate citizenship and service on campus, in the local community, and in the broader world."

This is a wonderful example of the intergenerational partnerships that are a part of VBH communities. Thank you to Lainey, Lily, Harper, Taylor, Joseph and Jack for their gifts of time and talent shared with the residents of Lakewood.

Lakewood also appreciated the more than forty Collegiate students who joined residents for our annual Sweetheart Dance on February 9 and provided roses and balloons for the event.



Teamwork Matters

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They are quite the production team. Cliff is quick to say that he couldn't do it without Meredith, who also sets up and runs the projector and audio-visual equipment.

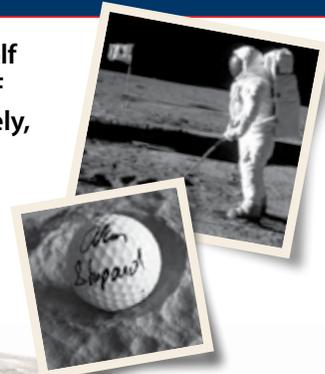
Meredith travels with Cliff to meetings away from [The Chesapeake](#). "I'm always amazed at the appreciation the audiences show for Cliff," says Meredith. She sees her help as Cliff's "road show manager" as a labor of love—both for her friendship with Cliff and her appreciation for The Chesapeake.

It's the teamwork that makes the difference in the lives of Cliff, Barbara, and their team members.

VBH FOUNDATION JOURNEYS TO THE MOON!

On February 6, 1961, Alan Shepard hit two golf balls while on the lunar surface, making GOLF the only sport played on the moon! Fortunately, we don't have to wait light years to reap the cosmic benefits of golf.

Blast off is near! Encourage your friends, your children and even your great-grandchildren to register at www.vbh.org/golf



REGISTER NOW FOR THE VBH FOUNDATION GOLF TOURNAMENTS!



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June 25
Stonewall Golf Club
at Lake Manassas

Call 804 521-9212 or Register Online @ vbh.org/golf

Faithful Service Exemplified at CBRC

With a history of more than 65 years, [Culpeper Baptist Retirement Community](#) has become home to longtime employees, several of whom have lived in the Culpeper area for most if not all of their lives.

We are proud to acknowledge several employees who have faithfully served CBRC for more than 30 years: Brenda Wilkins, Dining Assistant (44 years), Mary Wormley, Dining Assistant (42 years), Marian Johnson, CNA/RMA (42 years), Carolyn Greene, Administrative Assistant (40 years), Susan Potter, LPN, (34 years), Rose Young, CNA/RMA (41 years), and Cindy Summers, Beautician (33 years). These years of service reflect many things including dedication and loyalty, love of one's work, purpose in their career choices, and a calling to serve. And in some cases, continuation of relationships that began many years ago.

Living in a small town such as Culpeper has many benefits—one of those is long-term relationships through church, school, work, etc. The employees listed

above who attended school in Culpeper enjoy relationships with former teachers who live at CBRC. There is often a level of excitement when these teachers visit prior to making CBRC their home and they come upon a former student. Soon they are in conversations about their days at school. These employees are pleased to know these friendships are acknowledged and will be sustained or renewed. The teachers often remark that they are glad to know these former students will once again be a part of their daily lives. They find

comfort knowing that someone to whom they will look for assistance or support is well known to them.

We are truly grateful for Carolyn, Rose, Cindy, Brenda, Marian, Mary, and Susan for their extraordinary years of dedication to the ministry of CBRC. And we are pleased that their years of service continue to be fulfilling and that who they are individually means so much to the family of staff and residents with whom they have chosen to share their daily lives.



Seated, left to right: Brenda Wilkins, Cindy Summers, and Carolyn Greene
Standing, left to right: Marion Johnson, Rose Young, Carolyn Wormley, and Susan Potter.

Why Community Matters | *Continued from Page 3*

Other senior-friendly options include moving to a condo, 55+ Active Adult community or a continuing care retirement community.

Your community matters because it can have positive or negative impacts on the quality of your life and your health. At [VBH](#), we strive to provide an environment that encourages engagement within our communities and in the surrounding cities and counties. First-time visitors can quickly sense a level of friendliness (from both residents and staff) that distinguishes

us from many other communities. Should you need nursing care, it will be provided by staff who already know you as a resident of the community rather than by a stranger. Residents often use the word “family” to describe the feeling of social connectedness experienced within VBH communities. Not in the sense of the nuclear family, but in the sense of people brought together by shared experiences, shared joy, and shared hardships.

If you think you could benefit from living in an environment more

conducive to building social connections, I encourage you to think outside the “single-family home.” Go shopping and check out the many new housing options that were purpose built with seniors in mind. While you are shopping, I do hope you will consider looking at a VBH Community.

Peter Robinson
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