



Community

Dining From a New Point of View

Since The Glebe opened 10 years ago, students from Lord Botetourt and James River High Schools have been numbered among the employees. Many of the students are servers in the Allegheny Dining Room—residents and students greatly enjoy their friendships, visiting with one another during dinner. Some of these relationships have extended beyond The Glebe, with residents attending school sporting events. The Glebe also hosts a pre-prom reception for servers and their friends.

Earlier this summer, Morgan Smith and Miranda Brizendine, members of the dining services staff at The Glebe, suggested to dining room manager Sam Long that several servers have dinner (on their own time) with the residents to experience dining from their point of view. Sam and his staff agreed that this would be an excellent training opportunity to enhance their service to residents and guests.

The week long program was scheduled with fifteen staff and forty residents participating. Following the conclusion of the program, everyone who participated had very positive comments to share.

Shelby Houston said, “I joined Mr. and Mrs. John Coffey and Mrs. and Mrs. Maphis. There was never a dull moment, and they made me feel special, asking about my family, future plans and places I’ve been. After



dinner, Mr. and Mrs. Coffey kindly invited me to their cottage. I was given a tour and personal concert of The Glebe’s “theme song,” with Mr. Coffey playing the piano and Mrs. Coffey singing. They not only opened their doors to me but also their hearts. They shared personal stories and memories that touched me. I came home and couldn’t wait to share my experience with my parents. I am so thankful to

Starting from the top left: Nick Weirup, Shelby Houston, John Coffey, Lexi Pollard, Samuel Long, Dorothy Coffey, Don Johnson, Morgan Smith, Peggy Johnson, Brianne Hamilton, Cheyenne Mason, and Lucas Palmer

Continued on Page 8

Teacher and Friend

For Lakewood resident Nancy Elliott, teaching English as a second language (ESL) has been a passion for the majority of her life. Her background in education and counseling gave her a foundation for teaching. Her years serving alongside of her husband, John Elliott, who pastored in Virginia Baptist churches, as well as her involvement with the Women's Missionary Union of Virginia, where she served a term as President, offered opportunities for Nancy to be involved in mission outreach teaching ESL.



In 1989, Nancy volunteered through the Richmond Baptist Association to teach English in a church school in Geelong, Taiwan. She traveled and taught with Mary Lucile Saunders, former missionary to China, Ellen Gwathmey, a teacher and member of Bruington Church, and Dottie Shephard, a nurse and member of Huguenot Road Baptist Church. Nancy taught Bible and Survival English (to help in daily life) to a class of eight boys and two girls.

After returning to the U.S., Nancy noted that many refugees were coming to Richmond from Vietnam, Cambodia, Russia, etc. Nancy, a member of Second Baptist Church, recognized the classes in ESL would benefit the refugees, so she met with Bev Dillard, a friend at Second Baptist who also taught ESL. In 1991, an ESL school was established at Second Baptist Church, and at one time served several hundred students. The school continues to be an important mission outreach today.

Teaching ESL continued as an important part of Nancy's life at Lakewood. Through Pearl Moody, a friend at

Lakewood and ESL teacher, a program was developed for several Turkish government students at VCU, who were being trained to become governors of providences in Turkey. They came regularly to Lakewood and visited with residents to give them an opportunity to develop conversational English and learn about the culture of the U.S. These students were warmly welcomed by Pearl and Nancy along with their neighbors, Larry Minock, Marty Beeman, and Lynn Dickerson, all joining in the conversations with the students.

Lakewood's director of dining services asked Nancy to teach four employees—three spoke Chinese and one spoke Spanish. She accepted and enjoyed helping them learn to use English in their daily lives. Nancy is an example of residents who appreciate that life at Lakewood provides them with opportunities to continue to make a difference in the lives of others.

Talking with Nancy about her varied experiences in teaching ESL, you might expect her to focus on teaching techniques or curriculum. But, Nancy's

priority continues to be the relationships with her students, many of whom she has stayed in contact with over several decades. Her students often include her in family gatherings including Naturalization services of three of her students, seminary graduation of two students, a baptismal for the son of an Egyptian student, meals in the home of students, and most recently the ordination of one of her former students to the Christian ministry.

In today's world, it is encouraging to know that the sharing of God's love by Nancy and others through their service helps individuals such as the employees at Lakewood succeed in their daily lives and continues to influence those who have returned to their homeland to positions of leadership.

CBRC Needlework Group Knits for Soldiers

In April of this year, a group named Sit and Knit was formed at Culpeper Baptist Retirement Community to knit afghans for soldiers at McGuire VA Medical Center in Richmond. They are an extension of a local group, Close Knits, that meets at the Culpeper County Library. Kathy Ellis who is a member of Close Knits and whose parents were residents at CBRC, approached the CBRC staff with the idea for the residents forming a “sister group” to join this project. The CBRC staff and residents quickly accepted the invitation. CBRC provided needles and yarn, as needed, and Close Knits provided the templates for the 6 x 9 rectangle pattern.

Sit and Knit members gather on Wednesdays, and they will soon complete their fifth afghan. Kathy and Frances Lindgren from Close Knits and Bethany Starkie, Betty Brooks, and Samantha Griffith, members of the CBRC activities staff, meet and participate along with the residents. Rectangles are knitted or crocheted by each individual. When they complete 49 rectangles, the residents gather to layout the design which is then stitched together by Frances, and Kathy delivers the afghans to McGuire. The group enjoys the fellowship of working on the project together.

Kathy Ellis said, “Many of the Sit and Knit and Close Knit participants have or have had family members in the military and understand the importance of connections to home. They know how difficult it is for the wounded soldiers to be far from their homes, and they hope that these afghans symbolize love and support to the soldiers from someone who understands. The CBRC ladies may even serve as grandmother



“Many of the Sit and Knit and Close Knit participants have or have had family members in the military and understand the importance of connections to home.”

figures to the younger soldiers.” Suzanne Shirley, LCSW at McGuire said, “Whether the soldiers are here for medical treatment, rehabilitation or nursing care, our Veterans appreciate the lovely donations. These gifts provide warmth and care, making them feel more at home during their stay. We at McGuire, are grateful for the hard work, compassion and dedication of our volunteers.”

The resident’s time and gifts provide comfort to the veterans, and this is greatly appreciated.



Above: Afghans ready for delivery to McGuire VA Hospital. Left to right: Rhoda Mills, Betty Shipp, Samantha Griffith (standing) and Pauline Cooke

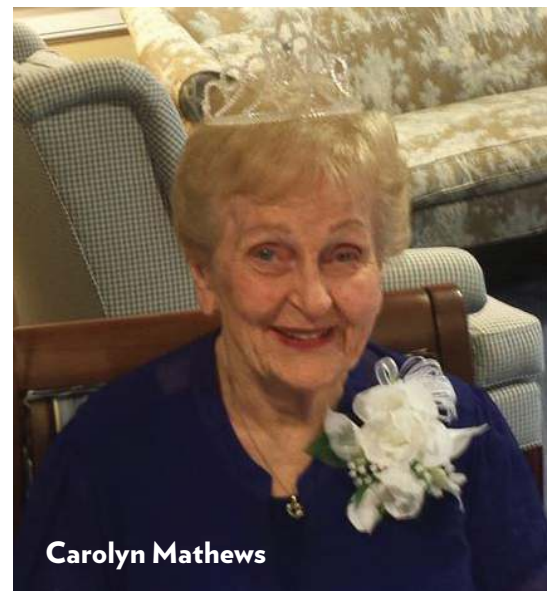
On May 21, 2015, several of The Chesapeake residents gathered to celebrate the 90th birthday of Carolyn Mathews, who has resided at The Chesapeake for five years. It was a joyful occasion, especially for Carolyn's four children, one of whom wrote the following poem in her Mother's honor.

Turning Ninety

I love the flowers that greet me as I enter The Chesapeake
I won't pretend to know their names,
But the flowers at the entrances, the courtyards, and the
private gardens
Feed my soul.
Their variant colors and sizes and textures, planted by design
or just for pleasure,
Seem a testimony to God's creative power and compassion,
Bringing forth, for me anyway, an appreciation for beauty,
a sense of joy
Recognition of the awesome.

Just as the flowers blossom outside The Chesapeake,
Residents within have an opportunity to blossom as well.
Variant in appearance and experiences,
They, too, can reflect God's love and compassion, capable
of creating beauty and pleasure.
Just as flowers on the outside need sun and water and nutrients,
The residents within need smiles to bloom.
They need a few tears, perhaps, to allow for growth
And need the nurturing of friends to survive.

Today my mother is turning ninety.
I've come to The Chesapeake, joining together with friends
and family,
To celebrate her life.
Sixty used to seem old; what must it be like to be ninety



Carolyn Mathews

When the body and mind are no longer quite so quick,
When our spouses are no longer by our sides,
When our life-long friends are no longer a phone call away,
When memories of long ago begin to surface,
Crowding out memories of what we even had for breakfast?

Mother has had a wealth of life experiences
That she holds only in her heart.
But we're not here today to focus on the past—on what is lost.
We're here to celebrate life in the here and now:
Mother celebrates life by greeting others in the hallway
with a smile,
By calling a fellow resident who is ill,
By laughing with friends over a glass of wine or a game
of bridge,
By engaging in discussion in her Bible Study or over dinner.
Mother celebrates life by exhibiting determination to
overcome her challenges.

What defines Mom is not her age or the roles she had played
Or the legacy she hopes to leave.
What defines Mom, or any of us for that matter,
Is whether our hearts are still warm,
Our eyes still sparkle,
And whether our smiles can break through our aches,
Our fears, our sometimes feelings of aloneness
You're a beautiful flower, Mom. Happy Birthday.

Cindy Mathews Huggins

Enjoying Life

Larry and Marie Biermann are among the many residents who enjoy life at a VBH community and continue to discover why their move to The Chesapeake enhanced their lives. When he talks about life at The Chesapeake, Larry says, "I'm free of things that I don't like to do such as cutting grass, and I have more time for the things I enjoy."

"We enjoy Tai Chi class, the swimming pool, entertainment, and the variety of activities. We do as much or as little as we like."

Their focus on living a healthy lifestyle and maintaining their independence is supported by the classes, trips, and programs in which they participate at The Chesapeake. Larry says, "We stay active, and I believe it helps ward off a decline in our health. "We enjoy Tai Chi class, the swimming pool, entertainment, and the variety of activities. We do as much or as little as we like. What we



Larry and Marie Biermann

enjoy most is that we have made more friends than at any other time of our lives; which is amazing since I have been a pastor for years."

The opportunities to be with friends and family who live at The Chesapeake were an added bonus. Marie actually reconnected with family members she had not had contact with in recent years, and now they are neighbors.

For Larry and Marie, moving to The Chesapeake gave them a sense of community.

If you visit The Chesapeake, you might find Larry teaching a Bible class or enjoying his new hobby of painting. Marie may be attending a meeting of the Fitness and Health Committee, or they may be together at Chorus practice, aqua aerobics or visiting neighbors. They appreciate that they have found a sense of purpose and engagement at The Chesapeake.



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Is Aging in Place the Right Choice for You?

A poll conducted by AARP in April of 2014 asked participants 65 years or older, “Where do you want to live as you age.” Over 87% of respondents answered that they wanted to stay in their current home. Aging in place (i.e. staying home in familiar surroundings as one gets older) has an instinctual appeal. If you are healthy, active and live near friends and family who will provide help—when needed, aging in place seems like the obvious choice. Or is it? Here are four things to consider before committing to the idea of staying at home as you age:

Right-Sizing (AKA Downsizing):

Over the years, I have worked with countless seniors who have lived in their homes for 30 years or more. Often the houses were purchased when children were living at home. After the children leave, the need for three, four or five bedrooms may change. It’s nice to have space for guests, but would living in less space enhance their lifestyle? The maintenance, yard work, real estate taxes and cleaning that go along with a large house cannot be forgotten. If the work around the house seems overwhelming now, just think about these chores in ten or twenty years!

Many retirees I speak with prefer to travel or focus on giving back to their communities. If this sounds like you, perhaps you should consider a living arrangement that will support your goals.

Physical Changes: As we age, our physical capabilities change. Some people require some physical assistance in their 80s and 90s. Help may be needed with bathing, dressing or getting around the house. Living in a house with stairs or tight quarters



in hallways and bathrooms may make life more difficult. Sometimes, mental capabilities can decrease which can make life at home less safe. Also, consideration must be given to the cost to bringing care into the home, which can be in the range of \$20 an hour for an aid that can help with physical needs or for staff to provide round the clock care. Before committing to “aging in place,” be sure to consider what life would be like in your house if you were not able to function physically and mentally at your current capacity.

Cost: Many people think it’s less expensive to stay home as one gets older, especially if the house is paid off. This may be true, but only if they can do the work of maintaining the house on their own. If their physical condition declines, it may be challenging to find reliable workers. Another factor people often overlook is that the cost of health care goes up much quicker than the value of a house. This means that if people are relying on the equity in their

houses to pay for care as they get older, the value of their investments isn’t going to keep pace with the cost of care.

Quality of Life: One of the best things about living in a retirement community is being surrounded by other like-minded residents and caring and supportive staff. VBH communities commit to enabling residents to live fulfilling and engaging lives in line with the Christian values of our heritage. There are numerous opportunities to share a meal with friends, attend educational lectures, musical performances or wellness programs like water aerobics or personal training. Aging in place at home can often become a lonely experience, especially if you have trouble driving. Having to rely on your social network or pay for transportation to get to medical appointments or even to the grocery store can be frustrating. Retirement communities offer transportation so getting around isn’t an issue. More importantly, the friendships, social engagement and

Continued on Page 8

“When we give cheerfully
and accept gratefully
everyone is blessed.”

— Maya Angelou



Although VBH has grown and changed throughout the years, our mission-centered resident-focused philosophy continues to be at the heart of everything we do. Ensuring that no resident is ever asked to leave due to insufficient funds is not just a goal; it defines the purpose of our foundation—to help provide funding wherever the needs are greatest.

During the Annual Fall Benevolence campaign, we reach out to our individual donors across the state, and some from across the country, to support seniors in their hour of need. We also reach out to our residents (only those in independent living residences) and their families to help us meet the need for benevolence funds. Churches and businesses across the Commonwealth give throughout the year to provide benevolent support. VBH and community staff members are able to give through a payroll deduction program. Every gift goes directly to support benevolence unless otherwise directed by the donor.

Each of our four communities has a dedicated **Benevolent Fund** to which many gifts are directed and from which current benevolence needs are met. Each also has an **Endowed Fund for Benevolence**, which is invested for earnings that will be spent for future benevolent needs. No matter whether our donors want to help a senior living at VBH today or to help a senior who will move in sometime in the future, these funds are dedicated to and spent only for benevolence.

We hope you will join us as we give thanks for the teachers, ministers, veterans, and community leaders who shaped our lives and give cheerfully to support them in their senior years at VBH. Our gifts ensure that residents continue to enjoy the comfort and security that they deserve, regardless of changing health or finances. Our gifts express our gratitude in a caring, enduring way.

We are grateful for our residents. We are grateful for you, our donors. Thanks for sharing your blessings with others.

Virginia Baptist Homes Foundation
1900 Lauderdale Drive, Richmond,
VA 23238

www.vbh.org/foundation
(804) 521-9229



The funds that we raise help eligible residents who outlive financial resources needed to cover the cost of their care. During the first eight months of 2015, we have provided almost \$700,000 to 57 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*.

Let Us Hear From You.

For more information about [Virginia Baptist Homes Foundation](http://www.vbh.org), visit www.vbh.org or call 804-521-9229. Our communities may be contacted at the numbers below:



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(800) 894-2411



Newport News
(800) 345-0474



Richmond
(866) 521-9100



Daleville
(877) 994-5353

Dining From a New Point of View | *Continued from Page 1*

have an evening with them and look forward to sharing dinner with other residents in the future.”

Dorothy Coffey said, “John and I have been members of The Glebe for more than a year and a half. We enjoy every activity offered in which we have an interest. Life in our cottage has been all that we had hoped. The training program envisioned by Sam Long and the Dining Services department was a high point of our experience thus far. We were very pleased to get to know Shelby personally and had a helpful exchange. If there had been any concern that the appropriate distance between staff and residents might be compromised, our experience proved that professionalism was in no way challenged. We hope that the program will be repeated often and shared with other sister communities.”

Morgan Smith said, “I enjoyed learning about each of the residents and was eager to see what our service looked like through their eyes. All in all, I had a great experience with the service from our staff and the interaction with our residents.”

Don and Peggy Johnson, who have lived at The Glebe for 10 years, greatly

enjoyed the experience. Peggy said, “Don and I have been so surprised and delighted at how the young people have responded to the residents. It was so nice to meet our servers on a more personal level. We hope they will do this again at least once or maybe twice a year. They do have other commitments in their busy lives, but it is good for us to learn what young people are planning for the future.”

Ally Houston shared that, “It was one of the best experiences I have had working at The Glebe. It was a chance to get to know the residents on a personal level and learn more about them and their backgrounds. I hope to do it again soon.”

Billy Beasley commented that he and his wife Robbie agreed that it was an outstanding thing to do. Billy, who was employed for 62 years at NASA Langley Research Center at Langley Air Force Base in Hampton, VA, shared about his career. He and Robbie also enjoyed learning about the interests of the servers.

Lee and Virginia Waldron and Latane and Anne Brugh agreed that this was a wonderful experience. Lee said, “Virginia and I enjoyed the experience

and got to know the server better with extended conversation.” Anne said, “Latane and I enjoyed spending time with our delightful servers and seeing their response to being served rather than serving.”

Sam was pleased with the comments from the servers related to suggestions to enhance service. One of the servers mentioned that she will be extra careful to be sure residents have finished each course before bringing their next course so they will not feel rushed. All the servers who participated noticed different things about noise levels in the dining room, serving etiquette and food taste, presentation and temperature.

From the feedback Sam received, he said, “I was able to remind our staff to be aware of noise levels when setting and removing dishes from tables, being friendly and talkative to the residents while being efficient in their service, etc. However, the experience the servers had while dining with the residents could not have been learned in any other way; they were able to view dining from the resident’s perspective and it has enhanced our service to the residents.” Sam hopes to continue the program annually.

Is Aging in Place the Right Choice for You? | *Continued from Page 6*

fresh healthy food that are available to residents to help maintain independence as they grow older.

The majority of seniors, either by choice or necessity, are aging in place. In fact, everyone wants to age in place—until that first episode occurs that makes them realize things are

changing. We’re all getting older. The world is changing every day. I, like you, intend to age in place. But when the time comes, I will try to remember that I don’t have to live in my house to retain my independence. In fact, I may have a better chance of staying independent if I leave my house and live in a retirement community

designed to improve my physical, mental and spiritual health.

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