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A NEWSLETTER BY
LIFESPIRE OF VIRGINIA

Community Matters

Four communities.
ONE VISION.
Where Faith, Wellness,
and Community Flourish.

LifeSpire
of Virginia
Faith. Wellness. Community.

LifeSpireLiving.org

July-Sept 2019

CONTENTS

<u>Averett Partnership</u>	04
<u>Cornerstone Memory Care</u>	06
<u>Three Tips to Prevent Dementia</u>	08
<u>The Chaplick Center Set to Open</u>	10
<u>Just Keep Singing: <i>Music and Dementia</i></u>	12
<u>A Van for Victoria: Lakewood Donates Van</u>	16
<u>A Joyous Opening</u>	18
<u>Our Own Philanthropic Story</u>	22
<u>Grateful Hearts Program</u>	24
<u>LifeSpire Awards Scholarships</u>	25
<u>Monthly Giving Circle</u>	26
<u>Welcome, New Associate Administrators</u>	27
<u>Linda Feagan Wins Power of Purpose Award</u>	28
<u>The Chesapeake Turns 50</u>	30

Community Matters



COMMUNITY MATTERS

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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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Averett University and LifeSpire Sign Partnership Agreement

Averett University and LifeSpire of Virginia launched the first-ever educational partnership for LifeSpire in a ceremony June 7 at Lakewood.

Averett University President Tiffany Franks and LifeSpire of Virginia's President and CEO Jonathan Cook signed an agreement that includes a three-pronged partnership between the school and LifeSpire's four continuing care retirement communities, Lakewood at Home, and the LifeSpire home office.

The partnership allows employees of LifeSpire to earn their degree at Averett with scholarships awarded by Averett, LifeSpire residents to attend college-level lectures right where they live, and Averett students to serve as interns at LifeSpire.

Cook praised the agreement as a step forward in positioning LifeSpire communities as employers of choice across Virginia.

"We are excited to partner with Averett to offer these opportunities," Cook said. "Averett prepares their students to make a difference in the world. LifeSpire helps team members achieve their full potential and believes that providing educational opportunities is a key piece of that process."



About Averett University

Since 1859, Averett University has grown and developed into a dynamic institution that serves students of all ages, offering more than 30 undergraduate majors, minors and special programs, along with five graduate programs with a number of concentrations. Dedicated to preparing students to serve and lead as catalysts for positive change, the University's historic main campus is embedded in the heart of Southern Virginia with regional campuses throughout Virginia and online. Averett enrolls a diverse student body, and boasts an alumni network that spans the globe.



Franks agreed, “LifeSpire and Averett University both value and encourage lifelong learning, a commitment to intellectual growth throughout one’s entire lifetime. We hope that LifeSpire employees and its residents will be excited about the opportunity to become a part of the Averett University family.”

The partnership builds on the organizations’ shared mission and values as members of the Baptist General Association of Virginia. Once they meet admissions criteria, LifeSpire employees automatically qualify for Averett scholarships, which amount to a 20 percent discount on Averett’s tuition for both undergraduate and graduate courses. LifeSpire will match Averett’s discount.

Averett will also offer residents of LifeSpire communities the option of attending Averett University lectures and courses at home – right in their own community – beginning at

Lakewood and expanding to LifeSpire’s other communities. The program will launch in the fall 2019 and LifeSpire residents will be able to choose from classes in religion, communications, and criminal justice/sociology.

Averett students will also benefit directly from this partnership, with opportunities to intern at LifeSpire in the areas of business, communications, and accounting.





LifeSpire launches Cornerstone Memory Care

LifeSpire embarked on an exciting journey over a year ago to develop a memory care program for all four communities. Led by Paula Bolton and Barbara Jackson-Ingram, representatives from each of LifeSpire's four communities formed a committee to research best practices in memory care. The result is the Cornerstone memory care program.

The Cornerstone program aims to provide excellence in memory care by empowering individuals through self-directed living. The vision of the program is to empower self-directed living where the person, whose life is changing due to dementia, experiences a vibrant life.

***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*

Training a dementia-capable workforce

LifeSpire is committed to continuous training for team members to maintain a dementia-capable workforce. LifeSpire is using two platforms to educate our team members.

Alzheimer’s Association essentiaALZ® certification. Endorsed by the Center for Medicare/Medicaid, this program offers 32 hours of on-line training. All staff can receive certification after a 4-hour basics module. The program offers four modules for direct care staff and a module for family members. Currently, more than 100 team members at The Culpeper have completed this training.

Certified Dementia Practitioner® CDP®. Offered by the National Council of Certified Dementia Practitioners (NCCDP), this certification includes a 7-hour NCCDP Alzheimer’s Disease and Dementia Care Seminar from a certified trainer. This certification is valid for two years, and renewal requires 10 hours of continuing education. Seven team members at The Culpeper have received this certification. Ten team members at The Glebe have completed this seminar and applied for certification.

LifeSpire’s goal to maintain a dementia-capable workforce is a continuous initiative that is an integral part of providing excellence in memory care.

Launch and implementation

The Culpeper team initiated the Cornerstone memory program in May 2019 with the opening of the new memory care neighborhood. The Glebe’s new memory care neighborhood, The Chaplick Center, will open in fall 2019, and will utilize the Cornerstone program. The new building at The Culpeper also provides every resident with a private room. Lakewood and The Chesapeake, who have existing memory care neighborhoods, have already begun the process of phasing in the Cornerstone program for their memory care residents.

5. *Appreciation of life story, including preferences, lifelong routines, wishes, and history*
6. *Resident and family engagement*
7. *Compassionate, specially-trained team members*

Three Tips to Prevent Dementia

“What is good for our heart is also good for our brain.” That’s the conclusion of the World Health Organization director-general in a May 2019 announcement issuing guidelines for reducing the risk of dementia.

According to the WHO guidelines, people can reduce their risk of dementia through regular exercise, not smoking, avoiding harmful use of alcohol, controlling their weight, eating a healthy diet, and maintaining healthy blood pressure, cholesterol, and blood sugar levels.

LifeSpire’s emphasis on wellness at each of its communities — particularly nutrition and brain fitness —helps residents assure they are minimizing their risk of dementia. Derek Rohrig, wellness director at The Glebe, and Miles Rucker, vibrance director at Lakewood, offer these tips to keep your brain strong:

1. Practice brain fitness

Brain fitness is anything that forces a person to think differently, Rohrig says. “For instance, we may challenge our brain to work harder with a variety of puzzles or we may challenge our brain to slow down with things like meditation. The changes from our normal patterns or routines allow our brains to stay young.”

A wide body of research supports the benefits of brain fitness in older adults. One study found that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or engaged in less mentally strenuous activities.

All LifeSpire communities offer brain fitness options, from the Dakim® brain fitness computerized programs that offer a variety of puzzles and games to bridge clubs to current events discussions.



“We use different techniques to improve the overall cognitive function of the brain, including sensory, memory and physical activities,” Rucker says.

2. Eat a healthy diet

“A healthy diet, including nuts, berries, and healthy fats, will increase the work output of the brain,” Rucker says.

Rohrig agrees, “A good diet plays an important role in brain function by providing the necessary energy source and nutrients to keep our brain functioning at its maximum capacity.”

Nutritional experts recommend plenty of fruits and vegetables, “healthy” fats, fiber and calcium as keys to a healthy diet in seniors. LifeSpire communities offer healthy options in each of its dining venues, and dietitians at each community help residents choose foods that are nutritional and tasty.

3. Get enough sleep

Sleep occurs in multiple stages throughout the night, including dreamless periods of light and deep sleep, and occasional periods of active dreaming or REM sleep, according to the National Sleep Foundation. This cycle repeats several times throughout the night. Older people spend more time in the lighter stages of sleep than in deep sleep.

Sleep allows the brain “to process and compartmentalize events from the day and recharge in preparation for the next day,” Rohrig says. During sleep, “the brain files away important data you may need going forward, making it ready to be recalled at a moment’s notice.”

Changes to sleep patterns are a part of the natural aging process. Although sleep needs do not change with age, older people tend to have a harder time falling asleep and staying asleep than when they were younger.

To fall asleep faster, scientists recommend daily physical exercise and limiting caffeine, napping, and “screen-time.” Watching TV or using smart phones, tablets and laptops, particularly two hours before bedtime, may impact the brain’s ability to shut down. Instead, scientists recommend reading a book to relax and unwind. An old-fashioned, printed book under lamplight — as opposed to bright overhead lighting — is a great choice.

Dementia affects around 50 million people globally, and 10 million new cases are diagnosed each year. Through its emphasis on wellness, LifeSpire is committed to helping residents maintain brain fitness throughout their lifetimes.

The Glebe's memory care neighborhood will open this fall

Thanks to the contributions of generous donors, memory care will soon be a reality for residents of The Glebe. The Chaplick Center memory care neighborhood is on track to open this fall.

“We expect construction to be completed by mid-September and will begin moving people in by the end of the month,” said Ellen D’Ardenne, The Glebe’s executive director. “We’ve also begun

hiring for a variety of positions to staff the center.”

The Glebe will add approximately 15 new positions to staff the center, including med techs, LPNs and CNAs, as well as positions in dietary and housekeeping, D’Ardenne said. CNAs who work in The Chaplick Center will also be eligible for The Glebe’s 30/40 program, which allows CNAs to work six hours and be paid for eight.

The Chaplick Center memory care neighborhood is on track to open this fall.



“We have had great success with the 30/40 program in our skilled nursing area,” D’Ardenne said. “Morale among staff is strong, and we are seeing improved clinical outcomes for residents. We are excited to offer this incentive to CNAs working in The Chaplick Center for memory care as well.”

Designed to care for the unique needs of seniors with dementia or Alzheimer’s disease, The Chaplick Center will offer person-centered care and programming modeled after industry-leading concepts for people with dementia or Alzheimer’s disease, D’Ardenne said. The 14,800 square-foot neighborhood consists of four neighborhoods with five private resident rooms, to accommodate 20 residents. Resident rooms surround open and bright living and common areas consistent with a residential design approach. The design also includes a full “cook-to-order” kitchen, family-style dining, common living and activity areas, expansive exterior courtyard with patio and screened porches, and salon and spa.

The cost of construction totaled approximately 5 million dollars with more than \$1 million provided from the estate of June Chaplick, a former Glebe resident, as well as private donations from other Glebe residents, D’Ardenne said. Local architects SFCS designed The Chaplick Center with construction by G & H Construction.



The 14,800 square-foot neighborhood consists of four neighborhoods with five private resident rooms, to accommodate 20 residents.

Just Keep Singing:

Music and Dementia

Bernice Thomas* sits down at the piano. Her hair is professionally styled, as always, and her pink blouse gives her skin a healthy glow. Her smile is infectious.

“What do you want me to play?” she asks.

“Play a hymn,” her daughter encourages. “Play ‘Jesus loves me.’”

Thomas thinks for a moment. She places her hands on the keyboard. The music begins to flow from deep within her soul. Effortlessly, she moves to the next hymn, “How Great Thou Art,” and over the course of the next 20 to 30 minutes, she plays a series of hymns, all without a hymnbook, all from memory.

Ironically, Thomas has Alzheimer’s disease, a form of dementia that results in progressive memory loss and decreased thinking ability. The World Health Organization reports that dementia is a growing public health problem, affecting around 50 million people globally. Nearly 10 million new cases are reported every year.

Understanding the role that music can play in minimizing the effects of dementia can help families and caregivers seek out programs that enhance the quality of life of those they love, like Thomas, who are suffering from dementia, scientists say.

Thomas might not remember that she had her hair styled this morning. In a few hours, she might not remember that she gave an impromptu concert in the community room of her retirement community. But at this moment, the hymns she learned in childhood flow from her fingers like water from a spring.

**Name changed*



ART, MUSIC AND MEMORIES

Scientists say this happens because the parts of the brain that process art and music are located near the places where memories are stored. Alzheimer’s doesn’t seem to affect those parts, according to studies.

The explanations may be deeper than neurological, writes John Swinton, author of “Dementia: Living in the Memories of God.” Because of the spiritual and emotional attention that music enhances, the ability to remember and enjoy music when all other memories are lost indicates it is core to our identities — to

the “eternal” sense of self that never leaves us. Theologians define that eternal sense of self as “the soul.”

Through memory and imagination, people are time travelers, and “music is a vehicle that we use as we travel through time,” Swinton writes. “Certain songs contain our memories. As soon as we hear them, we’re whisked backward in time to situations, events, and people that were deeply meaningful to us and that remind us of things we have done and people we have loved.”

“
In a recent study, 10 weeks singing practice by both the patients and the caregivers positively affected not only the short-term and working memory of patients but even the quality of life of the caregivers.
”

JUST KEEP SINGING

Scientists have long known that music helps increase cognitive functions, including memory, speech, attention and verbal intelligence. A 2015 commentary by Carmela Maltrone and Elvira Brattico, published in the *Journal of Alzheimer's Disease & Parkinsonism*, notes that practicing music helps prevent the death of brain cells normally related to aging. Regular musical activities, like singing, also help reduce the risk of developing dementia in healthy older adults. Studies show when caregivers sing along, their quality of life improves as well.

“In a recent study, 10 weeks singing practice by both the patients and the caregivers positively affected not only the short-term and working memory of patients but even the quality of life of the caregivers,” Brattico and Maltrone write.

In other words, singing is good for the soul, regardless of age.

THE BRAIN'S EXTERNAL HARD DRIVE

Music can also help pull a person out of the cognitive haze Alzheimer's creates, even in advanced stages, Swinton writes.

“Songs, music, art, dance and ritual actually function as modes of extended memory — that is, places where memory is stored is external to its normal location in the brain,” Swinton writes. “They act as keys that can unlock emotions, feelings and recollections that would otherwise be inaccessible.”

Music therapy for both musicians and non-musicians is not a new concept, and many senior living communities incorporate music therapy into their regular programming for Alzheimer's patients.

The memory care neighborhood where Thomas lives includes a piano that Thomas plays frequently. The community often invites musicians and singers to perform for memory care residents, and staff in the neighborhood often sing along or dance with residents during the performances.

“It's amazing to watch residents sing along to songs from the 40s and 50s,” said one caregiver. “They remember every word.”



“

My wife and I worked hard all our lives, raising and educating our son, and saving for our retirement. We thought we had enough, but we were both blessed to live long lives. She lived to be 99. Thank you, generous people, who gave so that I can stay in my Lifespire home.

”

A Van for Victoria: Lakewood donates handicap-accessible van to local family

Doug Hubbel understands what it's like to worry over a sick child. As lead security guard for Lakewood, he also knows what it means to have community support during a difficult season. So, when he saw a local NBC12 news story about Victoria Reinhardt, a little girl who needed a wheelchair-accessible van, he had an idea.

“When my daughter, Emily, was 3, she was diagnosed with stage 4 cancer,” Hubbel said. “The Lakewood family rallied around me, and today she is 12 years old and in remission. I saw the story about Victoria, and I figured there was something Lakewood could do.”

Hubbel contacted Barrett Way, Lakewood's executive director, who agreed the company was in a position to donate a Lakewood van to the Reinhardts. The van features a ramp and enough space for all of Victoria's medical devices. Victoria's uncle, Keith Snoddy, also a Lakewood employee, had the honor of presenting Jennifer Reinhardt, Victoria's mother, with the keys.

Lakewood's generosity overwhelmed the family. Within a week of receiving the van, Jennifer and Victoria made a trip to Lakewood in their new van to thank the community for their support.

“It's a life-changer, not only for us but for her. We can do more for her,” Jennifer Reinhardt said. “We plan to come back and visit many times!”

NBC12 covered the donation.

View it here:
<http://bit.ly/2TQK84A>

Follow Emily Hubbel's journey here:
www.emilyhubbel.com





— “ —

Fourteen members of my family have lived here and I'm satisfied that I made the right choice to move here as well. Two of my relatives needed benevolent support towards the end of their lives, so that's why I give now.

— “ —



A *Joyous* Opening



By Jeff Say

The Culpeper welcomed its residents and the community to its new state-of-the-art facility during a grand opening hosted by multiple chambers of commerce May 10, 2019. **The grand opening of the \$33.5 million, 125,000-square-foot project was scheduled two years to the day of the groundbreaking.**

The new building replaces the original brick structure built in the 1940s and faces the Blue Ridge Mountains. Residents in the current building transitioned to the new building at the beginning of May.

Rose Meeks Wallace, Director of Marketing for The Culpeper, pointed out that The Culpeper is a true five-star continuing care retirement community, licensed by the Centers for Medicare and Medicaid Services. Only 20 percent of nursing homes in America are rated five stars, and The Culpeper is the only one within a 50-mile radius that is able to say that.

“In our rich 70-year history, with growth, transition and some changes, it has become evident that The Culpeper is a magical place,” Wallace said. “So magical in fact, that we

can show you our past and at the exact same time show you our future.”

The Culpeper Executive Director Jim Jacobsen pointed out that preserving the history of the organization was important in the design of the building. The brainchild of Culpeper Baptist Church pastor Dr. James Thomas Edwards in 1931, The Culpeper opened in 1948 at the Millman House in Culpeper. In 1946, 98 acres of land was purchased, and in April 1951 the current location opened. Now 70 years old, it was time to upgrade, but they wanted to be able to keep the rich history alive, Jacobsen said. As a result, they incorporated many familiar aspects of the old building, including a heritage wall as soon as you enter the front of the new building.

Jeff Say is a staff writer with The Culpeper Times. This story first appeared in The Culpeper Times May 16, 2019. Used with permission.



“God has seen fit to have you be an integral part of a human bridge that is spanning between the structure that has been our incredible journey and served us well for over 70 years and our future as we build for tomorrow,” Wallace said during the grand unveiling of the property.

Virginia Sen. Bryce Reeves and U.S. Senator Mark Warner presented flags to The Culpeper. The flag Reeves presented flew at the state capitol in Richmond and was hoisted at The Culpeper Friday afternoon.

“The flag has a special meaning especially to those who have worn the cloth of the country, it represents freedom and liberty around the world,” Reeves said. “We truly have the opportunity to stand for something in this country — for freedom, for fairness and for liberty. These are the things worth fighting for.”

The flag Warner presented will be displayed in the front of the new building.

“There are remarkable things continuing to go on across our

Commonwealth and in communities all around Virginia and all around America,” Warner said. “To see this kind of facility that is built, we live in an age where we haven’t seen yet the full impact of the Baby Boomers as they hit retirement. One of the things we need to do a better job, and what you’ve built and constructed here, is not just a facility but a community.”

Jacobsen welcomed the community to the new building and praised the effort that went into moving the residents over to the new facility.

“Last week was very exciting as our volunteers, staff, family members and residents made the transition,” Jacobsen said. “The transition was flawless.”

Jonathan Cook, CEO of Lifespire of Virginia, told a story about Hunter Riggins — board chair for Virginia Baptist Homes — who wrote a letter in 1979. Riggins pointed out two key issues he had — one was that they relied too heavily on entry fees for operations and the second was an aging asset in Culpeper.

“I believe we’ve got our use out of that aging asset,” Cook said. “I wish Hunter could be here today because I wanted to tell him we are no longer reliant on entry fees to support operations and we do not have an aging asset.”

**The old facility
will be razed
come fall,
opening up a
new view for
residents to
be able to see
the Blue Ridge
Mountains.**

Resident Sara Gallagher, who lives in a cottage on the property, said she was excited to see her neighbors move into their new home.

“It’s wonderful,” Gallagher said. “I don’t regret a minute I’ve come here.”

The old facility will be razed come fall, opening up a new view for residents to be able to see the Blue Ridge Mountains.

There are 133 units at The Culpeper with a wait list that’s truly impressive. Wallace said there is a priority membership list that has close to 40 people on it, and they are actively working with about 300 people.

“We have become a destination community,” Wallace said. “We’re off the I-95 corridor and we are also the eighth growing spot in Virginia. We have residents who move here whose children live in Northern Virginia.”





Making Sense of Our Own Philanthropic Story

**“So many causes! So little time and money to give!”
Sometimes we have to say “no,” and it isn’t always easy.**

Perhaps it’s time to take a deeper look into our own philanthropic story for guidance. Asking ourselves questions and considering the answers can help inform our giving strategies. It can also give us ways to express our philosophy to our children and families so they know how we want to be remembered.

The US average percentage of a residual estate left for nonprofits across all categories is about 14 percent, or \$47,600.

1. Have I clearly identified what I care deeply about? What life experiences changed our lives? Did military or international service open our eyes to other cultures? Did trauma or disease take a loved one? The experiences we've had and the people we've met along the way have influenced us, and figuring out what matters most to us can help direct our volunteer time and giving dollars.
2. Does my giving strategy reflect my personal life mission? Nonprofit organizations always state their mission, but we may not have even considered our own individual life mission and purpose. Identifying what we care about gives us what we need to create a life mission. A simple statement, spoken or unspoken: "I'm all about saving the planet" or "I'm going to focus on my church" is enough to help us develop a personal life mission.
3. How much can I afford to give now or in my estate? As we grow older, living and health expenses often increase faster than our income. We may not be able to give at the same level we've been giving over the years. Maybe it's time to downsize the number of causes we're supporting or decrease our annual contributions overall. This is a good time to review estate plans to see if giving can be shifted from current to future dollars.
4. Have I explained my giving goals to my children? One of the best things we can do for our children is to share with them how and why we have made gifts to charities. It will help them understand what motivates us to give and often provides incentives to them to think about their own philanthropic goals.
5. Does my giving strategy include charities in my estate? If so, how does it affect my heirs? The estimated average size of a US residual estate hovers around \$340,000. When an individual leaves just 10 percent of their estate to a nonprofit, the gift of \$34,000 is very significant to the organization, yet still provides 90 percent for heirs. The US average percentage of a residual estate left for nonprofits across all categories is about 14 percent, or \$47,600. How much is enough for your heirs is something only you can decide, but having the conversation with yourself about your charitable intent is worth the mental exercise no matter what you choose.

The VBH Foundation hopes you will choose to leave a gift in your estate to support benevolence, the staff education fund, or another cause specific to the LifeSpire community near and dear to your heart.

For more information, contact Patricia Morris, vice president, VBH Foundation: pmorris@vbh.org | 804-521-9229.

Grateful Hearts Program helps staff and their families with educational costs

Three years ago, at the urging of residents and family members, LifeSpire developed The Grateful Hearts Program (GHP) to establish a way to assist staff, their children, and their grandchildren with higher education costs. During the spring 2019 application acceptance period, 23 staff and/or family members applied for a financial stipend – our highest number since the GHP was established! We awarded a total of \$15,500, distributed among 16 qualified individuals to help with their educational expenses.

Julie Gaines Walton, a chaplain at Lakewood since 2015, received a \$500 scholarship. Julie enrolled with the American Academy of Grief Counseling in 2018 to pursue a certification in grief counseling. In Julie’s application, she wrote, “I’m trained in offering support through religious and spiritual interventions, but I thought having extra education in the area of grief in particular would help me provide quality support to all residents, regardless of religion.” Lakewood provided Julie with financial assistance for two of the courses she needed. This achievement will not only benefit Julie, but it will also be helpful as she serves all of the Lakewood family.

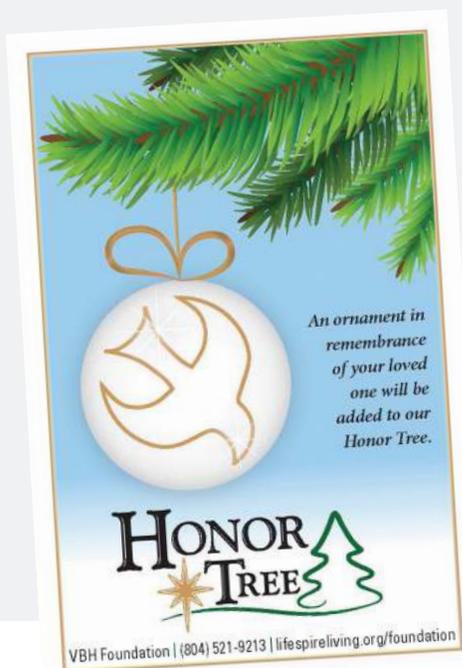
We awarded a total of \$15,500, distributed among 16 qualified individuals to help with their educational expenses.

Kendrick Messerich — the son of Kenny Allen, a much-loved chef at The Glebe — received a \$1,000 scholarship to pursue his personal culinary ambitions at Johnson & Wales University. Kendrick recently graduated from Rockbridge County High School. In the summer 2018, Kendrick signed up for a 23-day journey across the country with Teens Westward Bound. The trip solidified his love of the culinary field, as he often cooked dinner for everyone on the trip. He regularly prepares culinary delights for his family and works under the direction of a local chef to prepare him for culinary school. Kendrick hopes to one day follow his dad’s footsteps and realize his dream of being a chef in his own restaurant. We wish Kendrick the best as he pursues his goals!

2019 Spring EEF Awards

Chesapeake Chesapeake	Faith Belvin Elizabeth Herring	daughter of Beverly Belvin, Resident Services dietary aid, Assisted Living
Culpeper Culpeper Culpeper	Allene Carlton Tyler Clore Maylasia Simmons	server, Dining server, Dining daughter of Shadelle Simmons, Dining
Glebe Glebe Glebe Glebe	Landon Horton Kendrick Messerich Brauxton Munshi Makenzie Thacker	son of Joyce Horton, Dining & Housekeeping son of Kenny Allen, Dining son of Stephanie Clower, Nursing server, Dining
Home Office Home Office	Allison Lovell Nicole Mills	daughter of Ann Lovell, Marketing daughter of Charla Mills, Accounting
Lakewood Lakewood	Jinga Kapanga Julie Walton	admissions coordinator, Health Care Chaplain





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 of our communities. 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.

Monthly Giving Circle

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

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

By making a monthly, tax-deductible gift, you'll be joining a special community of dedicated supporters. Members of the Monthly Giving Circle will be invited to our annual Donor Dinner and receive a Foundation Donor Pin. You'll also be helping to lower our costs, as you will not receive future direct mail appeals.

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

Annually, the VBH Foundation provides benevolence to approximately 60 seniors in need, awarding over \$1 million each year. Together with your generosity, we can ensure no senior will need to leave the comfort and compassion they have come to trust.

Welcome, New Associate Administrators

LifeSpire of Virginia recently launched a new leadership development program and selected its first two associate administrators, Cidney Colby and Kevin Furman.

Traditionally, an administrator-in-training program is a supervised internship that allows associate administrators to work under the guidance of a licensed administrator and gain additional education and experience in long-term care administration. LifeSpire's associate administrator program hopes to go beyond a traditional program to give associates exposure to all aspects of the senior living industry, including clinical services, resident-directed care, marketing, finance and economics, communications and public relations, human resources, strategic planning, risk management and information technology.

Jonathan Cook, LifeSpire's President and CEO, describes the program as an opportunity to develop leaders and expand the organization's "bench strength" and managerial capacity.

"We want to give Cidney, Kevin and others who will join the program the opportunity to learn from the best of the best," Cook said. "As we expand our mission, we want to develop leaders who can position our organization for future growth."



Colby is a recent graduate of Purdue University in Indiana. She earned a Bachelor of Science degree in public health with a concentration in health policy and management. Colby will be based at Lakewood.



Furman is a recent graduate of Old Dominion University in Virginia. He earned a Bachelor of Science degree in health sciences with a concentration in health services administration. Furman will be based at The Chesapeake.

A photograph of Linda Feagan, an older woman with short grey hair and glasses, wearing a blue patterned top and a necklace. She is smiling and looking towards a younger woman with short brown hair, wearing a black and white striped top. They are sitting on a blue couch in a well-lit room with large windows in the background. The text "Linda Feagan receives LeadingAge Virginia's Power of Purpose award" is overlaid on the image in white font.

Linda Feagan receives LeadingAge Virginia's Power of Purpose award

Linda Feagan, Director of Nursing at The Culpeper, recently received LeadingAge Virginia's Power of Purpose award at the organization's annual conference in Norfolk. The award recognizes a clinical or support staff member who provides outstanding commitment to residents; leads with a compassionate, person-centered approach; and consistently represents the community's mission, vision, and values.

"For 30 years, Linda Feagan has been a visionary leader at The Culpeper," said Jim Jacobsen, The Culpeper's executive director. "Linda has touched the lives of hundreds of residents, staff, families, and community friends over her long career, and she keeps on ticking today!"

Linda joined The Culpeper in 1988 as a nurse. For 30 years, Linda has led The Culpeper staff to provide the highest quality care and compassion to residents, Jacobsen said.

"Linda has made the community a great workplace for so many staff over the years," Jacobsen said. "So many people love, respect, and appreciate her."

More than bricks and mortar

For many years, Linda heard LifeSpire's organizational leaders and board members discuss the need for a new building at The Culpeper, Jacobsen said. Many of the rooms in the original healthcare building were designed as quad rooms; others were small with shared toilets. Few met today's regulatory requirements and were much less desirable than today's new product.

“Still, The Culpeper remained the retirement community of choice in Culpeper and the surrounding area thanks to Linda’s leadership and attitude,” Jacobsen said. “She knew the spirit of the building was more than bricks and mortar, and the reputation Linda helped created over the years is phenomenal.”

The Culpeper's new healthcare center is nearly 100 percent occupied with a waitlist, Jacobsen said. Resident satisfaction is also extremely high. The Culpeper received

12 Holleran highest honor awards in 2017 as well as high honors in 2019. Each year, Holleran Community Research and Consulting, a national research firm specializing in senior living, recognizes communities with strong cultures of resident engagement, Jacobsen said. The healthcare center also consistently maintains a 5-star rating from the Centers for Medicare/Medicaid Services.

“Linda demonstrates the vision to respect the past, lead today, and create the future,” Jacobsen said. “All of the work here is a reflection of Linda's outstanding commitment to the residents and staff, and the senior living industry in general. Linda's purpose in life is to serve others. We are grateful she has chosen to serve the residents of The Culpeper! Thank you, Linda!”

Watch Linda's tribute video here:
<https://youtu.be/VRAAEE3o2Ic>





The
Chesapeake

Freedom lives here. Freedom lives on.

The Chesapeake celebrates 50th Anniversary

The Chesapeake turns 50 this year! For any organization, 50 years is a remarkable feat. The Chesapeake will mark this very special milestone with a number of events for the entire community.

Under the leadership of Liz Gee, The Chesapeake's marketing director, a fiftieth hospitality committee began meeting in January to develop plans for the month-long celebration, which includes a number of events, gifts and even a poetry contest, said David Loop, The Chesapeake's executive director.

The festivities will begin Sept. 19 with a resident gala, complete with red carpet, entertainment, and plenty of great food and drink, Loop said. Sept. 24 will feature a second gala for residents in assisted living and health care.

A Sept. 26 town hall will unveil the fiftieth anniversary video. This event will include a performance of songs from 1969-2019 by The Chesapeake's chorus, and the winner of the poetry contest will be announced, Loop said.

On Oct. 9, The Chesapeake will host an outdoor, invitation-only community event for Chesapeake Club members, Board members, government officials, residents, and family members. The final event will take place Oct. 23 for The Chesapeake's team members.

"Throughout The Chesapeake's fifty years of service in the Hampton Roads area, The Chesapeake team has sought to provide compassionate care in a faith-based environment every single day," Loop said. "I am excited for the opportunity to celebrate this remarkable milestone."

The Chesapeake's fiftieth hospitality committee included residents Jesse Hughes, Phyllis Baker, Susan Cowling, and Ginger Stay and team members Shannon Smith, Susan LaFrance, Liz Gee, and David Loop.

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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.

