

A Newsletter by LifeSpire of Virginia

# COMMUNITY MATTERS

October – December 2021



FIVE COMMUNITIES.  
ONE VISION. WHERE  
FAITH, WELLNESS AND  
COMMUNITY FLOURISH

LifeSpire  
of Virginia  
Faith. Wellness. Community.

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**COVER PHOTO:** New outdoor living space at The Culpeper ~ The space features tables, chairs and couches for more than 40 guests. A key feature is the outdoor kitchen with a sink, counter space and a gas grill. Residents and guests can also enjoy the gas fireplace and gas-powered fire pit.

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## From the Editor



It is hard to believe the end of another year is quickly approaching. It seems like yesterday I was preparing to usher in 2021. Perhaps it feels like 2021 flew by because of all the progress that has been made across the country and specifically here at LifeSpire. Big things have happened in the last 365 days and bright happenings are on the horizon.

This summer the Centers for Medicare and Medicaid Services issued guidance requiring all nursing home team members to become vaccinated. In August, LifeSpire issued a similar mandate requiring all team members to get the COVID-19 vaccine as a condition of employment.

LifeSpire's leadership team fully supports the belief that the vaccine is society's best defense against the virus. In November, the LifeSpire leadership team announced that our communities will allow indoor visitation and for all residents—including assisted living, memory support and healthcare. This exciting news marks a significant shift in LifeSpire's policies which have been driven largely by governmental regulatory agencies.

While we continue to move away from the difficult days in the beginning of the pandemic, its after shocks are still being felt in many ways. The pandemic has stretched the supply chain, and workers are in high demand. Staffing shortages are an issue for many industries including senior living. To combat this, LifeSpire will begin paying its front-line workers more to improve recruitment and retention. The state-mandated minimum wage will increase in January and we are pleased to be able to compensate our team members at \$15 per hour—wage is well above the state's required payment and before the government's required increase.

With construction projects underway, improvements being made, new amenities opening, and a fifth community added to our extended LifeSpire family—you'll find out more about all of the above within this issue—it seems the sky is the limit for LifeSpire. I continue to be inspired and excited to see what we can all achieve together in 2022.

*Hillary C. Smith*  
**Hillary Smith**

Corporate Director of Communications

The Chesapeake  
Newport News

THE CULPEPER  
Culpeper

The Glebe  
Daleville

LAKEWOOD  
Richmond

LAKEWOOD at Home  
Live the life you envision.  
Richmond

The SUMMIT  
Lynchburg

VBH Foundation  
Faithfully supporting LifeSpire's benevolent mission



## LifeSpire Names New Chief Operating Officer

LifeSpire of Virginia is pleased to announce that Tracey Jennings has been selected as the organization's new chief operating officer. In this role, Jennings will be responsible for the day-to-day operations of the five LifeSpire communities. Additionally, Jennings will have oversight of community operating budgets, policies and procedures and provide oversight of major vendor relationships. Jennings began her new role on December 1.

"Tracey brings a unique breadth and depth of experience including senior leadership roles in senior living and across the entire care continuum with Centra Health, licensed nursing homes, hospice and home health. I believe Tracey's experience complements the LifeSpire senior management's team and she will bring valuable perspective as LifeSpire continues to pursue future growth opportunities," said President and CEO Jonathan Cook.

Jennings brings more than 20 years of leadership experience in the senior living and health-care arena. Jennings held numerous positions at Centra Health including managing director of senior care where she oversaw long-term care communities; chief operating officer of Bedford Memorial Hospital and vice president of care coordination, where she led care

coordination and case management processes and systems. Prior to joining Centra, Jennings worked as a nursing home administrator in the Lynchburg area.

Jennings holds a bachelor's degree from Ferrum College and is a licensed nursing home administrator and preceptor in Virginia. Additionally, Jennings serves on Leading Age Virginia's Board of Directors, the Governor's Long-Term Care task force and Centra Specialty Hospital's Board of Directors. ■

**"Tracey brings a unique breadth and depth of experience including senior leadership roles in senior living and across the entire care continuum with Centra Health, licensed nursing homes, hospice and home health."**

LifeSpire President and CEO Jonathan Cook

## Holiday Card Honors Lasting Friendship Between Two Summit Residents



This year, LifeSpire's holiday greeting features artwork by Josephine Griffin, a resident at The Summit. Jo, as she is affectionately known, started her love for art on her father's lap, doodling with him as they read many childhood favorite stories. She had a wonderful career as one of the first art teachers at Heritage High School in Lynchburg. Her favorite medium is sculpture, but she mostly works with watercolor these days. Jo has always lived in the Lynchburg area, and moved to The Summit in 2011. She said her favorite parts of living in this community are, "the friends you make and the help you get."

Jo's artwork features she and her good friend, Mary Lucy White, another Summit resident. A few years ago, Mary Lucy took Jo for a sleigh ride (in a golf cart, of course) around the community, as she helped Jo recover from a health crisis. In the painting, the two are seen taking a ride in a Summit winter wonderland, enjoying the view of The Peaks of Otter, one of three mountain peaks in the surrounding Blue Ridge Mountains. Jo recreated the scene to thank Mary Lucy for her friendship. ■



## Golf, Cornhole Tournament Raises Thousands for Benevolence



The 4th annual Glebe Memorial Green Short Game and Cornhole Tournament took place October 22–23. The Virginia Baptist Homes (VBH) Foundation is excited to announce that participants raised a total of \$7,800—a record-breaking amount—for The Glebe Endowed Fund for Benevolence.

Gifts to this fund are invested and grown, with earnings used to support the current benevolent need at The Glebe. This year, the Foundation is on target to provide more than \$110,000 to residents in need at The Glebe alone.

This year’s tournament, which is organized each year by resident Pam Renga, was held in memory of Glebe resident Virginia ‘Flash’ Reynolds and Pam’s cousin, Dr. Earlynn J. Miller.

“Despite challenges and delays as a result of the ongoing pandemic, it was a true joy to

come together in support of residents in need,” said VBH Foundation Vice President Jodi Leonard. “The event’s success is a testament to Pam and her committee’s tireless efforts for which I couldn’t be more grateful.”

A 70s–themed awards ceremony was held on October 23. The winners are as follows:

### Short Game Golf

**First Place: King Team** — Joel Marner, John King, Brenda Harvey and Osby Harvey

**Second Place: Fischbach/Barnett Team** — Diane Buchanan, Larry Fischbach, Suzanne Barnett and Earl Johnson

**Third Place: Smith/Barham Team** — Justin Barham and John Rader

### Cornhole

**First Place:** Louis Adams and Mark Deardorff

**Second Place:** Hilde Spitz and Ivy Renga

**Third Place:** Ellen D’Ardenne and Beverly Able



The Foundation team and tournament committee members are grateful to the following raffle sponsors:

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Country Corner Farms  
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Kroger Bonsack

Kroger Daleville  
Lentini’s  
Marston Salon  
Montano’s International Restaurant  
Pancho Mexican Restaurant  
Panera Bread  
Penelope  
Red Palace  
Pamela Renga  
Ivy Renga  
Rodeo Chico  
Sal’s Italian Restaurant  
The Glebe  
Three Li’L Pigs  
Tizzone/Taphouse



# The Culpeper Honors Veterans with Field of Flags

“When is the last time you purposely thought about everyone in our military?” That was the question posed by retired Col. Dave Hall during a Veterans Day ceremony held at The Culpeper on November 9. Dozens gathered at the community for Flags for Heroes, hosted by the Rotary Club of Culpeper, to thank, honor and remember all veterans.

“Many of us don’t think about them. We are a nation with a darn good military. We ought to think about what they do. We ought to be proud of them,” Hall said. “Take care of military families, invite them to a special event. Tell them how much they mean to you. Thank them for their service. We can all do that.”

The service organization honored nearly 200 veterans, service members, first responders and front lines workers whose names were posted on medallions alongside a U.S. flag celebrating service and sacrifice. The flags were then placed along James Madison Highway through a partnership between the rotary club and The Culpeper.

**“A hero is someone who faces adversity with grace and courage while helping someone in a moment of weakness.”**

Rotarian and The Culpeper’s Director of Marketing  
**Rose Wallace**

“A hero is someone who 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 all the way, 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 began with the singing of “God Bless America.” An eight-plane flyover by Commemorative Air Force Capital Wing—which was organized by resident Bob Yeaman who also piloted one of the planes—delighted attendees. Members of Veterans of Foreign Wars Post 2524 presented the nation’s colors while The Culpeper’s Chaplain Hans Murdock delivered the invocation.

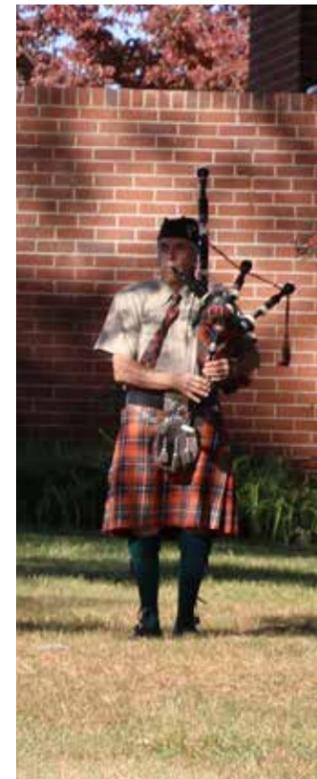
Wallace and Rotary Club President Tripp Butler read the names of those honored with flags while a bagpiper played, and a bell sounded at each person’s name. A bugler from Eastern View High School played Taps.

Hall, who served as the program’s keynote speaker, charged those in attendance to teach the country’s youth about service before self, remarking that, “This nation will not persevere if we do not teach those values to our children. We will hand over an empty nation to them.”

Attendees were invited to walk amongst



that flags and honorees took photos with the those bearing their names. The patriotic display remained in place for several weeks. Wallace said the community hopes to make it an annual event. ■



# Lakewood Honors Its History with Heritage Gallery

In 1978, just one year after Lakewood opened its doors, all 50 residents of the Richmond Baptist Home for Ladies were welcomed to their new homes at Lakewood. Thirty ladies moved into apartments while 20 went directly to healthcare. At that time, the Richmond Baptist Home for Ladies closed after serving seniors in the area for nearly a century.

“These women were sort of early influencers. They were active. They served on committees and they set the stage for what Lakewood might be,” said current Lakewood resident Claire Rosenbaum, and chair of the Heritage Committee.

At the time, the ladies brought special pieces of furniture and furnishings with them to Lakewood. These treasures have remained displayed around campus for the past 43 years as members of the Heritage Committee continued to collect and curate countless artifacts from Lakewood’s inception. Now, a different set of influencers are doing their part to memorialize the community’s history.

“We really started planning a year and a half ago when the Heritage Committee was planning for Lakewood’s anniversary,” said Jodi Leonard, vice president of the Virginia Baptist Homes Foundation. “The construction was done; The Clubhouse was finished, and people were all moved in. All of the furnishings were put away for safe keeping during construction and it was time to determine what we could do to have everyone enjoy and understand Lakewood’s history.”

On October 14, at the community’s 44th Anniversary Heritage Day, the Lakewood Heritage Gallery was officially unveiled. The historical collection is in the connector hallway between The Clubhouse and the Chesdin Building. Ancillary galleries are in the connectors of Amelia to Brook and Chesdin to Dover and Echo. The exhibit is dedicated to those 50 women from the Richmond Baptist Home for Ladies.

“The artifacts tell a story themselves. Then you can imagine who had this, what did they eat off this plate, where did this bowl come from? We have artifacts brought from China. Was that because they were missionaries? Were they souvenirs? You don’t know who they belong to. The process of looking at these artifacts sparks the imagination,” she said. “You don’t know who gave what, you just know that at some point they came to Lakewood, they lived here and they influenced what was going on here.”

At the Heritage Day program, Lakewood also recognized eight residents who have lived at the community for more than 20 years and seven residents who celebrated centenarian birthdays in the past year. Seven team members were also recognized for milestone anniversaries including Alfreda Turner who has worked in culinary services at the community for 40 years. ■

**“These women were sort of early influencers. They were active. They served on committees and they set the stage for what Lakewood might be.”**

**Claire Rosenbaum, Chair of the Heritage Committee**



## Thank You Heritage Committee Members:

- Claire Rosenbaum, Chair
- Jackie Brooks
- Max Cumbia
- Nancy Elliott
- Douglas Palmore
- Mary Helen Simms Patterson
- Gil Piercy
- Rita Stone
- Sally San Soucie, Staff Advisor
- Jodi Leonard, VBH Foundation

“We’ve had this furniture here for a long, long time. The Heritage Committee has kept track of it for a long time knowing that at some point we’d like to have a place to display it,” said Rosenbaum. “We did not know that we were going to dedicate it to the women until we really started working through the project.”

Leonard worked with SFCS Inc.’s Senior Interior Designer Carolyn Warden to ensure the galleries were in line with the community’s aesthetic. Together with the Heritage Committee members, Warden and Leonard

determined where each piece was going to go and what the display cabinets should look like.

For Rosenbaum, organizing the gallery became very personal. She said she feels like she is a part of the exhibit.



## New Outdoor Living Space Opens at The Culpeper

Just in time for a front row seat to peak foliage, construction wrapped on The Culpeper's newest amenity, The Overlook — an outdoor living area. The Overlook, which features panoramic views of the Blue Ridge Mountains, was officially completed in September.

The space features tables, chairs and couches for more than 40 guests. A key feature is the outdoor kitchen with a sink, counter space and a gas grill. Residents and guests can also enjoy the gas fireplace and gas-powered fire pit. A storage room is available as well as a large bathroom.

"The name is spot-on as it is perfectly located atop a hill that literally showcases the magnificent mountains," said Culpeper's Director of Marketing Rose Wallace. "The marketing team has met with future residents and their families up there to review paperwork and do

business versus sitting in a conference room. It has also been great to have an outdoor venue with additional heating and cooling features depending upon the need."

Executive Director Jim Jacobsen said the community's team intends to utilize the space in various ways in the future as it perfectly showcases all that The Culpeper has to offer.

"Residents and their families can enjoy the inviting and comfortable seating around the large television mounted above the beautiful stone fireplace, cookout, play a game of cornhole in the adjoining lawn or watch exciting sporting events on the big screen. We will also host community-planned events."

The Overlook is in the heart of the new Hillside Cottage neighborhood. Eighteen of the 25 cottages that will be built in phase one of the project have been sold. More than 10 of those homes are already occupied with several more residents expected to move in during the coming months. ■





## Construction Continues on Lakewood's Woodside Cottages

Construction has not officially begun on Lakewood's new cottages just yet, but each one is already claimed. The 19 Woodside Cottages are all sold.

While actual construction on the cottages is set to begin in Winter of 2022, plenty of other work is underway. Site-clearing began in July and phase one of the project continued throughout the summer to include environmental and sediment control measures. A separate entrance was installed off Lauderdale Road to reduce construction vehicle traffic using the main entrance.

"So far we have installed more than 600 linear feet of sanitary sewer and six manholes," said Corporate Director of Construction Management Derek Meyer. "We're working to get cottage building pads to subgrade in preparation for construction to begin."

While cottage-specific construction is set to begin as winter weather moves into the area, Meyer said cold weather provisions are proactively being discussed. Work will continue through the colder months.

"Another exciting addition is a second entrance to the community. The new entry, which will be built in front of the Health Services Building, will be designated for team members, vendors and deliveries," Meyer explained. "This will allow residents to use the main entrance."

The new entrance is expected to be completed in early 2022.

Because each of the new cottages are sold, Lakewood's marketing team has had the opportunity to bring the future neighbors together for some pre-move-in bonding. The cottage depositors gathered at Hardywood Brewery's West Creek location on October 28 to meet with Meyer, Lakewood's Executive Director Heather Crumbaugh and members of the marketing team.

"The Woodside Cottage neighborhood is built with an innovative design to promote socialization. It will be a front porch community with a courtyard and walking paths," said Chief Marketing Officer Peter Robinson. "The intent of this event and others we hold as construction continues is to build the community before the community is built."

The first Woodside Cottages are expected to be completed in the Fall of 2022. ■



# LifeSpire Assumes Ownership of Its Fifth Life Plan Community



Adam Feldbauer

Several years ago, LifeSpire's President and CEO Jonathan Cook and Chief Marketing Officer Peter Robinson took the stage at the annual LeadingAge Meeting and Expo to present about the organization's history and the successes of recent years. Adam Feldbauer was in the audience.

"I heard about the more than 70-year history and how the organization was able to go from a negative to positive profit. I was inspired," Feldbauer said. "At the time, I was working for a similar organization and I became more familiar with LifeSpire. When I learned it was taking ownership of The Summit, I knew I had to throw my name into running."

Feldbauer joined the LifeSpire family in September as the new Executive Director of The Summit—a life plan community in Lynchburg, Va. LifeSpire officially assumed ownership of The Summit's independent living and assisted living neighborhoods at the beginning of October. The Summit's nursing home was acquired by Cascade Capital and will be operated by Hill Valley Healthcare.

Feldbauer has more than 10 years of experience in senior living and healthcare organizations and became a licensed nursing home administrator in 2014. Since taking the helm, he said the team has hit the ground running.

"I've tasked our Resident Council Chair Bob Johnson to form taskforces to explore current processes around building and grounds, dining services, security, technology and community relationships," he said. "We're working on updating the independent living handbook, emergency procedures and we've been meeting with the Lynchburg Police Department to look at our security to identify ways to improve what we're doing."

In addition to reviewing and revisiting policies and procedures, Feldbauer said a few major projects are also underway. Construction on the property's dam will continue for the next several



months and a stairwell egress is being built between the healthcare and assisted living buildings.

"We are working on an initiative we're calling 'One Summit,' that promotes cross-training and overlap between assisted living and independent living for our clinical, dining and facilities team members," he said.

With a toddler and an infant at home, an ongoing pandemic and coursework for his master's degree, Feldbauer said it's easy to become overwhelmed with all there is to be done. However, he said he's taking the transition one day at a time.

"We have a great team. The residents and the team have been waiting for this and the time is here. People are ready to make the advanced changes, knowing it doesn't happen overnight," he said. "There's 100 acres of opportunity, a gorgeous community and wonderful people. I know we can really enrich the local neighborhood and create a safe space for older adults in the area and promote joy with current residents." ■



**"I heard about the more than 70-year history and how the organization was able to go from a negative to positive profit. I was inspired,"**

Adam Feldbauer





## The VBH Foundation Celebrates Influencers, Donors and Sponsors

In the previous issue of Community Matters, we introduced the second class of Virginia Baptist Homes Foundation Influencer Award recipients—The Chesapeake’s Diane Bittner, The Glebe’s Carole Edwards, The Culpeper’s Jane Scott and Lakewood’s Phyllis Wilson. The award honors a champion at each of LifeSpire’s communities who causes a positive effect on the organization’s mission to enhance the lives of their friends and neighbors. Influencers embody the core values of the communities through their spirit, engagement, and generosity.

With the Influencers named, it was time to celebrate. Over the past two months, the Foundation team held celebrations at three of the communities to recognize the influencers thank all donors and sponsors.

It was a bellissima notte at The Culpeper on September 16 for A Night in Italy. The 2021 Influencer, Jane Scott, was honored in part for her contribution to the community throughout the pandemic. In one weekend, she and her friends made and delivered nearly 100 masks. Jane shared her love of sewing by providing masks to the Culpeper Senior Center, The Culpeper team, residents, friends and businesses, completing 750 masks. Dinner and dancing followed the award presentation. The Silver Tones Swing Band provided the accompaniment to a wonderful evening.

Lakewood residents and team members “Came Together” to “Twist



and Shout” on September 24 to celebrate donors, volunteers and the 2021 Influencer Award honoree, Phyllis Wilson. Phyllis, who has macular degeneration, was selected in part for her leadership at the community after finding others who have the same vision challenges and formed a support group. Speakers come to Lakewood from all over the state to share with the group their experiences and expertise. At the event, Beatles tribute band Beatlegacy provided the soundtrack to the evening, and residents danced to “Can’t Buy Me Love”, “Eight Days A Week”, and “Yellow Submarine” until the sun set over the Lakewood lake.

Chesapeake residents came out on October 17 to swing the night away to express gratitude for this year’s Influencer, Diane Bittner. During the pandemic, she helped fellow residents navigate the isolation and quarantine of the pandemic by using technology to connect with one



## 2021 Influencer Awards Sponsors

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- Henderson Inc.
- ColonialWebb/Comfort System USA

### **Ruby Sponsors**

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- Select Rehab

### **Additional Sponsors**

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- HJ Sims
- MatrixCare
- Remedi SeniorCare of Virginia
- G&H Construction
- Folkes Electrical Construction Company, Inc.
- David Partridge, Integrity Home Mortgage
- McGriff Insurance Services
- National Institute for Fitness and Sport (NIFS)



*Continued on page 18*



another and with their loved ones. The Resident Council was involved in a phone tree, calling residents to see if there was anything they needed. When the vaccine became available, Diane helped to set up and manage the vaccine clinics. Attendees enjoyed dinner and music from Glen Boswick and the Sound of Swing Orchestra.

An event to honor The Glebe's 2021 Influencer, Carole Edwards, is planned for later this year. Carole currently serves as facilitator of the community's prayer group, is a member of the Spiritual Life Committee, the Resident Advisory Committee, a sponsor of the Short Game Golf Tournament, leads a sing along in assisted living and visits residents in the licensed areas. "Carole Edwards and Friends," the longest running piano ensemble group in the country, will present its 49th consecutive annual week of concerts in April 2022, marking the 17th year of performances at The Glebe.

In 2020, the VBH Foundation provided \$1,149,658 in benevolent subsidies to a total of 57 residents within the LifeSpire communities and has provided more than \$10 million in financial aid over the last decade to LifeSpire residents who could no longer afford to pay for their care. Throughout LifeSpire's more than 70-year history, benevolence has been the heart of everything the team does.

Funds raised through sponsorship ads in honor of the Influencers were allocated to the 2021 benevolent need. The Foundation team thanks all who participated in these events: sponsors, volunteers and donors. To all 2021 Influencers, thank you for all you do. To learn more about our 2021 Influencers and all sponsors, please visit [www.lifespireliving.org/give/influencer-awards](http://www.lifespireliving.org/give/influencer-awards). ■

**Enhancing the lives of others is both an honor and a privilege, and it's what drives so much of what we do here at Cura Hospitality.**

*We would like to thank LifeSpire for their partnership and for the opportunity to do that every single day with every meal we serve.*



### Congratulations to the 2021 Influencer Award Honorees

It's a privilege to enrich the lives of others. Cura Hospitality applauds you for your commitment to making a difference!



## Maximizing Your Retirement Plan Assets



If you can make other provisions for your family, there is a better option for your retirement plan assets—a charitable gift after your lifetime. When given to your family, a portion of your retirement plan assets will be consumed by taxes. Instead, leave assets that are less heavily taxed (such as real estate, cash or life insurance) to your family, and consider using your retirement plan assets to make gifts to tax-exempt charitable organizations, such as the Virginia Baptist Home Foundation (VBHF), and the LifeSpire communities we serve.

To name VBHF as the beneficiary of your retirement account, simply contact your retirement plan administrator for a change-of-beneficiary form or simply download a form from your provider's website. Decide what percentage of the account you wish to give to VBHF, or designate a LifeSpire community, along with the desired percentage on the form. Sign and return the plan to your administrator.

### There are many benefits to donating retirement plan assets.

- Make the most cost effective gift you can make and save other less taxed assets for loved ones.
- You can change your mind at any time.
- Eliminate all federal income taxes when you name VBHF as the sole beneficiary. (Receive partial savings when you give VBHF a specific amount before giving your family the remainder.)
- Name VBHF as the contingent beneficiary, allowing for greater flexibility.

### For Those 70½ or Older

If you're 70½ or older, you can make a tax-free gift to VBHF or a designated LifeSpire community. This law allows you to transfer any amount up to \$100,000 directly to a qualified charitable organization each year without paying income tax on the distribution. Best yet, your gift will be put to use today, allowing you to see the difference you're making for those we serve. This popular gift option is commonly called the IRA charitable rollover, but you may also see it referred to as a qualified charitable distribution or QCD, for short.

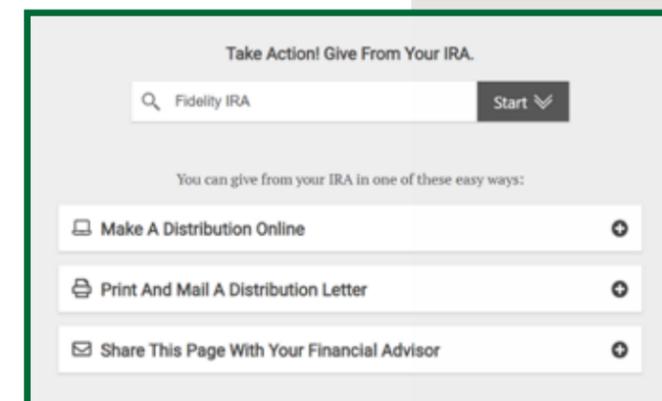
- You pay no income taxes on the gift. The transfer doesn't generate taxable income or a tax deduction, so you benefit even if you do not itemize your tax deductions.
- Your gift can satisfy all or part of your required minimum distribution for the year.

### Tools to Assist with a Qualified Charitable Distribution

You'll find some helpful resources on our website at <https://vbh.planmylegacy.org/give-from-your-ira> to aid in directing your financial advisor to transfer a gift from your IRA. Enter your financial institution name, and from there, you can direct a transfer from your account, print and mail a distribution letter with your personal information, and share this info with your advisor.

### Secure the Future

Learn more about how your gift will benefit your family, as well as the residents we serve. Contact Jodi Leonard, vice president, at 804-521-9213 or [jleonard@vbh.org](mailto:jleonard@vbh.org) for an illustration and details. ■





## Honor Trees Remember Loved Ones in Each LifeSpire Community

Every year, the VBH Foundation sponsors an Honor Tree in each LifeSpire community. A donation given to the Foundation this year in memory or in honor of a loved one has an ornament placed on the community tree. It's a special way to remember someone in your life. The Foundation team thanks those who contributed and who helped make these trees beautiful once again this year. ■



The Chesapeake



The Culpeper



The Glebe



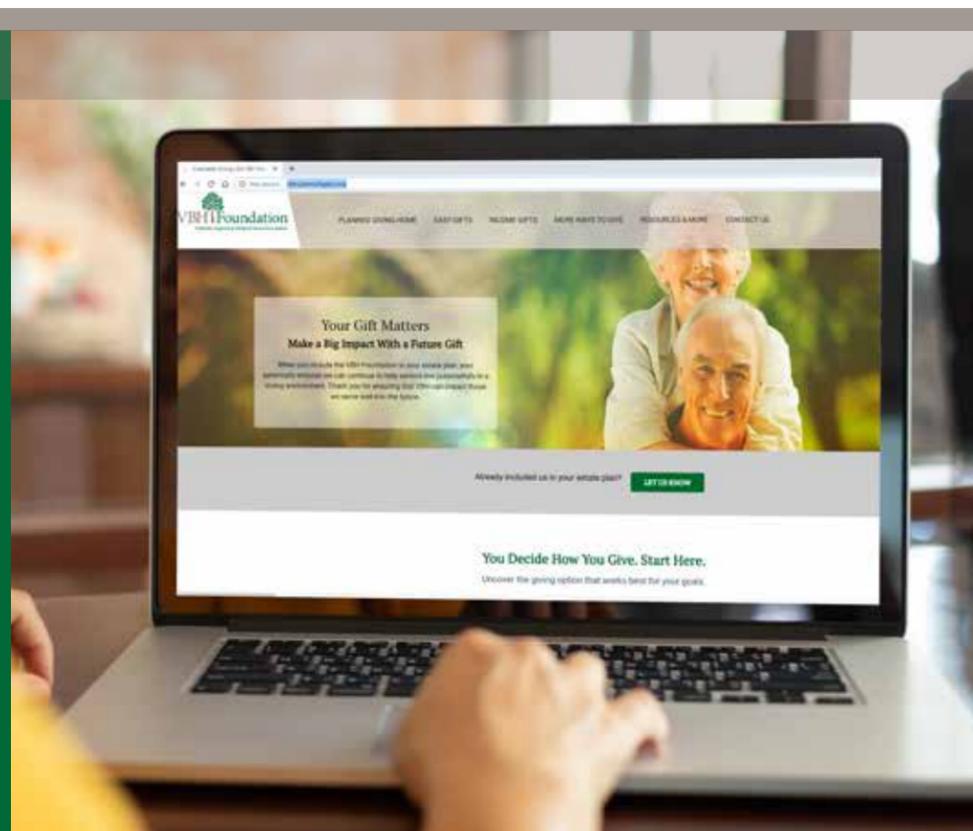
Lakewood



The Summit

## Legacy Giving

Take the time to learn more about enhancing your own financial plans, as well as benefiting seniors in need with your generosity. You can help by including the VBH Foundation or a specific LifeSpire community in your will or estate plans. Visit our website, <http://vbh.planmylegacy.org> for more information.

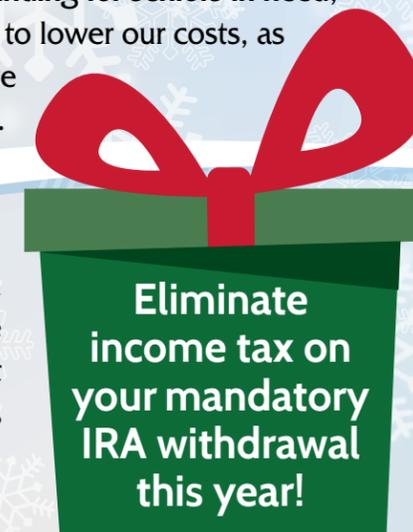


## Time to Check Your End-of-Year List!

Honor a loved one on your holiday gift list by making a gift to the VBH Foundation. We'll send a card notifying the recipient, and you'll get that warm-fuzzy feeling of helping a senior in need a lot better than a fruitcake!



You can make an even bigger impact with your gift by joining the Monthly Giving Circle! A commitment to giving every month helps to sustain available funding for seniors in need, while also helping to lower our costs, as you will not receive future solicitations.



Make a gift to the VBH Foundation directly from your IRA and take advantage of the IRA Charitable Rollover. This gift will also count towards the donor's required minimum distribution (RMD).



Gifts can be made using the enclosed envelope, or with a credit card through our secure online form at [lifespireliving.org/give](http://lifespireliving.org/give). Please contact the Foundation office at 804-521-9213 for information or assistance.



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## Five Communities. One Vision. Where Faith, Wellness and Community Flourish.



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Whether you enjoy the water or the mountains, the city or a charming small town, LifeSpire of Virginia has a retirement option that's right for you. Each of LifeSpire's five communities offers comfortable apartments and cottages in beautiful, inviting settings while our Lakewood at Home program provides you with the comfort of aging in your very own home. Regardless of the option or location you choose, LifeSpire's communities provide the peace of mind of continuing care should you or your spouse ever need it. Take advantage of the security of knowing your future is well-planned in an atmosphere where faith, wellness and community flourish. To learn more, call (804) 521-9214 or visit [lifespireliving.org](http://lifespireliving.org).

