

A Newsletter by LifeSpire of Virginia | LifeSpireLiving.org | Jan./Feb./Mar. 2019

Community Matters



Evelyn Blake (R), a resident of The Glebe, receives an honorary doctorate degree from Concord University President Kendra S. Boggess, Ph.D. Story on p. 6.

LifeSpire
of Virginia
Faith. Wellness. Community.

Community Matters

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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.

LifeSpire of Virginia

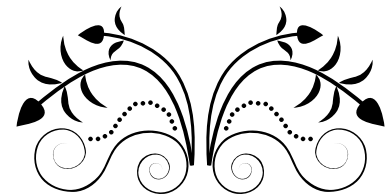
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My conversation with 98-year-old Evelyn Blake for the story on page 6 was delightful. Mrs. Blake is sharp, witty and full of stories that come from a lifetime of learning. I was amazed at the breadth of subjects she has studied — from art to genetics — and the institutions where she learned — from Roanoke College to the University of California.

At LifeSpire, we are committed to providing both formal and informal educational opportunities for our residents and staff. Each of our communities offers our residents opportunities to learn and grow. Activities range from high-quality educational seminars to discussion groups on current events to outings to places of historical significance.

Our scholarships and tuition reimbursement programs also provide educational opportunities for our staff and their families. We love to see our team develop professionally so that we can be all that we can be for those we serve. Never stop learning!

— Ann Lovell, Editor-in-Chief

LifeSpire communities reach record occupancies

LifeSpire communities are growing. Recent record-breaking occupancy is proof.

Independent Living:

- The Glebe hit a record 154 occupied residences, 100% occupancy, Dec. 28, 2018. *Current occupancy is 98.70%.
- The Chesapeake hit a record 241 occupied residences, 96.02% occupancy, Feb. 5, 2019. *Current occupancy is 95.62%.
- Lakewood closed 2018 with 95% occupancy, the highest in years after a near-record 40 move-ins.
- *The Culpeper's cottages are 100% occupied.

***Combined LifeSpire occupancy in Independent Living is 94.51%.**

Assisted Living:

- *The Glebe is currently 90.63% occupied.
- *Lakewood is currently 85%

occupied.

- *The Chesapeake is currently 82.46% occupied.
- *The Culpeper is currently 68.29% occupied.

***Combined LifeSpire occupancy in Assisted Living is 81.58%.**

Memory Care:

- *The Chesapeake is currently 80% occupied.
- *Lakewood is currently 78.57% occupied.

***Combined LifeSpire occupancy in Memory Care is 79.31%.**

Skilled Nursing Care:

- *The Glebe is currently 90.63% occupied.

- *The Chesapeake is currently 92.31% occupied.
- Lakewood averaged 94.2% occupancy for the year and recently hit an all-time high of 33 Medicare A rehabilitation residents in January.
- *The Culpeper is currently 83.78% occupied.

***Combined LifeSpire occupancy in Skilled Nursing Care is 91.24%.**

**As of Feb. 12, 2019.*

In other celebrations:

- The Lakewood expansion recently hit 100% sold.
- Lakewood at Home is currently accepting appointments for its membership-based program.



The Culpeper: ‘Like its own little small town’

By Allison Brophy Champion

As work nears completion on the \$33.5 million, 125,000-square-foot construction project at The Culpeper retirement community, many residents are most looking forward to one simple thing – being able to control the thermostat in their own rooms.

“It’s a big thing because it’s very, very hot in my room,” said 84-year-old Joan Blackwell, president of the Residents’ Council at the formerly named Culpeper Baptist Home. “It’s come along,” she added of the massive project. “We can’t wait to get in there.”

A resident for nearly four years, Blackwell, a Fauquier native, moved to The Culpeper four years ago following a federal government career with the Department of the Army.

“It’s great living here at this point in my life,” she said. “They take care of everything.”

Grand Opening May 10

The brand new building, once all of its 132 occupants move in by later this spring, will replace the old brick structure built in the late 1940s, which will be razed in late May or early June. The new building, about 20,000 square feet larger than the existing structure, will also face the completely opposite direction, providing views of the Blue Ridge

Mountains and an easier main entrance off of Route 299.

A grand opening celebration has been set for May 10 – two years to the date of the ground breaking, according to Rose Meeks Wallace, director of marketing at The Culpeper.

All connected, the expansive building on five levels will have 133 residential units including 32 “memory care” rooms for folks living with Alzheimer’s Disease or

other dementia disorders. Some of the rooms will be occupied by couples, and the facility will retain its 27 “independent living” cottages.

The new building will have a dining room with a cathedral ceiling as well as exhibition cooking for watching chefs prepare meals, various outdoor terraces, more than a mile of sidewalks and a spa where residents can have their hair or nails done.

There will be various shared spaces, including well-equipped country kitchens and living rooms with fireplaces and big screen TVs, a therapy gym, library, game room and the Village Café. There will be an on-site clinic as well as options

for long-term skilled nursing and rehabilitation therapies.

“You can move into this community and really, it is like its own little small town,” said Wallace during a recent tour of the job site.

Job Generator

Wearing a hard hat, The Culpeper Executive Director Jim Jacobsen led the tour that showed a hustle-bustle of activity inside and out with dozens of workers accomplishing a variety of tasks with various tools and pieces of equipment in anticipation of a tentative opening date the week of April 8.

All told, the construction project employed 476 people representing 49 different trades, according to project manager Scott Brame, of Richmond, with WM Jordan Company. For its size, the job has gone smoothly, not including the historic rain, he said.

“The weather has been phenomenally bad,” Brame said. “We went through the most weather-sensitive activities during the worst weather I’ve seen since I’ve lived in Virginia, and I’ve lived here 25 years. It was a constant day-to-day struggle.”

In spite of the rain, the job was kept relatively on track, schedule-wise, by doing lots of work on weekends and

The Culpeper’s Grand Opening is scheduled for May 10, 2019, from 2 - 4 p.m.

Continued next page

after-hours.

“We’ve had a good team effort,” Brame said. “I’m happy with where we are right now.”

Jacobsen said the residents — aged 72 to 103 with an average age of 84 — have had a vested interest in the project from its start.

“They were completely involved from day one,” he said. “Three, four years ago we involved them in talking about the new building, and what they would like to see. We got their families engaged and involved. They wanted the exterior to look like the building today and they wanted memory care, which is not available today. It was custom built from day one with input from staff and residents.”

Once fully operational, The Culpeper will generate about 45 new jobs, adding to the current workforce of 140 employees, said Jacobsen. A job fair was held on site Feb. 9 with hiring for positions of nursing personnel, food service wait staff and cooks, housekeeping, laundry, maintenance, companions, activities, and other various healthcare related positions.

“Because of our history here being 70 years, we want to continue the opportunities for employment and providing many, many homes for seniors,” he said. “With this project, we want to continue that for 70 more years.”

By the Numbers

While the new building certainly looks different than the old one, The Culpeper was built in the

same Georgian style with dormers, columns and a cupola. Its hallways link to numerous smaller structures contained within themselves. The project features 784 windows, 980 doors and more than 41 miles of cable TV, security, phone and data wire. The building has 103 miles of electrical wire and near 800,000-square-feet of drywall, according to Brame.

Asked about what it costs to live at The Culpeper, Jacobsen said the price varies depending on accommodations provided. The executive director added that the fee structure is “market rate” and comparable to other similar facilities.

The Culpeper has a five-star rating from The Centers for Medicare & Medicaid Services, and it is a nonprofit faith-based community.

With all the modernization and improvements coming to The Culpeper, the big news for residents, agreed Jacobsen, is the new temperature control they will gain, noting that is lacking in the old building with its centralized gauge.

“Individual thermostats in each

room are a big hit with residents. It’s one of the main things,” he said.

Longtime resident Sara Gallagher has lived in a private cottage on the grounds of the retirement community for nearly 18 years. A retired hospital lab technician, the 88-year-old moved there for the security aspect after her husband died and she was still working, sometimes late hours. Asked about the old building set for demolition, Gallagher said she would not shed any tears over it.

“But it will be sad to see it gone because it’s been here for 70 years,” she said, adding, “It’s going to be a fantastic change from what it was back then.”

Fellow resident, Ms. Blackwell, said the retirement community is small enough that everybody knows most everybody else. Most residents get along, for the most part, she added.

“They are compatible,” Blackwell said. “It’s like a family — you do like some more than others.”

Allison Brophy Champion is a reporter with the Culpeper Star-Exponent. This story first appeared there on Jan. 28, 2019. Used with permission.



Above: Aerial view of The Culpeper expansion, Feb. 2019.

98-year-old Evelyn Blake hasn't stopped learning

At 98, Evelyn Blake gives new meaning to the term, “lifelong learner.” Blake, a resident of The Glebe, recently received an Honorary Doctorate of Humanities, honoris causa, from Concord University in Athens, W. Va. A 1942 graduate of Concord, Blake majored in biology and pursued a career in education. She was honored for her career achievements, community involvement and philanthropic spirit.

“(Mrs. Blake) has graciously given back to her alma mater by financially supporting study and research science at the University,” the school announced in a press release. “Her generosity has also helped the marching band purchase new uniforms and will assist in upgrading science labs and facilities.”

At Concord, Blake was particularly interested in the study of botany. She recalled discovering a specimen of a flower with a friend on the roadside near Charleston, West Virginia, during her college

years. At that point, the flower had never been found south of Maine.

“Our professor was impressed, not only that we found it but that we keyed it correctly,” Blake said.

Blake’s interest in botany is one she continues to pursue at The Glebe, where she has lived since 2006. At one



Above: Evelyn Blake, now 98, poses in a field of irises in 2016.

“I love to learn. I want to try to learn something new all the time.”

Evelyn Blake, 98, Glebe Resident

time, she managed nine gardens, which includes the terraced hillside behind The Glebe.

“The smells are the best,” said Blake, who has lost much of her sight. “You can wad up a weed and identify it by its odor. I have a whole hillside of plants. I love making new plants out of old ones. I love hybridizing.”

A 2016 Canadian study on Aging and Society published by Cambridge University Press has shown that continuous participation in non-formal lifelong learning may help sustain

the psychological health of older adults. Lifelong learning provides older adults, even those who are most vulnerable, with strategies

that provide independence and fulfillment in everyday life. The result of the study highlights the value of “community-based non-formal lifelong learning opportunities for developing inclusive, equitable and caring active aging societies,” the authors wrote.

Blake’s attitude and zest for life seem to support the results of the study. Following her graduation from high school, Blake said she first wanted to be a civil engineer.

“I wanted to build bridges,” Blake said. “Can you imagine? Girls didn’t do things like that back in the 30s.”

Instead, Blake studied biology at Concord with a minor in art. She went on to receive a master’s degree in 1949 from Virginia Tech where she studied horticulture, textiles, clothing and related arts. Later,

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LifeSpire of Virginia

The Culpeper

Lakewood Retirement Community

The Glebe Retirement Community

The Chesapeake Retirement Community

she taught a variety of subjects in public schools in the Roanoke area. She retired in 1982 after nearly 40 years of teaching.

But that didn't stop her from learning. It's difficult to keep up with Blake as she recounts the many different learning experiences she enjoyed throughout her life, both formal and informal. Her husband, an architectural engineer, often took summer courses at universities across the United States. Blake travelled with him, taking courses from art to genetics at institutions

like the University of California, Notre Dame, the Atlanta



Above: Evelyn Blake receives her doctoral hood in graduation ceremonies at Concord University in Dec. 2018.

School for the Arts, Roanoke College, Virginia Western, Hollins University, and the University of Virginia to name a few.

"I've taken courses from California to Virginia," Blake said. "I love to learn. I want to try to learn something all the time."

Providing purposeful living for all

LifeSpire's mission is "empowering individuals with choices in purposeful living." As an organization centered on resident-centered care, providing choices to residents is the core of our identity. But our commitment to purposeful living doesn't stop with residents. Our mission extends to every member of the LifeSpire team.

"We are committed to becoming an 'employer of choice'" said Jonathan Cook, president and CEO of LifeSpire. "To do that, we are continuously looking to enhance the flexibility, opportunities and benefits we provide our staff."

One example is the recently launched 30/40 program for CNAs

at The Glebe. This innovative program allows CNAs to work a 6-hour shift and get paid for 8 hours. To receive the incentive, CNAs may not call out for a shift, arrive late for a shift or leave early from a shift. The flexibility the 30/40 provides CNAs has greatly increased applications and reduced retention and call-out rates.

LifeSpire also values providing educational opportunities for its staff. Each year, the VBH Foundation provides thousands of dollars in scholarships and tuition reimbursement to team members and their families who are seeking to further their education.

Finally, LifeSpire has increased

the 403B match for employee retirement from 2.5 percent to 3.5 percent since 2017. In 2019, the organization budgeted more than \$800,000 for contributions to employees' 403B accounts.

"We want to invest in our employees," Cook said. "Retirement matching, scholarships, tuition reimbursement, and flexible schedules are just some of the ways we show how much we really value our staff and the way they care for our residents."

GO GREEN

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



If you are 70 years old or older, you can take advantage of a simple way to benefit VBH Foundation and receive tax benefits in return. You can give up to \$100,000 from your IRA directly to a qualified charity such as ours without having to pay income taxes on the money. This law no longer has an expiration date so you are free to make annual gifts to our organization this year and well into the future.

Why Consider This Gift?

- Your gift will be put to use today, allowing you to see the difference your donation is making.
- You pay no income taxes on the gift. The transfer generates neither taxable income nor a tax deduction, so you benefit even if you do not itemize your deductions.
- If you have not yet taken your required minimum distribution for the year, your IRA charitable rollover gift can satisfy all or part of that requirement.

Frequently Asked Questions

Q. I've already named VBH Foundation as the beneficiary of my IRA. What are the benefits if I make a gift now instead of after my lifetime?

A. By making a gift this year of up to \$100,000 from your IRA, you can see your philanthropic dollars at work. You are jump-starting the

legacy you would like to leave and giving yourself the joy of watching your philanthropy take shape.

Moreover, you can fulfill any outstanding pledge you may have made by transferring that amount from your IRA as long as it is \$100,000 or less for the year.

Q. I'm turning age 70½ in a few months. Can I make this gift now?

A. No. The legislation requires you to reach age 70½ by the date you make the gift.

Q. Can my gift be used as my required minimum distribution under the law?

A. Yes, absolutely. If you have not yet taken your required minimum distribution, the IRA charitable rollover gift can satisfy all or part of that requirement. Contact your IRA custodian to complete the gift.

Q. Do I need to give my entire IRA to be eligible for the tax benefits?

A. No. You can give any amount under this provision, as long as it is \$100,000 or less this year. If your IRA is valued at more than \$100,000, you can transfer a portion of it to fund a charitable gift.

Q. I have two charities I want to support. Can I give \$100,000 from my IRA to each?

A. No. Under the law, you can give a maximum of \$100,000. For example, you can give each organization \$50,000 this year or any other combination that totals \$100,000 or less. Any amount of more than \$100,000 in one year must be reported as taxable income.

Q. My spouse and I would like to give more than \$100,000. How can we do that?

A. If you have a spouse (as defined by the IRS) who is 70½ or older and has an IRA, he or she can also give up to \$100,000 from his or her IRA.

It is wise to consult with your tax professionals if you are contemplating a charitable gift under the extended law. Please feel free to contact Patricia S. Morris, MPA, CFRE at 804-521-9229 or pmorris@vbh.org with any questions you may have.

Our mailing address is: 3961 Stillman Parkway, Glen Allen, VA 23060.

The VBH Foundation is recognized by the IRS as a nonprofit 501 (c)3 organization, FEIN# 52-1373103.



Give a Chrismon ornament this year!

Chrismons are Christmas decorations with Christian symbols on them. They help Christians remember that Christmas is the celebration of Jesus's birthday. Chrismons were first made by Frances Kipps Spencer at the Ascension Lutheran Church in Danville, Virginia. She also thought of the word, Chrismon, which is a combination of Christ and monogram (meaning symbol). The idea quickly spread to other churches. It is traditional that Christian groups make their own Chrismons with their favorite symbols.

Chrismons are traditionally colored white and gold. White is the liturgical (or Church) color for Christmas and symbolizes that

Jesus was pure and perfect. Gold symbolizes His Majesty and Glory. Chrismons can be made from nearly anything, but paper and embroidered are the most common.

The VBH Foundation will be sponsoring a Chrismon Tree in each of our communities during

the holiday season. All individuals honored or remembered by a gift will have their names placed on an ornament on the tree.

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



How will you continue your story?



Everyone has a story to tell: Where your life began, your family and friends, what you accomplished in your career, the passions you hold dear, and the values that have guided you along the way.

As a member of the LifeSpire family, you are part of our 70+ year story. You or a relative have lived or worked in one of our communities,

so you helped us make history in Virginia by providing opportunities for vibrant living for seniors. You ARE LifeSpire!

You can write the next chapter in our collective story. By including a charitable gift to the VBH Foundation in your will or trust, or making us a beneficiary of your retirement plan or insurance policy, you can:

- Help seniors in our communities who outlive their assets to stay in their home
- Write benevolence into your autobiography
- Exemplify your values to inspire others
- Ensure a safe and secure future for seniors

You can create your gift plan at any time, retain control of your assets during your lifetime, and enjoy knowing that your legacy of caring for others will live on.

Contact Patricia Morris in the Foundation office: pmorris@vbh.org or 804-521-9229



LAKEWOOD *at Home*

Live the life you envision.

Lakewood at Home is an innovative program for healthy, independent seniors in the Richmond area. The program provides members with the opportunity to:

- Remain at home as long as medically feasible
- Protect their assets against unanticipated long-term care expenses
- Give their loved ones the assurance they will not be burdened with the stress of

coordinating, arranging or paying for custodial care

- Have peace of mind, knowing they have a great long-term care plan in place should they ever need one.

Lakewood at Home's membership-based program offers a combination of the financial protection of long-term care insurance with the continuum of care and amenities of a continuing care retirement community.

Lakewood at Home offers members personalized care coordination with an emphasis on health and personal wellness, including a robust social activities program and access to Lakewood's renowned campus.

To learn more, attend a seminar or schedule a private appointment by calling (833) 431-5639.



Introducing the LAKEWOOD AT HOME TEAM

**Tammy Mackey,
Executive Director**



Tammy Mackey began her career at LifeSpire of Virginia in July 2016. She

was appointed executive director of Lakewood at Home in August 2018. Tammy previously served 19 years overseas with the International Mission Board. Tammy holds a bachelor of behavioral science degree from Hardin-Simmons University in Abilene, Texas, a master's degree of marriage and family counseling and a master's in religious education from Southwestern Baptist Theological Seminary.

**Bill Lee,
Sales Counselor**



Bill Lee has 35 years of sales and marketing experience, working in insurance and

advertising in business development and management. Bill and his wife, Bea, have been married 34 years. They have three adult children and five grandchildren. Bill is a lifelong resident of Virginia but has traveled extensively throughout the United States and abroad. He is a veteran of the United States Marine Corps and an avid outdoorsman.

**Kelsey Camire,
Care Coordinator**



Kelsey Camire is a Licensed Clinical Social Worker with a background in the senior care industry.

Kelsey previously spent five years as a community social worker for Better Housing Coalition. Kelsey received her master's degree in social work from Virginia Commonwealth University, where she also completed an internship with Richmond Behavioral Health Authority's Emergency Services team. Kelsey received her bachelor's degree in psychology from Roanoke College in 2013.

**Sarah Amick,
Administrative Assistant**



Sarah Amick joined the LifeSpire of Virginia team in May 2018. Her prior work experience

includes more than 18 years of administrative assistance and customer service in academic and public libraries in Virginia and West Virginia. Sarah is a graduate of the University of Mary Washington with a bachelor's degree in English and Virginia Commonwealth University with a bachelor's degree in religious studies.



Lakewood's dine-out program offers flexibility, choice

Lakewood's dining services team recently implemented a new dine-out partnership with restaurants in the Richmond area. Under the dine-out program, residents at Lakewood may use their declining balance dollars to purchase gift cards to local restaurants.

"Lakewood is the first retirement community in the state of Virginia to offer such a program and the second in the nation that we know of," said Barrett Way, Lakewood's executive director.

The program, which began Dec. 1, is open to residents who use the declining balance meal plan option, Way said. Residents who use the traditional meal plan may also purchase gift cards and bill the cost to their account or pay for the gift cards using a credit or debit card.

Gift cards are available in \$25 increments, Way

said. The cards are restaurant-specific and do not expire. Local Richmond restaurants currently participating in the dine-out program include The Grapevine, Autentico's Kitchen, The Melting Pot, Spoonbread, Red Robin, and LongHorn Steakhouse. Restaurant choices will fluctuate with availability, demand, and resident suggestions.

Lakewood's resident services team is organizing periodic trips to featured restaurants in the program, and the program is proving to be popular with residents, Way said.

"By offering this program, Lakewood is adding more choice and flexibility to residents' dining options," Way said.



LifeSpire
of Virginia
Faith. Wellness. Community.

LifeSpire of Virginia operates four exceptional continuing care retirement communities and one continuing care retirement community without walls that welcome people from all backgrounds.

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 2018, we provided almost \$1,100,000 in benevolence to 60 residents across all four communities.

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The Glebe

Blue Ridge Living
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The Chesapeake
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The Culpeper
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Daleville



Lakewood
Richmond



Lakewood at Home
Richmond

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 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.



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