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Community *Matters*

Glebe resident, Paula Levine, inspires generations of dancers

Imagine rural Roanoke, Virginia, in 1955. The cost of a gallon of gas was 23 cents. The minimum hourly wage was \$1.00, and the average cost of a new home was just over \$10,000. It was a prosperous and peaceful time for many Americans, blissfully unaware that the turbulent 60s were just a few years away. For Paula Levine, 1955 marks the year she arrived at Hollins College—now Hollins University, an all-women’s liberal arts school outside Roanoke—to teach modern dance.

“Paula Levine pioneered the modern dance program at Hollins,” says Jeffrey Bullock, director and associate professor of M.F.A. Dance. “She brought modern dance to the Roanoke Valley.”

Levine, now 88, is a resident of The Glebe in Daleville, near Hollins.

“Ms. Levine demonstrates the ‘life in abundance’ we strive to provide for each of our residents at The Glebe,” says Ben Burks, The Glebe’s executive director. “She swims, she travels, and she is an active member of our community. Her energy inspires us all.”

FINDING THEIR VOICE

Modern dance began in the early 1900s in part as a rebellion against ballet, which in comparison is rigid and codified, and in part as a reflection of changing social mores at the turn of the 20th century. Modern dance pioneers like Doris Humphrey and



Above: Paula Levine, a resident at The Glebe, is a model of wellness.
Below: Paula Levine dances in New York.



Martha Graham, whose work significantly influenced Levine, “made up the rules as they went,” Bullock says. The form, which includes dancing barefoot with a focus on natural movement, ushered in an era of individual expression through dance.

“Women found their voice in modern dance outside the confines of ballet,” Bullock says.

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LifeSpire of Virginia operates four continuing care retirement communities throughout Virginia: The Culpeper in Culpeper; The Glebe in Daleville; The Chesapeake in Newport News and Lakewood in Richmond.

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The myths surrounding aging are many and varied: Aging is depressing. Seniors are lonely. Seniors are frail and helpless. Aging inevitably leads to dementia. In reality, research suggests only 5 percent of people over age 65 will develop dementia, and 94 percent of seniors enjoy the same activities as younger people, including dancing, kayaking, and hiking. Today's seniors are active, healthy, and socially engaged like never before, and LifeSpire seniors are no exception. Paula Levine, Jesse Hughes, and Bob Hill — each featured in this issue — are outstanding examples of LifeSpire residents committed to wellness. We trust their stories will inspire you as you focus on your own fitness goals. They certainly inspire me!

— Ann Lovell, Editor-in-Chief

LifeSpire partnership with National Institute of Fitness and Sport benefits residents

LifeSpire continues to advance its relationship with the National Institute of Fitness and Sport (NIFS), an industry leader in designing and executing holistic wellness programs for seniors. NIFS currently manages the fitness programs at LifeSpire's Lakewood in Richmond, The Chesapeake in Newport News, and The Glebe in Daleville.

The partnership with NIFS helps LifeSpire residents take charge of their health and wellness and improve their overall quality of life, said Mick Feauto, LifeSpire's executive vice president and chief operating officer. In January, NIFS signed an agreement with LifeSpire to provide the following services:

- Personal training, personalized exercise programs, fitness testing, and equipment orientation
- Group fitness classes
- Data analysis
- Health-related educational sessions, life-long learning opportunities, nutritional coaching, and weight-loss programs
- Cross-department collaboration
- Implementation of incentive and wellness programs

For more information on NIFS, visit wellness.NIFS.org.



Everyone loves a good story. LifeSpire residents, their families, and staff especially enjoy hearing each other's family stories: the traditions and events, life lessons and humor that shaped our lives.

Record YOUR family story and photo, to be saved and treasured for all time. Visit <http://lifespireliving.org/foundation/story-bank/>, click on the "Story Bank Logo" and follow the prompts.

Taking a walk with LifeSpire's wellness coordinators

LifeSpire's wellness coordinators are busy people! From water aerobics at The Glebe and The Chesapeake to mystery walks at Lakewood and The Culpeper, it's hard to find a wellness coordinator with a free minute! Fortunately, we were able to catch up with three of our wellness coordinators to ask a few questions about wellness among seniors. Here's what we learned:

HOW ARE YOU KEEPING LIFESPIRE RESIDENTS ACTIVE AND ENGAGED?

Some initiatives include activities such as the Route 66 walking challenge and group fitness challenges that incorporate a point system for classes attended and bonus points for trying new things. We recently offered a circuit training class to introduce residents to our strength training equipment in a group setting. However, the daily initiative comes from the resident. Residents report feeling better physically, sleeping better, and an overall physical well-being when regularly participating in an

exercise program. The social aspects of group fitness classes also motivate our residents to stay active and participate. —Meredith Macaluso, *The Chesapeake*

WHY IS ACTIVE AGING IMPORTANT TO SENIOR ADULTS?

Active aging is essential for seniors. Increasing one's daily activity can vastly improve longevity, digestion, and cardiovascular function. Not only does it improve overall physical health, it promotes coordination and brain stimulation, which are equally important to the performance of everyday tasks. — Miles Rucker, *Lakewood*

HOW DO YOU ENCOURAGE RESIDENTS TO MAINTAIN A HEALTHY DIET?

Good nutrition affects quality of life. At The Glebe, I support residents who are trying to lose weight with "Rachel's picks"—denoted selections from The Glebe's menu that are whole foods and lower in calories. For others, I suggest they choose healthy options at least 80 percent of the time, but then enjoy themselves with 20 percent or less of their food choices. As a wellness coordinator, I want residents to be able to live the life they want to live as long as they can live it. — Rachel Carson, *The Glebe*



Karen Carter of The Glebe pauses in a field of sunflowers.

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LifeSpire of Virginia

The Culpeper

Lakewood Retirement Community

The Glebe Retirement Community

The Chesapeake Retirement Community

LifeSpire residents participate in Active Aging Week

Since 2003, the International Council on Active Aging has promoted Active Aging Week during the last week of September. LifeSpire residents in each of our four communities participated in a variety of activities Sept. 25 – Oct. 1, including walking tours, aquatic exercise, glow-in-the-dark games, Segway outings, drum circles, and mystery walks.

NUSTEP MARATHON: Forty-three residents participated in The Glebe's NuStep marathon. Each signed up for a 30-minute time slot on a NuStep machine, keeping two NuSteps occupied continuously for about 11 hours! A few residents who had never tried the

NuStep joined a team, prompting Rachel Carson, The Glebe's wellness coordinator, to proclaim the NuStep marathon the "biggest success" of this year's Active Aging Week.

LAKWOOD'S DRUM CIRCLE:

This interactive event allowed Lakewood residents to enjoy making music while reaping the health benefits of ensemble drumming. While research suggests learning any new skill diminishes and even prevents senile dementia, the physical act of drumming has additional advantages, including improved circulation and loosening stiff joints in the shoulders, arms, and hands.



Charlie Alford and Janet Miller participate in The Glebe's NuStep Marathon

Staying active year-round

Research shows that an active lifestyle lessens the challenges and increases the opportunities associated with aging. LifeSpire seeks to provide an environment within its four communities that offers aging adults programs, guidance, and support for healthy aging—all year long.

Bob Hill, a resident at The Culpeper, stays fit by running three times a week. Hill's fitness goals give him the strength, energy, and stamina to volunteer with a number of humanitarian organizations. In the past, Hill's volunteerism led him to North Africa where he helped build dams, repair schools, and mentor the children of female prisoners who lived in the prison with their mothers. He has also served the needs of low-income people through World Changers in Norfolk by inspecting homes and offering needed repairs to make the homes safer, warmer, and drier. Thanks, Mr. Hill, for your hard work and generous spirit!

Jesse Hughes, a resident of The Chesapeake, participated in the Virginia Senior Games May 17 – 21 with more than 2,100 participants. Hughes won a gold medal in basketball and three silver medals in the 50-yard run, 25-meter backstroke, and the broad jump. Since moving to The Chesapeake, Hughes has made sure to keep his body in top shape by participating in the many wellness programs the community offers. Congratulations, Mr. Hughes!



Above: Jesse Hughes of The Chesapeake displays his medals. Right: Bob Hill of The Culpeper jogs three times a week.

Managing your required minimum distribution (RMD)

In a historic victory for philanthropy, Congress passed the IRA Charitable Rollover into permanent law late in 2015. The new law enables individuals age 70 ½ and older to immediately give up to \$100,000 directly from their IRA, 401(k), and 403(b) accounts without incurring tax on the withdrawal. This type of gift also counts toward the donor's required minimum distribution (RMD).

To take advantage of this tax savings, contact your account provider and instruct them to send a check directly to your chosen nonprofit. The gift is fully tax deductible (as allowable by law) and bypasses the tax liability on the total amount of the gift.

In past years, Congress had to renew this privilege every year – sometimes as late as a few days ahead of the April 15 tax filing date. As a result, many donors weren't able to take advantage of the privilege as they made their annual gifts. The new law makes the privilege available to donors and charities for the foreseeable future, and it can be used at any time during the year.

As you make your year-end gifts, we hope you will consider using your RMD as a gift option to support benevolence at a LifeSpire community. You can support benevolence today by indicating one of the communities' Benevolent Funds, or you can support future benevolence by indicating one of the

Endowed Funds for Benevolence. As always, talk with your financial manager to make sure this option fits within your overall tax plan. If you have any questions about the provision, contact Patricia Morris at the VBH Foundation at (804) 521-9229. Thank You!



Patricia Morris is vice president and head of the VBH Foundation.

Monthly Giving Circle

Benevolence is the core of the VBH Foundation. When life care residents outlive their financial resources or funds become exhausted through no fault of their own, the generosity of our donors enables these seniors to remain in their homes, receiving the excellent, quality care they know and deserve.

So how can you make an even bigger impact with your gift? Join our **Monthly Giving Circle**! Committing to donate every month helps sustain available funding for seniors in need.

By giving a monthly, tax-deductible donation, you'll be joining a special community of other dedicated supporters. Members of the **Monthly Giving**

Circle are invited to our annual Donor Dinner, receive a Foundation Donor Pin, and receive **Circle** updates throughout the year. You'll also be helping to lower our costs, as you will not receive future solicitations.

Joining the **Monthly Giving Circle** is easy! A credit card of your choice will be charged each month for an amount and timeframe you choose. Just \$15 a month will provide a day of care in assisted living; \$25 a month will support a day of skilled nursing care. Contact Jodi Leonard, Annual Fund Manager, at (804) 521-9213 or jleonard@vbh.org to learn more.

Jodi Leonard is the annual fund manager for the VBH Foundation.

What gift enriches both donor and recipient?

A charitable gift annuity

A charitable gift annuity with VBH Foundation provides income through your lifetime as well as a residual gift to support benevolence. Visit our website, www.vbh.planmylegacy.org, for more information.



Hans Murdock assumes joint role with The Culpeper and Culpeper Baptist Church

Fifteen years ago, Hans Murdock was trying to get out of the country. It was September 2001. Murdock and his wife, Becky, were slated to serve a two-year term with the Southern Baptist International Mission Board (IMB) in Russia. They had tickets to leave the U.S. in mid-September.

Then 9/11 happened.

“We got a call from the IMB,” Murdock recalled. “You’re not going anywhere yet,’ they said. So, we started unpacking everything we’d packed up. We didn’t know how long we would be held up. A couple of days later, we got another call. ‘You can leave in two days.’ We started packing again.”

Murdock is the newly appointed chaplain at The Culpeper. He, his wife, Becky, and their 7-year-old daughter, Sandra, recently relocated to Culpeper from Latrobe, Pennsylvania, where Murdock had served as a church planter and pastor since 2004, a role he assumed after he and his wife returned from Russia.

Murdock’s position is a first-of-its-kind collaborative venture between The Culpeper, formerly Culpeper Baptist Retirement Community, and Culpeper Baptist Church (CBC), said Jim Jacobsen, executive director of The Culpeper. Murdock serves both as chaplain at The Culpeper and as senior adult minister at CBC—a vision that began more than a year ago among CBC senior pastor Dan Carlton and the senior leadership of LifeSpire.

“We wanted to strengthen pastoral service programs to seniors at the

church and within the community,” Jacobsen said. “Many of our residents are members and active leaders within Culpeper Baptist Church. We support one another in many ways, and the addition of Hans will only enhance our vision of continued family within the community.”

Carlton agreed, noting the partnership is a natural extension of the relationship that The Culpeper and CBC have enjoyed for more than 70 years.

“We wanted to strengthen pastoral service programs to seniors at the church and within the community.”

— Jim Jacobsen

“Culpeper Baptist Church helped start The Culpeper and ultimately Virginia Baptist Homes” (now LifeSpire of Virginia), Carlton said. “What we will be able to do together in engaging people over 60 will be far more than what we could have done separately.”

For his part, Murdock is also excited about the practical ways the church and The Culpeper community can be involved together in spiritual growth in ways that are both intentional and intergenerational.

“Many churches put lots of emphasis on children and youth ministries,” Murdock said. “But for most churches these days, their greatest population is senior adults.” Murdock wants to explore ways to connect seniors and youth in a meaningful way. He believes the



teachers and professionals who live at The Culpeper have a lot to offer kids in terms of practical support and life lessons.

“They can listen to children read. They can offer tutoring in math or science. There are great opportunities for them to connect with and continue to influence the community they helped build,” Murdock said.

What else can we expect from this new venture?

“Check back in three years,” Carlton said. “I think we are on track to create a model for spiritual wellness and meaningful ministry for people over 60 that can be replicated in many other communities.”

GO GREEN

To receive Community Matters electronically instead of in print, email Ann Lovell, alovell@lifespireliving.org.

Glebe resident, Paula Levine, inspires generations of dancers | Continued from Page 1

Although Levine majored in English Literature at Brooklyn College, she began dancing at age 13 under the tutelage of Katya Delakova, who sparked Levine's love for modern dance. Later, the young woman also studied under Sophie Maslow, another modern dance pioneer who helped set the course of Levine's life work. After a brief stint at Julliard, Levine received a teaching fellowship at Bennington College in Vermont where she received a Master of Arts.

“Women found their voice in modern dance outside the confines of ballet.”

— Jeffrey Bullock

“I wanted to follow my passion and do something I loved,” Levine says. “It wasn't always easy.”

The young woman's father didn't want her to be “a parasite,” Levine explains. He didn't think she could earn a living in the arts. “Later, though, when I became a professor at Hollins, he was proud of me,” Levine says with a smile.

In most colleges and universities at the time, dance came in through the “back door” of physical education, Levine says. At Hollins, dance was part of the

theater program. This focus on modern dance as a performing art gave Levine opportunity to pursue new forms of artistic expression that took her around the world and allowed her to develop life-long friendships in the process.

INSPIRING FUTURE GENERATIONS

Levine no longer dances, but as professor emerita of Hollins, she continues to help young women express themselves through modern dance. Bullock established The Paula Levine Choreographers Contest at Hollins to honor Levine's continuing legacy. The contest awards prizes for the most developed solo dance composition submitted by sophomore or junior girls in high school or preparatory school.

“My students who come back tell me that dance enriched their lives,” Levine says.

Although Levine no longer dances, she swims almost every day, enjoying the saltwater pool at The Glebe where she lives. “People comment on what a beautiful swimmer I am,” Levine says. “I think it is because I was a dancer. People seem to think I have a lot of grace in the water.”

“I find that amusing,” she adds, “because I've never had formal swimming lessons.”

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Faith. Wellness. Community.

LifeSpire of Virginia operates four exceptional communities that welcome people from all faiths and share the steadfast mission of providing Dignity in Living.


VBH Foundation
Faithfully supporting LifeSpire's benevolent mission

The VBH Foundation raises funds to help LifeSpire's life care residents who outlive their financial resources remain in their homes. In 2015, we provided roughly \$1,100,000 in benevolence to 60 residents across all four communities.

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