

Living & Giving

with VBH

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A Day's Travel

A resident of a retirement community was asked if she liked living at the community. She replied, "I love it! I have to use a day planner just to keep track of what I'm going to do each day! My only regret is that I didn't move in sooner so I could have had more time enjoying my life here. I love taking day trips. And, when I go away, I don't have to worry about who'll get my mail or what would happen if a pipe burst. I just close the door without a worry and I'm off to enjoy myself. I'm grateful for this peace of mind."

The peace of mind that residents enjoy is a source of encouragement for them to be involved with activities offered by the communities that enhance their well-being.

For instance, day trips are very popular — residents have comfortable and convenient transportation and good friends to travel with on the numerous trips they enjoy.

Residents enjoy hiking, sightseeing, dining out, mission trips, and so much more. These trips are good for their hearts and souls. Residents of assisted living and nursing care greatly enjoy trips planned for their enjoyment. Sharing stories with one another, having a good laugh, and making wonderful memories — that's a snap shot of day tripping at VBH.



The Chesapeake Lunch Bunch enjoying lunch at the Old Chickahominy House in Williamsburg, Virginia.

Let Us Hear from You.

To contact [Virginia Baptist Homes Foundation](http://www.vbh.org) or our communities, please call (see numbers on Pages 10 and 11) or use the enclosed envelope.

Travel – Good for the Body, Mind and Spirit

Like reading and music, travel can be a lifelong source of enjoyment. Whether traveling around the world or just a few minutes or hours from home, there are always benefits and enjoyment when traveling.

Travel brings possibilities for new insights. When we encounter new sites, something opens up in our mind and heart. There are infinite options for active engagement with our new environment. We can walk, bike, hike, paddle, or dance. When we travel, there is new stimulation that forces us to respond in the present – this is good for our health and wellness.

When we travel, we do things we love and pamper ourselves with small pleasures. These actions make us feel good about ourselves. We replace a desire to escape for a time from our normal routine with fulfilling new experiences.

We might use the Spanish or French we learned in school, we successfully navigate our way around an unknown environment, we excel at hiking or cooking or yoga. We do things that make us feel proud of ourselves and that help to build upon our self-esteem.

Somehow, travel can also alleviate pain – it can just make us feel better. Whether pain is related to the physical, emotional, or spiritual aspect of life, each is quite real.



Members of the travel group at Culpeper Baptist Retirement Community enjoyed a trip to Luray Caverns in the Shenandoah Valley.

Traveling in Virginia and other beautiful locations is uplifting when we see and experience the wonders of nature that God has provided for us.

A change in our habits is always helpful. We literally walk new paths, eat different foods, speak to people we meet for the first time, or hear exotic languages. These changes can help us out of habitual patterns that sap energy from our lives.

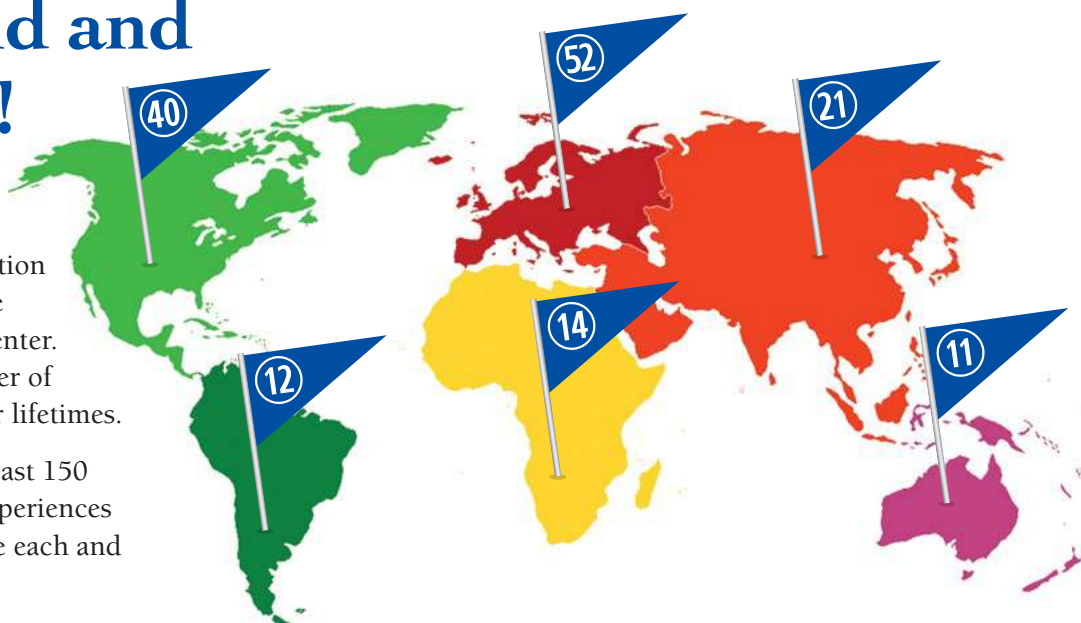
And then there is laughter. Have you noticed how much you laugh when you are travelling? You see a funny sign, an odd translation, you meet a friend from high school on top of a mountain. Laughter is wonderful.

So the next time you find a trip that interests you, go and have a great time.

To the World and Back Again!

Chesapeake residents recently shared their travel histories with staff in preparation for an exhibition of memorabilia in their two large showcases in the Community Center. We were astounded at the number of places they had visited over their lifetimes.

All fifty states in the US and at least 150 countries — what a wealth of experiences we would find if we could profile each and every traveler!



Camping Across America!

Glebers Marty and Mark Deardorff began camping in the 1990s. While they mainly travel in the US and Canada, every trip is so different that they have a hard time singling one out. They love going to out of the way places and sometimes join [Adventure Caravans](#), a group of RV enthusiasts. They highlighted a Mississippi River trip that began in Minnesota and followed the river all the way down to the Mississippi Delta, where they took float plane aerial tours of the river as it enters the Gulf of Mexico.

In the fall of 2011, they visited the Badlands and Black Hills of South Dakota, the Rocky Mountains, and [Glacier National Park](#) – a seven week tour. They usually plan about two major trips each year and intend to make it to every state in the US (just three left to go: Idaho, Oregon and Washington). What have they learned in their travels? That no matter where they go, when they reach the Virginia border on their way home, they agree that Virginia is the most beautiful state in the country. They are partial to the Allegheny and Blue Ridge Mountains – something that factored strongly in their choice of [The Glebe](#) as their home.

As you can see by the photos of the Yellowstone Clouds and the South Dakota landscape – Mark's photography skills are exceptional. He has won awards – the most recent of which was an online photo competition for the [Virginia Association of Nonprofit Homes for the Aging](#) (VANHA). His work will be exhibited at [The Glebe](#) sometime later this year.



Mark's award-winning photo of the Badlands, South Dakota



Clouds over Yellowstone Park



The Deardorf's RV



Marty and Mark Deardorf even tried Segways!

It Doesn't Take Much to be Happy

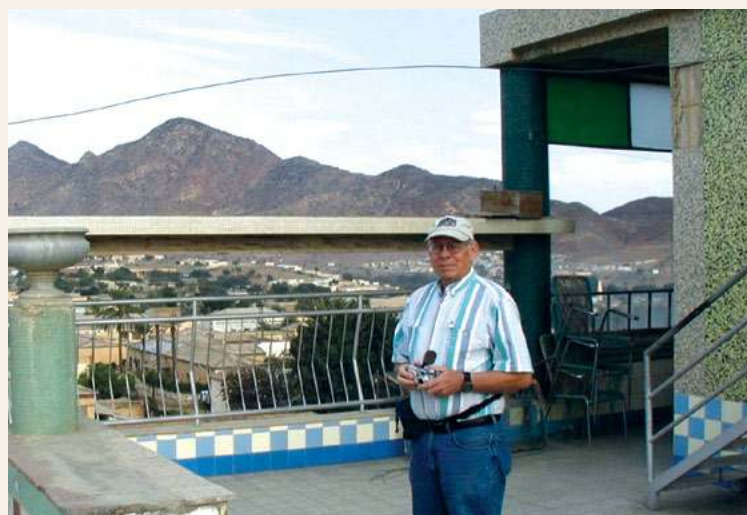
Robert Hill, a physicist by trade (he worked with satellite geo-physics for the Navy as a civilian for 32 years), lives at [Culpeper Baptist Retirement Community](#).

He and his wife, Sarah, traveled to England and Europe together, but it was his humanitarian work in Eritrea, on the Red Sea in the Horn of Africa, that he talks about most. He volunteered to go to Sudan with other Americans to help build dams and other types of water improvements (women carry water by hand for up to five hours every day).

But in 2004 when they made their first trip, fighting had increased along the Sudanese border, so they ended up in the city of Keren in Eritrea. They met a librarian working for the government who was very concerned about educating children in the Sudanese refugee camps. The school building was plagued by an unstable cement tile roof, so the volunteers ended up repairing the roof and other parts of the building over the course of several trips.

Each volunteer, working through [Innovative Mission Opportunities, Inc.](#), paid for their own travel expenses and they hired local carpenters to assist with the work. It was through these workers that they got to know the local culture and history. They went back to Keren three more times, and on the last trip, the Eritrean government control was so tight that permission to travel to Keren was refused and they ended up staying near the airport in Asmara. They visited a women's prison, where they learned that children often lived in the prison with their incarcerated mothers. They purchased computers for the women in the prison and hired a bus and took high school children who had never been out of Asmara to the coast to see the ocean for the first time.

The last evening of an early trip to Eritrea was spent in the Port of Massawa on the Red Sea coast on a 120° day. They swam, and as the sun set, sat on the water's edge listening to one of their friends play miniature bag pipes – a fitting ending to several days of satisfying work and a tangible reminder that people don't need much to be happy. The citizens of Eritrea don't have much money or food, but they are good, loving people that appreciate life together.



Hill on a rooftop in Asmara



Eritrea street scene



Sudanese refugee schoolchildren

Five Star Fantasy Travelers

Lakewood residents Jim and Beverly Brumbaugh have visited 90 countries in their 51 years traveling together. They began with a trip to Europe in 1963 and found that they both truly loved traveling to faraway places. When asked about their destinations, Jim referred to a long list; each one has their favorite memories, but they agreed on their top three: Antarctica, African safaris, and balloon excursions over Europe.

Traveling overseas in the 1970s and 80s was less common than it is today – most countries today are accustomed to seeing Westerners touring the sights. But during the Brumbaugh's trip in 1985 to



Bev in Antarctica



Jim in Africa

China, they felt like novelties; the Chinese were anxious to see what Americans were like. On one boat trip on the Yangtze River (a working cargo boat – not the luxury ship of today) Beverly described eating dinner in the dining room at the bow of the boat while the Chinese passengers watched through the windows as the Americans (only six of them on the boat) attempted to master eating with chop sticks. “We entertained them!” she says. They enjoyed their trip to Burma (now Myanmar) because of the many wonderful sights – Buddhist temples everywhere. In Australia, Jim climbed Uluru (Ayers Rock), a sacred sandstone monolith that tourists are discouraged from climbing today, and they enjoyed visiting with the kangaroos, koalas, and other animals. They have visited almost all of the countries in Europe and cruised all of Europe's major rivers.

They both love African safaris (Jim's favorite) and have been to Kenya, Tanzania, Zimbabwe, and South Africa on numerous trips. They watched a cheetah up close as it ate its breakfast, heard the lions roar on a nighttime jaunt, and studied elephants so closely from an underground observatory that they could hear the elephants' stomachs grumbling.

Beverly's top spot is Antarctica – the breathtaking contrast of white snow and



Bev and Jim ballooning over the Swiss Alps

ice against the black rocks and the cold blue water. Tourists were discouraged from following the penguins, but apparently no one told the penguins – they seemed to love people and ventured close to them easily. Jim and Beverly both enjoyed watching the whales playing alongside the ship.

The trips that brought them back over and over again, however, were the hot air balloon excursions – what the operator called “five star fantasy” living. They did 26 low-altitude trips over Loire and Burgundy, France; Salzburg, Austria; Prague, Czech Republic; Central Turkey; and Tuscany, Italy (just to name a few).

When asked what they learned from all of their travels, they said that they both loved learning about other cultures, history, and especially loved meeting people.



Fantasy Balloon Vacations

Adventurous Spirit

In 1951, at age 30, Judith Hathaway crossed the Atlantic on the Queen Mary to Europe and she's been traveling ever since to all parts of the globe. She and a friend (Gladys Watford, from Texas) traveled together often and their adventures spanned the continents from North and Central America to Asia and the South Pacific. Twenty-six states



Judith on the Queen Mary in 1951

in the US and 68 countries provided Judith with plenty of adventure.

One trip to Spain was immortalized by author and columnist, Robert C. Ruark (*Horn of the Hunter*, *Poor No More*, and other best sellers), in an article he wrote for the Houston Press in 1963. Ruark was a friend of Gladys' boss in Houston and escorted the ladies to see a bull fight when they visited Spain. They visited

China twice; Cambodia was one of Judith's most memorable trips (she really couldn't choose a single favorite). They visited Angkor Wat and Angkor Thom (the last and most enduring capital city of the Khmer empire), as well as Penang (a resort island).

Judith learned that studying a country's culture, customs, and taboos before visiting was very helpful and that even small attempts at learning conversational words in the country's language made them more welcome. Her



Judith (right) and Gladys Watford wearing their Chinese "chop" tee-shirts

experience visiting her two brothers when they were in the military in Germany, Italy, and Greece, along with the visit to Spain with Ruark's guidance, taught her that travel is much more rewarding when one knows someone who lives there – seeing places off the tourist path.

Judith loves her home at [The Chesapeake](#), but odds are that her adventurous spirit is still alive and well and will take her off and away again one day soon.



Angkor Thom

Busy Summer Travels for the Bertholfs

[Glebe](#) residents, Max and Nancy Bertholf, had been long time planning a cruise to Bermuda to celebrate their 65th wedding anniversary, which was to include of ALL their children, grandchildren, and great grandchildren. They found a special cruise from New York Harbor to Bermuda matching their June 21 anniversary date.

Every one of their family members joined them on this special occasion! They family entertained [The Glebe](#) couple with a slide show of family history dating back to 16th century Holland and Germany; demonstrated their

talents – singing, piano playing, dancing, and writing stories of the couple's life together.

A skit using smart phones poked fun at the "antiquated letter-writing of the '40s" that rekindled their relationship, which had ended when one moved to California and the other stayed in Virginia. After 18 months of no communication, first letters of "interest" crossed in the mail, bringing 12 months of heavy letter writing, including a proposal and acceptance of marriage by mail, a mailed engagement ring, and a large church

People All Over the World Have the Same Hearts

Bernie and Barbara Swann, residents of [Lakewood](#), have traveled to 52 countries for fun and missionary work. They began traveling in the 1950s; after retiring in 1990 they made several mission trips. They have wonderful memories from Europe, South America, New Zealand, and Vietnam to name a few of the many places they've been. They took their three daughters to Europe as teenagers and when each of their six grandchildren reached 12 years old, they took each of them on their own trips - to Brazil, Egypt, England, Wales, Scotland, or Thailand.

They traveled with the [Friendship Force International](#) exchange program as visiting ambassadors to China, where they stayed in communes, and in the homes of host families in other countries where they shared meals and everyday experiences. All of these trips gave them opportunities for Christian witness. As missionaries through the [International Baptist Mission Board](#), they paid their own way to Thailand and fell in love with the Thai people, who are kind, appreciative, good people. Barbara taught English as a second language and Bernie

created a course in business and taught it to the students who could already speak some English. They made three-month-long trips for seven years and made close friendships.

Bernie tells of a very



Barbara and Bernie Swann with Thai students.

special moment in their traveling life: during a solar eclipse in Thailand they stood in a 150 acre sunflower field with one of their students. When the darkness came, crickets began chirping as they do at night and all of the flower petals closed up. When the sun re-emerged again, the petals opened up again to the light – “evidence of God’s existence,” says Bernie.

“We don’t realize how blessed we are in this country until we’ve seen how people live in the rest of the world,” says Bernie. Barbara adds that everyone, no matter where they call home, has the same heart – the same joys, love of family, and the same heartaches.



Bernie with Thai business student



Barbara with Thai children

wedding planned by mail (not a telegram or phone call in the lot!) The couple finally saw each other for the first time in 2 ½ years just two days before the wedding!

Over the years they’ve enjoyed sailing in the Chesapeake Bay and cruising around England, Scotland, Normandy, Portugal and Spain, train trips across the USA and Canada, and plane trips to Chili, Buenos Aires, Rio, Tahiti, Australia, Thailand, and Ireland. They have visited Athens, Istanbul, the Panama Canal and most every large port in the Caribbean. They love seeing new places; world famous landmarks are a thrill.

Max & Nancy Bertholf (center front) with their family on the Bermuda cruise



An International Language

Ignacio (Iggy) and Sue Cruz, residents of [The Chesapeake](#), are experienced world travelers. Iggy traveled frequently to far parts of the globe when he worked at the Pentagon as a civilian. His work sent him to 90% of the US military bases in the US and overseas. Sue accompanied him on many trips and they vacationed internationally as well – for a total of more than 40 countries, all 50 states, and Guam and Puerto Rico.

The couple is international themselves – Iggy is a native of Guam and Sue was born in Virginia. Iggy's parents are Chamorros, native born Guamanians. At age 11, during WW II, Iggy and his family initially took shelter in a cave as the Japanese bombed Guam. The Japanese invaded Guam and occupied it for almost three years. Each member of his family survived the war and their names are inscribed at a memorial site at the top of Nimitz Hill. The horrible memories of that time are still vivid. Iggy says that the people of Guam harbor no resentments towards the Japanese people who now visit Guam by the hundreds of thousands each year.

A trip to Coventry, England brought them a heartwarming surprise. The medieval Parish Church Cathedral of St. Michael, which was destroyed by the Luftwaffe in 1940

during WWII, stands next door to the newer [Coventry Cathedral](#) today as a reminder of the war. The decision to rebuild the cathedral was a sign of faith, trust and hope for the future of the world - meant to lead the people of Coventry away from feelings of bitterness and hatred. Miles away in Berlin, Germany, the [Kaiser Wilhelm Memorial Church](#), originally built in the 1890s, was badly damaged in 1943 in a bombing raid by the western allies. The present church



Kaiser Wilhelm Memorial Church - Berlin, Germany



Iggy and Sue in front of their home at The Chesapeake

was built on the same property and the damaged spire of the old church has been retained – a familiar Berlin landmark. These two churches in these formerly enemy cities have created a sister relationship of reconciliation and forgiveness, something that really hit home with Iggy.

Iggy adds that there is an international language – the smile. When you see a smile on someone's face, it means that they are friendly towards you. And when that smile includes a sparkle in the eye, it's a sign that they are a caring person ready to help you if needed.



Coventry Cathedral - Coventry, England

Dancing Through Life

Native New Yorker and [Glebe](#) resident Paula Levine began studying dance at the age of thirteen, subsequently with some of the world's greatest choreographers: Martha Graham, Doris Humphrey, and Merce Cunningham, among others. She received her Bachelor's degree in English Literature at [Brooklyn College](#) and attended [Julliard](#) before earning her Master's at [Bennington College](#), Bennington Vermont.

Paula joined the faculty at Hollins University to teach dance but also continued studying. Her favorite teacher, Martha Graham, had been influenced by Asian theatre and Paula was also fascinated by it. In 1969, she took a sabbatical to study Asian forms of dance: Japanese, Korean, and Thai. Starting out at the [University of Hawaii](#), she traveled on to spend a few weeks in Japan, Bali, and finally to Thailand, where she met a dancer



Paula (at right on floor) and dancers

named Lawan Rupasute, with whom a life-long friendship and professional dance collaboration developed. Over the years, they visited each other and lectured and demonstrated together in master classes in numerous colleges and studios.

Paula and Lawan's relationship became one of sisters and when Paula retired in 1988, she brought Lawan and her son, Warasurase – nicknamed "Top", to Virginia to spend their summers (mid-March to mid-May). Top loved America and lived with Paula from age 14 to 17 and Paula spent her summers with them in Thailand. They have visited back and forth for 40 years and still continue today. Top is now married and has a son and daughter, whom Paula has bonded as grandmother. The close collaboration between these two women has taught them both a lot about their two cultures.



Paula interpreting Thai dance



Paula and Lawan with grandson, Khun



Top and Khun

The Light Within

For 60 years [VBH](#) has been providing quality life care to seniors within each of its communities. From the time it was established in 1947, the face of [VBH](#) has undergone many transformations – from building expansions to entirely new communities. Although there has been substantial growth throughout the years, our mission-centered and resident-focused philosophy continues to be at the heart of everything we do. And at our heart's center is benevolence – the light within.

The [VBH Foundation](#) was established with the goal of providing resources for all of our communities – wherever the needs are greatest. A strong Foundation allows [VBH](#) to continue to provide the blessings of independence, fulfillment, security, and quality of life to seniors.

A Charitable Gift Annuity with Virginia Baptist Homes offers distinct advantages:

- **Secure Income for Life** at attractive payout rates for one or two persons' lives
- **Tax Deduction Savings** – a large percentage of the assets you transfer is tax deductible as a charitable gift
- **Tax-Free Payout** – a significant portion of your annual annuity payments is tax free
- **Capital Gains Tax Savings** – when you contribute appreciated securities for a gift annuity, you may enjoy an added tax advantage
- **Personal Satisfaction** from helping to ensure that benevolence at VBH communities continues uninterrupted.

Contact Pat Morris in the Foundation: 804-521-9229 or pmorris@vbh.org for more information.

The [VBH Foundation](#)'s Benevolent Fund ensures that eligible residents, regardless of financial hardship, will continue to have the security of continuing care, should their funds no longer be sufficient to cover the cost of their care. Through the first six months of 2014 alone, we have provided more than \$400,000 to meet the needs of 51 residents.

Benevolent support continues to be [VBH Foundation](#)'s primary goal. It is a vital part of what we stand for, and it is ultimately what drives our ministry, propelling us to an even brighter future.

As you consider your annual philanthropic gifts this fall, please consider contributing to the [VBH Foundation](#)'s Benevolent Fund.



The Virginia Baptist Homes Foundation has been entrusted with a very important mission: to support the work and ministry of Virginia Baptist Homes by developing funds to help our seniors enjoy a loving, welcoming community, with quality care, security, dignity, and peace of mind through their lifetime.

The funds that we raise help eligible residents who outlive their financial resources needed to cover the cost of their care. During 2013, [VBH](#) awarded more than \$952,209 in benevolent assistance to 61 residents.

For more information about Virginia Baptist Homes Foundation, visit www.vbh.org/foundation.

Randall Robinson, D.Min.

President and CEO
Virginia Baptist Homes, Inc.
and Virginia Baptist Homes
Foundation

Phone 804-521-9208

Email rrobinson@vbh.org

Patricia Morris, MPA, CFRE

Vice President
Virginia Baptist Homes
Foundation

Phone 804-521-9229

Email pmorris@vbh.org



Virginia Baptist Homes (VBH) is a recognized leader among retirement community operators for its dedication to quality care, programming and service to seniors. During a time in life when seniors may find themselves without a caring support system, residents of VBH continuing care communities have their bodies, minds, and spirits nourished through quality care, faithful services, and the ideals of family.

VBH operates four exceptional communities that welcome people of all faiths in Culpeper, Newport News, Richmond, and Daleville, Virginia. While each VBH community has a unique setting and features, all share the steadfast mission of providing "Dignity in Living."

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



Culpeper
800-894-2411



Newport News
800-345-0474



Daleville
877-994-5323



LAKWOOD
LIVE WHAT YOU LOVE.

Richmond
866-521-9100

Mission Trips Near and Far

At our communities, mission trips can be a few steps up the hallway to visit a friend, driving several miles to volunteer, or boarding a plane for mission service overseas.

Everyday at our communities staff, residents and families of residents are shown God's love through gentle touches, encouraging words, and warm smiles and hugs. Residents gather together to knit caps for new born babies as well as those in our military. The Resident Councils plan how they will give support in the greater community through food closets, free clinics, veterans groups, intergenerational partnerships, etc.

Our communities give our residents the opportunity to continue their lifelong commitment to others. In addition to their personal ministries, they join other residents and staff

in reaching out to the greater community in sharing with others in the spirit of our mission statement — "Dignity in Living." They fulfill their commitment to others because of their love for God and His children.



Several residents of The Glebe are pictured during a visit to the Boys Home in Covington to deliver school supplies.



*Be a hand that reaches out.
Be a smile for those who have no reason to smile.
Be a light for those who live in darkness.
Show them what it means to truly love.*

— Unknown



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Stay informed about life in our communities. Find:

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

The Impact of Caregiving on the Caregiver

Working in marketing with [Virginia Baptist Homes](#), I am always curious to find out why new residents choose to move to one of our communities. Over the last several years one common thing I hear from new residents is: “Moving here is a gift I am giving to my children” or another common response is “I don’t ever want to be a burden on my children.” Sometimes the resident proceeds to tell me about the experience they had caring for their Mom or Dad and how difficult it was for them both physically and mentally. One new resident at [The Chesapeake](#) had a little different philosophy — she told me that “moving to the community freed me from the fear of ever having to live with my children!” That makes sense to me — I hope I never have to move in with either of my two daughters! The common refrain of not wanting to be a burden rang true when I came across a recent study from [MetLife](#) on the cost of caregiving for the caregivers.

The [MetLife Mature Market Institute](#) published a study in 2010 titled, “[Working Caregivers and Employer Health Care Costs](#).” The study did a wonderful job of highlighting some of the costs associated with being a caregiver. Here are some of the highlights:

- The proportion of adult children providing personal care or financial assistance to a parent has tripled in the last 15 years. Currently ¼ of adult children (mostly Baby Boomers) are providing this care.
- Sons and daughters are equally likely to provide assistance to parents, however women are more likely to provide basic care and sons are more likely to provide financial assistance.
- Total estimated lost wages, pension benefits, and social security to caregivers is estimated to be nearly 3 trillion dollars.
- The estimated lifetime impact on women who leave the workforce early or suffer reduced hours is \$324,044 and for men the impact estimate is \$303,880. This estimate is derived by calculating lost or reduced wages, reduced pension benefits, and reduced social security benefits.



- Adult children 50+ who work and provide care to a parent are more likely to have fair or poor health than those who are not caregivers.

If the above information is true, then residents of our communities truly are giving their children a wonderful gift by moving to a continuing care retirement community (CCRC). The adult child no longer has to provide hands-on care (should the need arise), transportation to doctor’s offices, or home maintenance etc. Like me, most adult children would not mind helping their parents. After all, they did take care of us for many years so it only seems fair! However it would be nice to never have to worry about becoming a caregiver for Mom or Dad with all the other demands that come with working and raising children. And from listening to many [VBH](#) residents, most parents don’t want to live with one of their children. Adult children with parents in CCRCs can still act as a strong advocate for their parents with whatever challenges they face yet leave the day-to-day caregiving up to those who are trained and equipped to do it. The decision to move to a CCRC truly is a valuable gift.

If you would like more information about the [MetLife](#) study, or have a comment about this article please feel free to contact me at probinson@vbh.org or (804) 521-9276.

By Peter Robinson
VBH Vice President of Marketing and Public Relations