

A photograph of two people, a man and a woman, standing on a balcony. The man is on the right, wearing a dark suit and glasses, with his arm around the woman's shoulder. The woman is on the left, wearing a dark suit and glasses. They are both looking out over a dense forest of tall trees. The balcony has a black metal railing and a stone pillar on the right. The scene is brightly lit, suggesting a sunny day.

*A NEWSLETTER BY
LIFESPIRE OF VIRGINIA*

Community Matters

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Where Faith, Wellness,
and Community Flourish.

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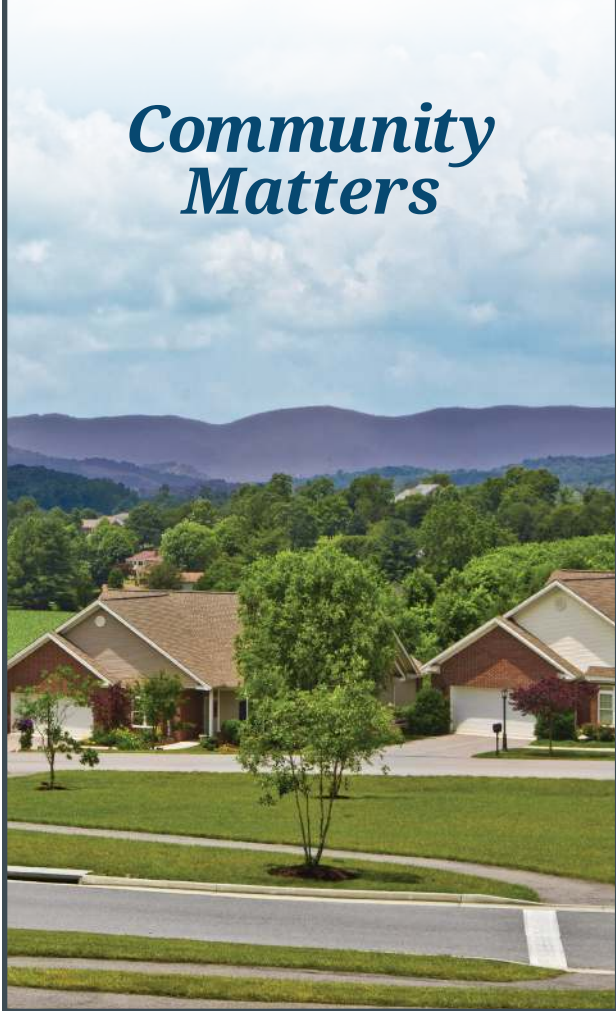
LifeSpireLiving.org

October - December 2019

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Community Matters



From the Editor



New beginnings often come as another chapter in life comes to a close. In this case, though, my predecessor had the opportunity to re-open a chapter and begin again. Ann Lovell, former Corporate Director of Communications and Editor-in-Chief of *Community Matters*, came to LifeSpire after many years of service with the International Mission Board (IMB). Mission work is a passion and lifelong commitment of Ann's. When the opportunity to return to the IMB in a leadership role presented itself, she jumped at the chance. In her nearly four years with LifeSpire, she made a lasting impact through her care and dedication to the mission: Faith. Wellness. Community. We will miss her greatly.

In preparing her farewell, I read through many of Ann's letters from the editor in this publication. Her words and the stories she told about our residents, staff and communities are inspirational. I am eager to do the same.

I started my career as a television news anchor and reporter. I loved meeting and talking with new people every day and shining a spotlight on important issues. A desire to be closer to my hometown, Chester, Va., led me from broadcast to public relations. For the past 10 years, I have represented various nonprofit organizations. When I learned of the opportunity to work for LifeSpire, I instinctively knew this was a place making a real difference in the lives of its residents and the surrounding communities. I feel blessed to be a part of an organization focused on faith and committed to putting the needs of others ahead of ourselves.

I look forward to hearing your stories and finding creative ways to tell them.

—*Hillary Smith*

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COMMUNITY MATTERS

A LifeSpire of Virginia Publication
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Community Matters is published four times per year by LifeSpire of Virginia. Editorial submissions are welcome. Please send queries to Hillary Smith. Submissions may be edited for length, style, content and clarity.

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

Richmond. Each community welcomes and supports people of all backgrounds in a faith-based family atmosphere.

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Today is the Day!

Almost 200 people gathered at The Glebe on October 2 to celebrate the opening of its new Chaplick Memory Care Center. It was a long-awaited day, the vision of which began in the early 2000s when the Glebe was first built. In her welcoming remarks, Executive Director Ellen D'Ardenne, who has been with The Glebe since it first opened in 2005, said, "In our beginning, the vision of a specialized center for memory support for residents living with dementia was present. However, the economic downturn caused us to delay the center. We promised our residents that the vision would one day become a reality. We are so grateful that today is that day!"

Grant Holmes, executive director of the Botetourt Chamber of Commerce, served as the master of ceremonies in the ribbon cutting program. Holmes pointed out that the center is important to Botetourt County not only

because it is an ongoing investment in the local economy, but also personally meaningful to him because his own parents lived with dementia.

Jonathan Cook, LifeSpire CEO, restated the company's 2004 commitment to residents about providing specialized memory care. He thanked residents for their patience and support as the project came to fruition. He also thanked Audrey Guild and her sister, June Chaplick, for whom the center is named, for their generous estate gift that provided.

Rep. Ben Cline (R-Va.) joined the program to thank The Glebe and LifeSpire for creating such an important resource for the people of Botetourt County. He, his wife and twin daughters recently moved to the area and found the community inviting, welcoming and supportive.

The Chaplick Center for Memory Support will feature LifeSpire's new Cornerstone Memory Care, which is designed to empower individuals living with dementia through self-directed, vibrant living. Seven core principles guide the program, including a commitment to:

- 1.** Vibrancy, Faith, Wellness and Community
- 2.** Meaningful Relationships and belonging
- 3.** Purposeful living in a comfortable, familiar home
- 4.** Ability-focused care and support

Annette Clark, family services director of the Central and Western Virginia Chapter of the Alzheimer's Association, provided some startling facts about dementia:

- Alzheimer's disease is the sixth leading cause of death in the U.S., and every 65 seconds someone in the U.S. develops the disease.
- Between 2000 and 2017, deaths from heart disease have decreased 9% while deaths from Alzheimer's have increased 145%.
- One in three seniors dies with Alzheimer's or another dementia—more than breast and prostate cancers combined.
- More than 5.8 million Americans are living with Alzheimer's. and by 2050 this number is projected to rise to nearly 14 million.
- More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementias. These caregivers provided an estimate 18.5 billion hours valued at nearly \$234 billion.
- In 2019, dementia will cost the nation \$290 billion, and by 2050 could rise as high as \$1.1 trillion.

The program was developed by a team of caregiving professionals in LifeSpire's four communities that was led by Paula Bolton, Lifespire corporate director of clinical services, and Barbara Jackson-Ingram, health services administrator at The Chesapeake.

Information about The Chaplick Center may be found on The Glebe's website: www.theglebe.org or by calling (540) 795-2224.



5. *Appreciation of life story, including preferences, lifelong routines, wishes, and history*

6. *Resident and family engagement*

7. *Compassionate, specially-trained team members*



A Lifetime of Giving Back

Joe Teefey and his wife, Judy Collins, are examples of the fully engaged new residents at Lakewood. Many of the 106 additional people who will be calling Lakewood their home by the end of December are actively involved in community projects at church and in the Richmond metro area. But Joe and Judy have a special connection to Lakewood and were one of the first couples to move in to the expansion on October 24. On Lakewood Heritage Day, October 3, Joe and Judy were the featured speakers at the anniversary program—sharing their thoughts on healthcare for seniors today.

Joe and Judy have been involved with LifeSpire for many years. Joe joined the LifeSpire Board of Trustees in 2013, served on seven committees and chaired the Audit Committee. As a trustee, Joe has been exemplary in focusing on the needs of residents. There is no greater charge to the board. Residents have entrusted financial resources and healthcare to LifeSpire. As decisions are made for the overall organization, it is critical to maintain a perspective on how each of these decisions will affect the resident's lives. Because of his unique background in senior services, Joe brings insights to the board based on his years of experience. He was instrumental in guiding the LifeSpire building projects in Culpeper and Richmond from both a financial and mission perspective. Judy's aunt, Jannes Kirby, lived at Lakewood and Judy was a frequent visitor, so the decision to call Lakewood their home was a natural outgrowth of their love and service to LifeSpire.

Joe and Judy on their new apartment balcony at Lakewood



Joe administering fluoride treatments to the teeth of Indigenous Panamanian children in rural/ jungle areas.

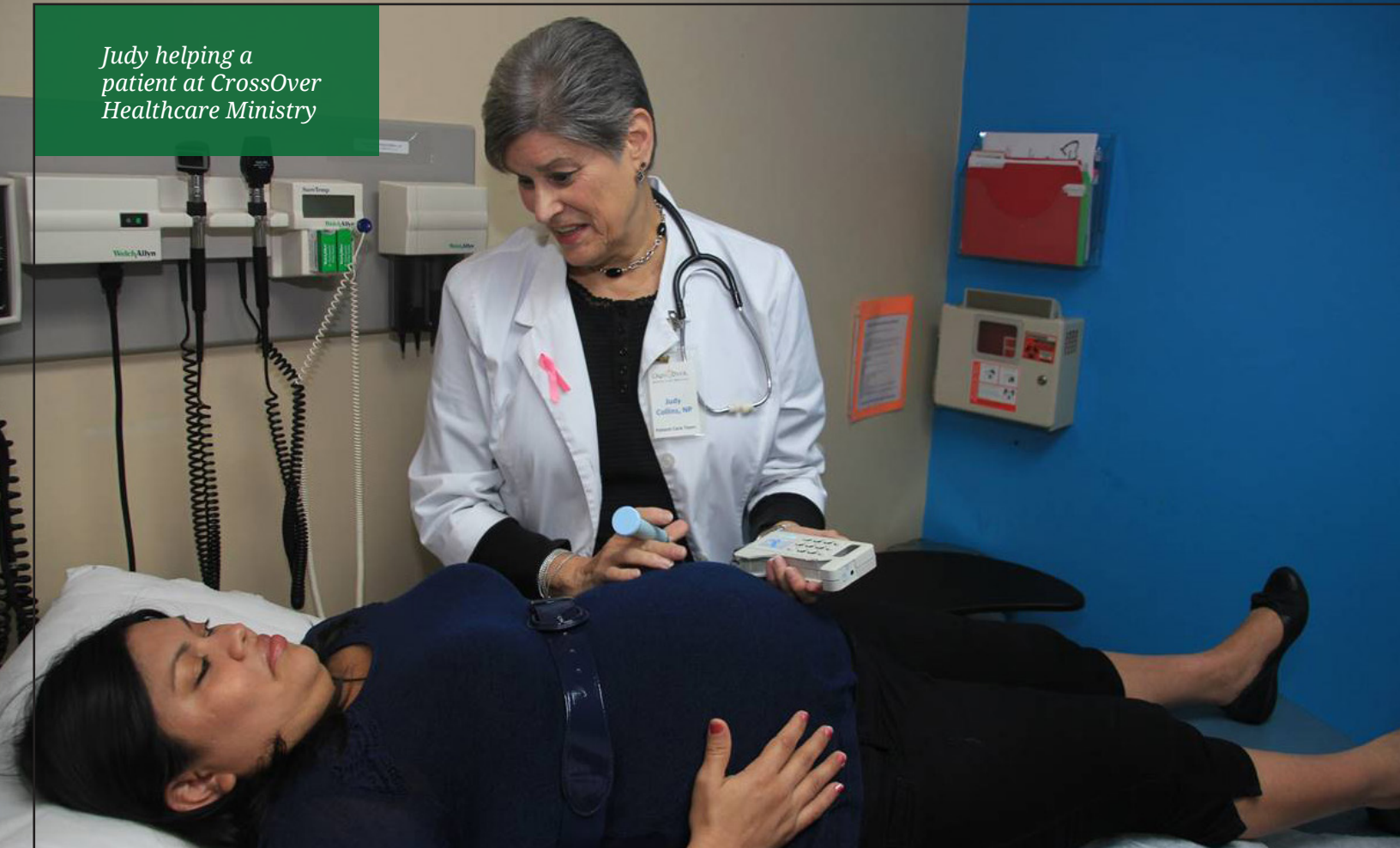
The Richmond area has been blessed to have Joe and Judy working as medical professionals. Joe was vice president of Medical College of Virginia (MCV) Hospitals and director of the Commonwealth of Virginia Department of Medical Assistance Services. Joe also served on the MCV Foundation Board of Trustees for nine years, chairing the Personnel and Compensation Committee. He currently serves on the MCV Physicians Board of Directors. He has been president of Teefey-Collins Consultants Inc. since 2001, serving as a healthcare consultant and lobbyist.

Joe has received numerous awards, including a Citation for Volunteerism presented by President Ronald Reagan and a Certificate of Recognition for Outstanding Contribution and Leadership presented by former Virginia Gov. George Allen. He has been instrumental in helping to raise funds for the VCU School of Nursing. His professional affiliations in healthcare and community activities are numerous, and include the Better Housing

Coalition, American Red Cross and the Faison School. Joe's vast knowledge of the healthcare field and his commitment to the faith-based principles upon which LifeSpire was founded has benefitted the organization and the more than 1,300 seniors who live in the four communities (Richmond, Newport News, Roanoke and Culpeper).

Judy served on the MCV Foundation Board of Trustees for 21 years. She was the founding director of the Virginia Commonwealth University (VCU) Women's Health Center at Stony Point. Throughout her career, Judy has held positions in nursing services, administration, education and professional organizations, including appointment by the governor to the Virginia Board of Nursing and the joint boards of Nursing and Medicine. She retired in 2000 after more than 30 years of service to the university. In honor of her retirement, family, friends, grateful patients and colleagues established the Collins-Teefey Distinguished Professorship at the School of

Judy helping a patient at CrossOver Healthcare Ministry



Nursing to honor her lifelong commitment to women's health and leadership in the VCU School of Nursing.

Joe and Judy have been generous donors since Joe joined the board and both of them encourage others to give to support benevolence in the LifeSpire communities. They have leveraged their career skills in healthcare and senior services to organize philanthropic and volunteer service activities that engage many others as they serve those who are less fortunate and in need. They have motivated others to serve and are gifted in looking at a situation and determining how to bring organizations with complementary resources together in service.

Their invaluable work in the Richmond metro area nonprofit organizations span their lifetimes and provide role models for those working alongside them. In 2012, they helped to mobilize alumni, foundations, and individuals in the Richmond community to establish the VCU School of Nursing Clinical Scholars Fund to

help attract clinically excellent faculty members by offering incentives for their scholarship, teaching goals, or clinical practice.

Joe and Judy have also served people living in poverty through CrossOver Healthcare Ministry and CARITAS as well as their church, River Road Church, Baptist (RRCB).

Judy was a board member and volunteer at CrossOver Healthcare Ministry—faith-based healthcare services for those in need. Judy and Joe have been instrumental in coordinating volunteer efforts from RRCB to support the CrossOver clinic, and engaged both medical professionals and others in serving CrossOver clients in Richmond. While many from RRCB are medical volunteers at CrossOver, Judy, Joe and the Board of Missions also sponsored a círculo de costura (sewing circle) to teach clothes-making skills to the families who use CrossOver. They continue to encourage others to participate in CrossOver fundraising events throughout the years.

Joe and Judy honored as
Honorary LifeTime Trustees
by MCV Foundation



Judy and Joe are also involved in the CARITAS ministry, which provides solutions to individuals and families dealing with homelessness and/or addiction, at RRCB. They work behind the scenes to help organize the CARITAS weeks, but Judy in particular is always there to offer a smile, a hug and a listening ear to those who are spending the night. She was instrumental in instituting, along with other volunteers, a spa night for the homeless women with a focus on foot care. Participants receive foot washing and pedicures from church volunteers.

As a part of their service to RRCB, Joe and Judy have led more than 10 mission tours to the Standing Rock Sioux Reservation in the U.S., as well as to Brazil and Panama. There is always a medical component in these missions since both have had careers in healthcare. These trips involve volunteers from multiple churches and organizations. For example, in 2010, they were invited by Virginia Baptist Mission Board to assist in forming medical teams to go to Panama to give health care to the underserved people there. They have led a team there each year since, visiting

a different location to reach as many of those in need as possible. Volunteers have included physicians, dentists, nurses and others. They taught non-medical personnel how to support medical professionals to expand capacity on the trips.

Joe and Judy have shared their time, treasure and talents throughout their lifetime. When asked what motivated them, Judy recalled scripture that she learned in Sunday school: Luke 12:48, "From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked."

The Association of Fundraising Professionals Central Virginia Chapter recently honored Joe and Judy with the 2019 Lifetime Achievement Award on National Philanthropy Day November 14. This is the highest award given in the philanthropy field, so it is with pride and gratitude that we welcome Joe and Judy to the LifeSpire resident family at Lakewood.



VBH Foundation's 2019 Golf Classic

at the Golden Horseshoe Golf Club in Williamsburg, Va.

On September 23rd, under a hot and sunny sky, over 100 golfers joined in to support the VBH Foundation's 2019 Golf Classic at the Golden Horseshoe Golf Club in Williamsburg, Va. Guests enjoyed a putting contest, delicious food provided by LifeSpire's community dining teams and an awards reception at The Williamsburg Lodge. Many thanks to all the sponsors, golfers and volunteers who helped make the outing a fun time for all.

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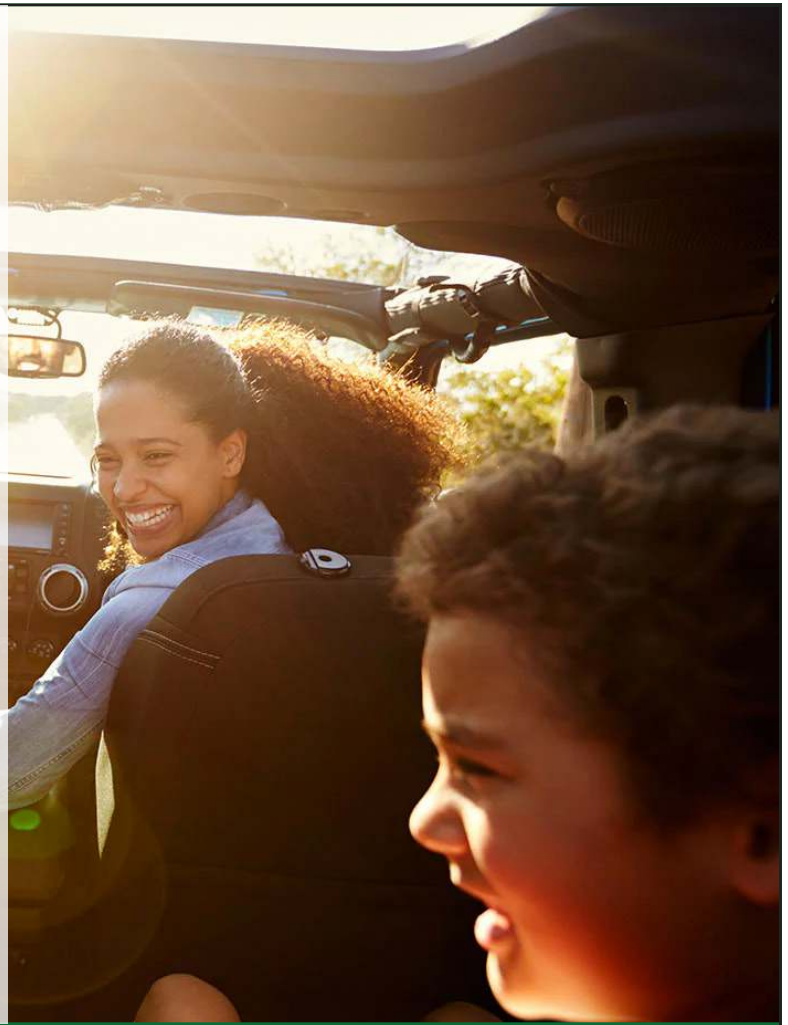


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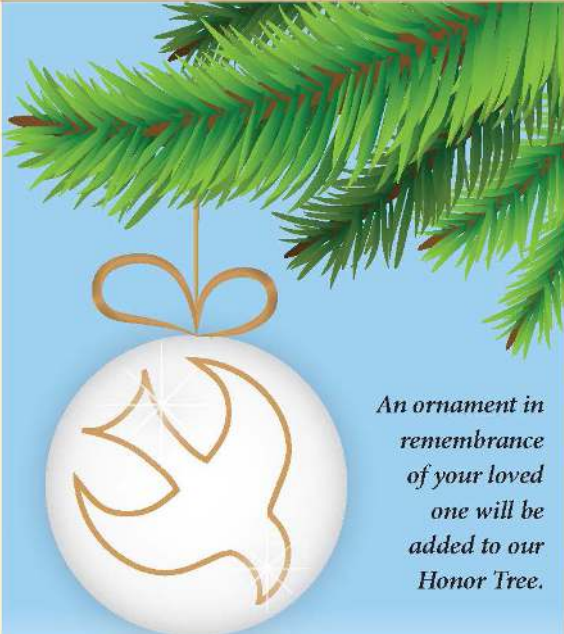
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Honor Tree Reminder

The holiday season is just around the corner. As a reminder, the VBH Foundation will be sponsoring an Honor Tree in each LifeSpire community. All individuals honored or remembered by a gift to the VBH Foundation this year will have their names placed on an ornament on the tree.

For more information, contact Jodi Leonard at (804) 521-9213.



An ornament in remembrance of your loved one will be added to our Honor Tree.



VBH Foundation | (804) 521-9213 | lifespireliving.org/foundation



Lakewood at Home – *A Foundation of Coordinated Care*

Today it's called creative disruption. In the 90s it would have been known as a paradigm shift. Whatever terminology you use, Lakewood at Home is changing the landscape of senior living in the Richmond area. LifeSpire's mission statement, "empowering individuals with choices for purposeful living," was broadened with the founding of Lakewood at Home.

Lakewood at Home is a membership program for active, healthy adults living at home in the Richmond area, explains Tammy Mackey, the program's executive director. Affiliated with Lakewood, LifeSpire's community in Richmond's west end that has a history of excellent care, Lakewood at Home allows seniors to remain in their homes as long as medically feasible. With a one-time membership fee and modest monthly fees, it also offers the financial protection of long-term care insurance.

Hilton and Margaret Almond are charter members. They have lived in their comfortable west end home in Richmond for 46 years. "It's the only house we've owned," Almond says. "We raised our children here. We have nothing but fond memories of our home." Neither Hilton nor Margaret particularly wanted to move to a

retirement community, although both recognized the potential need for continuing care as they age and wanted to find a way to protect their assets against unanticipated long-term care expenses. The couple found what they were seeking in Lakewood at Home.

The foundation of Lakewood at Home is care coordination with a focus on health and wellness. It simplifies the complicated maze of finding and managing long-term care services. Membership offers activities that encourage and enable wellness, beginning when a person joins and continuing through their lifetime. A personal care coordinator is assigned to each member. As health changes occur, members can receive care by simply calling their care coordinator—no form to fill out or claims to process. Care coordinators facilitate any care needs a member may have as they age, including home care, rehabilitation, assisted living or skilled nursing care.

Care is provided through partnerships with agencies in the Richmond area. Partners go through a strict credentialing process and work with care coordinators to ensure that exceptional, quality care, consistent with the high standards of Lakewood, is delivered to members.



Another benefit is that the program can provide lifetime comprehensive financial protection from the rising costs of long-term care. Members have the assurance that a total continuum of care will be available to them when needed, at a fraction of the cost one would pay for these services separately.

Healthy and independent seniors can join Lakewood at Home and have the assurance of knowing that they have a place for long term care, if and when they need it. A member who has a spouse with dementia or other health need that would not qualify them for membership can also take advantage of Lakewood at Home's consultative care, which provides coordination on a fee for service basis.

Although new to the Richmond area, the concept of continuing care at home (CCaH) first developed in the 1980s. More than 30 similar models are now available throughout the country. Jonathan Cook, president and CEO of LifeSpire, said it all comes down to offering choices to seniors. "We want to provide seniors choices in how and where they age," Cook says.

Members Bob and Melody Fowler, who helped her parents, shared their experience, "My parents waited too late to make a plan. We're young doing this, but it may be the smartest thing we've ever done!"

Judi Reid said that she joined Lakewood at Home out of love for her family. "Love is not enough to withstand the care-giving journey. My son, who went with me to a recent member event, thanked me for making this decision," she said.

Lakewood at Home was approved by the SCC and Bureau of Insurance of the Commonwealth of Virginia and launched in February 2019. At the time, 12 members were anticipated in the first year. In the first nine months, 58 people have joined the program. "Given these early indicators of interest, we are considering expanding the program," Mackey says. "We are excited about the interest that has been shown so far."

The CCaH concept also helps address the challenges associated with the coming "age wave." The U.S. Census Bureau predicts in its 2017 National Population Projections that all baby boomers will be older than age 65 by 2030, and 1 in 5 Americans will be retirement age. Older people are expected to outnumber children for the first time in U.S. history. Given that 87% of senior adults, 65 and older, want to stay in their homes as they age, the need for long-term care—and long-term care financing—will be greater than ever. And, the potential for caregiver stress is particularly significant, especially if the caregiver is a friend or family member.

Lakewood at Home offers the financial protection of long-term care insurance while also removing the stress caregivers often face associated with coordinating, arranging and paying for custodial care of their loved ones. "The beauty of continuing care without walls is that we aren't bound by bricks and mortar," Cook says. "We have the flexibility to expand the program as needed based on interest and demand."

To learn more, visit the Lakewood at Home website at LakewoodatHome.org or call (833) 431-5639. View a Lakewood at Home promotional video on LifeSpire's YouTube channel.



Playing for Good at The Glebe

October is perfect golf weather at The Glebe. Pam Renga, founder of the Glebe Memorial Green Short Game and Cornhole Tournament, donated the funds to build the putting and chipping green in 2018. Residents and family members began spending time on the green right away, so Pam decided to take it one step further and created a tournament to raise money for The Glebe Endowed Fund for Benevolence. The fund is invested to grow for future benevolent need.

Over three days, twelve teams played 18 holes—six holes from each chipping tee box. Five teams tied with a score of 35, so they chipped from the farthest tee box with the closest to the pin being winners. Vernon Jamison and his teammates Lance Minear, Dale Weaver and Ivy Renga won first place. On the final day of the tournament, while the golfers were battling it out on the green, four teams competed in the first ever cornhole tournament. Vernon Jamison and Paul Boyenga captured the first place award, making Vernon the big winner of both events. At the end of the day, Stephen Ward provided country music classics while residents, guests and players enjoyed country dinner fare in true hoe-down style.



Short Game 1st Place team: Lance Minear, Dale Weaver, Vernon Jamison and Ivy Renga

In 2018, the inaugural year for the outing, the committee raised \$4,500, and this year they outpaced it by raising \$6,555 for the fund. Pam credits her hard working committee for recruiting teams, almost 50 sponsors and more than \$1,500 in prizes from 42 donors for the winners and a raffle at dinner.

This year's tournament raised \$6,555 for the fund.

The VBH Foundation is grateful for this resident-led fundraiser at The Glebe and wishes to thank the committee for their dedication and creativity. Committee members included Marcia Akers, Ruth Boken, Darryl Dellis, Larry Fishbach, Wanda Fishbach, Lennie Gregory, Scotty Huber, Ray Lunsford, Janet Miller, Charlotte Yeatts, Robbye Unger, Ivy Renga, Pam Renga and Cathy Watson. Special thanks go to Joyce Horton's food service team, Robin Ward's activities team, and Bob Copenhaver, who kicked off the tournament with his bagpipes.



The Glebe's own bagpiper, Bob Copenhaver



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Five communities. One Vision. Where Faith, Wellness, and Community Flourish.

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 our four communities offers comfortable apartments and cottages in beautiful, inviting settings while our newly launched Lakewood at Home program provides you with the comfort of aging in your very own home. Regardless of the option or location you choose, our 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.

