

PANORAMA

WINTER 2025

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THE SUMMIT

A LifeSpire Community



WELCOME HOME

Final residents move into new cottage neighborhood

Mike and Margie Moorshead have a front row seat to a new neighborhood coming alive. The couple are among the final residents to move into The Summit's 18-cottage neighborhood.

"We got together for a dinner with other new residents and it's nice to get to know the people," Margie said. "They've all been very nice. Everybody has been very welcoming."

The couple were living in Forest, a few miles from The Summit, before moving into a brand-new cottage October 28.

"We used to live here before and we watched The Summit being built and I always thought, one day, when the time was right, that's where I would like to go," Margie said. The opportunity to move into a new cottage was a plus.



“When the time came and they had this cottage come up, we decided to go for it,” Margie said. “It’s really nice and it’s in a really nice location. This side of Lynchburg feels like home to me.”

Originally from South Africa, the couple moved to New York for Mike’s job. “We figured we would come for five years and that was more than 40 years ago,” Margie said.

An industrial pharmacist, Mike ran Barr Laboratories in Forest before retiring. The couple have two daughters and four grandsons on the West Coast.

Since moving in, the couple have started getting to know the residents and team members. “Everybody is so helpful and nice,” Margie said.

Mike said team members helped the couple settle into their new 1,900-square-foot cottage. “The maintenance team is wonderful,” he said.

Married 58 years, the couple plays bridge and loves reading. Mike also enjoys painting. “I look very forward to meeting the art community here,” Mike said.

They are also members of Ivy Hill Golf Club and play weekly. “We have lots of options for courses to play in this area,” Mike said.

They attend Mountain View Church in Forest. “It was like walking back into where we left off,” Margie said. “We still go to Sunday lunch with most of the same people.”

Before moving to the Life Plan Community, the couple joined the Advantage Club, allowing them to meet residents and get a feel for campus life.

“It was good to come and meet people. One time, we came to dinner and we happened to meet some friends of ours. It turned into a dinner party.”

They are excited to be part of a growing community. “The people that are moving in are great so really what’s not to like?” Margie said.

Mike said the friendly environment and beautiful surroundings make The Summit an incredible place to live.

“We live an independent life here. We can do all the things we like to do,” he said.



BLOCK PARTY

The Summit recently hosted a Block Party to showcase its new 18-cottage neighborhood for new and current residents, Advantage Club members and other guests. The party included cottage tours, music and delicious food from the dining team.







FRIENDSGIVING

Chaplain celebrates Spiritual Life volunteers

A special type of family gathers around a Thanksgiving feast. Residents, team members, pastors and singers. Different walks of life. Different stories. Same mission.

To the Summit Chaplain Jacob Palma, they are critical extension of the spiritual life program. And that commitment to God and others makes them family.

Palma, with help from Virginia Baptist Homes Foundation, hosted a Friendsgiving Celebration — complete with all the trimmings and special gifts — to thank the volunteers that support The Summit's spiritual life activities.



“It’s a team effort with residents and team members supporting each other.”
— Jacob Palma, Chaplain of The Summit —

“My goal was not only to enjoy amazing food from our dining team, but also to engage in further fellowship with our community,” Palma said. “We have such great involvement from the community offering spiritual care to the residents so we wanted to just say thank you.”

The Friendsgiving theme fit perfectly. “I put the name Friendsgiving on it because we are a tight-knit community,” Palma said.

Jodi Leonard, Vice President of VBH Foundation, was pleased to celebrate the people that support the spiritual life programs at The Summit.

“It was just nice to be in community with all the folks that are doing the work as volunteers because this is their passion,” she said. “Jacob is doing a great job of bringing that together.”

Each month, Palma, local pastors, lay ministers and choirs offer their talents for Bible studies and on-campus chapel services.

“We just wanted to say a huge thank you and strengthen those relationships that we have at The Summit and in Lynchburg,” Palma said.

Palma, who supports both Independent and Assisted Living residents, said the luncheon also brings awareness to the many programs on campus.

“We’re not always in the same room together,” Palma said. “I’m not a one-man show. It’s a team effort with residents and team members being a part of that.”

Palma said The Summit Choir is planning a performance at Assisted Living with carols and hymns. “We’re always wanting to connect with our friends next door and foster a huge family on campus.”



The Summit gives back

Over 40 residents and team members laced up their sneakers to participate in the Walk to End Alzheimer's.

Residents and team members hosted fundraisers over the last few months to raise over \$13,000 for the cause.

The effort is just one example of the extraordinary volunteer efforts happening on campus and around the Lynchburg region.

“One thing residents and team members always say is that ‘The Summit feels like home,’ and I think that aspect goes into volunteering,” Director of Resident Services Tiffany Coffey said. “They enjoy giving back to their community.”

As part of LifeSpire of Virginia, The Summit makes volunteerism an important aspect of the campus mission, going so far as to track volunteer hours on and off campus.

The Summit recently started a satellite Rotary Club so when the Forest Rotary Club has a volunteer need, residents and team members can join the effort.

In fact, the response is so strong, Coffey plans to start a Volunteer Committee next year to brainstorm new ideas to help the community. “We want to get even more involved.”

Just this year, residents and team members packed Operation Christmas Child boxes, collected grocery bags, prepared food for The Daily Bread and punched tags for the Field of Honor Veterans display.

“We have a close-knit community here and to be able to give back is one of the reasons why The Summit feels like home to everyone,” Coffey said.





HERE WE GROW AGAIN

The Summit is in the middle of an \$80 million campus expansion with an 18-cottage neighborhood complete, two Hybrid Homes under roof and a major addition underway with new dining options and a wellness center.

Director of Marketing Brenda Dixon

said joining the Advantage Club is a great way to plan for the future by ensuring a hybrid, cottage or apartment is ready when you are.

Following the announcement of this unique opportunity, interest in Hybrid Homes has greatly increased in the Lynchburg area.



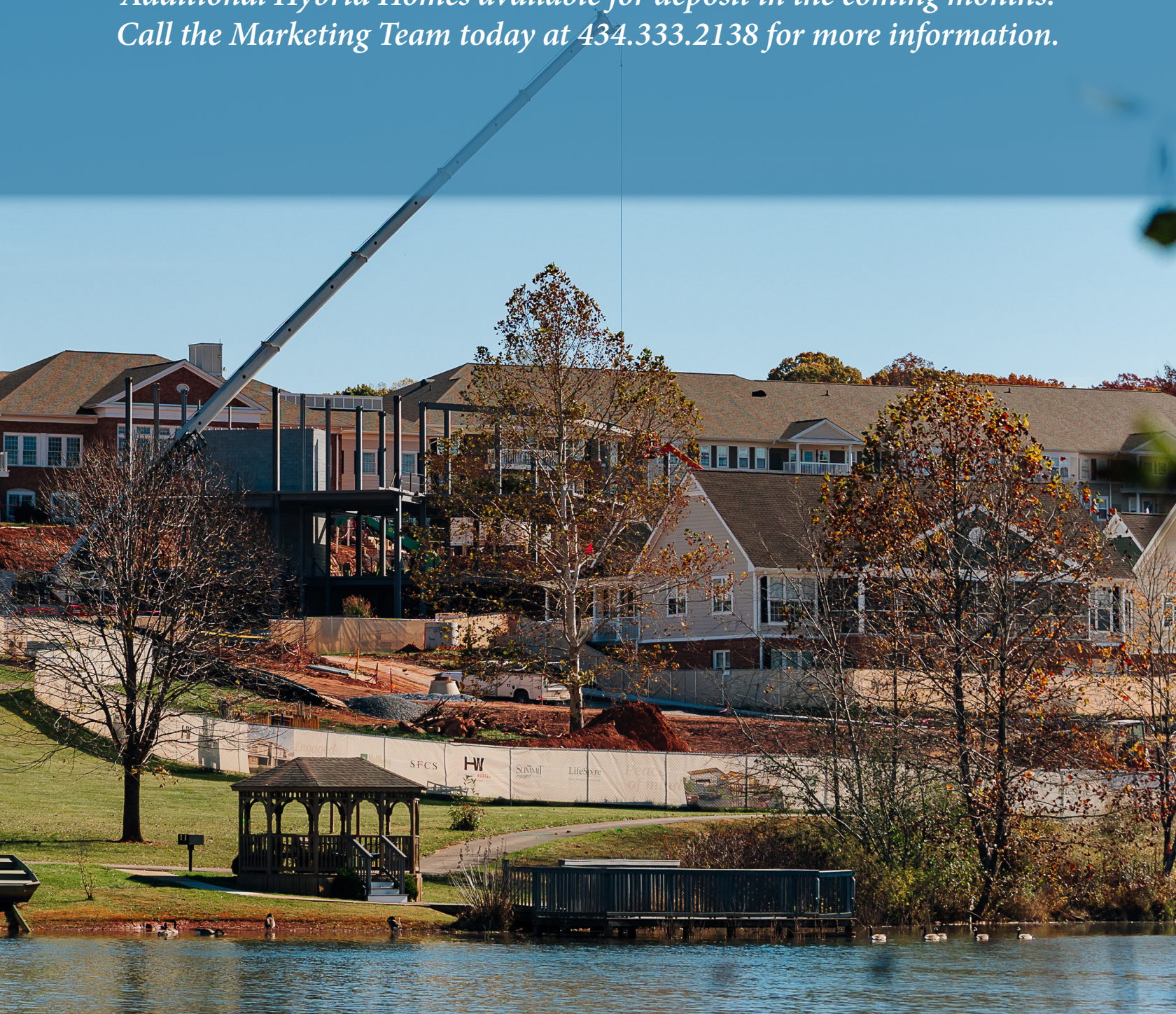
Due to high demand, the first two Hybrid Home buildings are already 100 percent reserved.

“The time to act is now,” Dixon said. “We are planning to announce additional Hybrid Home construction soon, and it’s very important to join the Advantage Club

to prepare for the future.”

Advantage Club Members receive priority status for all new construction. This membership is critical to ensuring you are among the first to reserve a home from the new construction phases we are announcing around the corner.

Additional Hybrid Homes available for deposit in the coming months. Call the Marketing Team today at 434.333.2138 for more information.





MEMORY SUPPORT

Life Plan Community embraces Small Household model

As part of an \$80 million campus, The Summit will begin offering Memory Support for residents next year.

A new memory support neighborhood will offer a secure, compassionate environment for those living with Alzheimer's disease or related dementias.

"We are excited to open our new memory support building in 2026, providing a new level of care for residents along the continuum," Executive Director Kristi Martin said.

The Memory Support team will focus on dignity, connection, and personalized support for each resident.

Built around the innovative Small Household model, this neighborhood will feature:

- Four dedicated households, each home to just five residents
- Private bedrooms for comfort and privacy
- A shared living-dining-kitchen space designed to

encourage socializing

- Secure outdoor courtyards for fresh air and engagement

"This specialized level of care represents our commitment to person-centered care in a therapeutic atmosphere," Martin said. "This added service will continue to broaden the level of care The Summit provides while maximizing quality of life for residents."

For those interested in the new Memory Support services or potential vacancies, please contact the marketing department. We anticipate an active waiting list beginning in May 2026.

"Our marketing team will manage the waiting list for Assisted Living vacancies created by the memory support transfers, along with the waiting list for Memory Support," Martin said. "We anticipate increased interest as we near construction completion and opening of the Memory Support."

AGESMART

Program offers options for aging in place

The Summit is now offering AgeSmart, an innovative program by LifeSpire of Virginia, designed to support healthy, independent adults aged 55 and over who wish to age in place.

By providing access to comprehensive care coordination, asset protection, and long-term care services, AgeSmart ensures peace of mind for members and their families. This program empowers individuals to maintain their independence while having a trusted plan for future care needs.

“When LifeSpire decided to start AgeSmart seven years ago, it was for people that wanted to stay at home and age in place,” AgeSmart Executive Director Tammy Huffman said. “We can offer care coordination to help pay for care as you need it and help you stay well longer. If you ever need higher levels of care, we can provide that as needed.”

Established in 2018 as Lakewood at Home, AgeSmart was the first program of its kind in the Richmond area. Recognizing the growing desire among seniors to remain in their homes, LifeSpire of Virginia expanded this innovative continuing care at home program across the Commonwealth. AgeSmart continues to evolve, providing members with the resources and support needed to age confidently at home.

The program is now offered in the Lynchburg region. “You can become an AgeSmart member even if you don’t move to The Summit,” Director of Marketing Brenda Dixon said.

The Summit is waiving application fees for AgeSmart through the end of the year, Dixon said.

The Summit offers a fee-for-service contract and with AgeSmart, members get another option that resembles a life care contract.

“This gives you a supplement to long-term care insurance

By providing access to comprehensive care coordination, asset protection, and long-term care services, AgeSmart ensures peace of mind for members and their families. This program empowers individuals to maintain their independence while having a trusted plan for future care needs.

or an alternative to long-term care insurance,” Dixon said. “Not only can we offer support for people in the Lynchburg area who don’t want to move yet, we can offer the protection in case something happens while you are living at home.”

Residents of The Summit can also join AgeSmart. “AgeSmart is more robust than long-term care insurance,” Dixon said. “It’s an innovative option that people in the Lynchburg area haven’t had before. So at whatever point they are in life, The Summit has an option for them.”

The AgeSmart mission is to empower individuals with choices in purposeful living where faith, wellness, and community flourish. We envision a future where older adults can confidently age in place and continue to live a life inspired, supported by a network that values their independence and well-being.

**For more information about AgeSmart, call
The Summit marketing team at 434.333.2138.**



SALUTE TO VETERANS

Campus pays tribute to national heroes

Each year, residents and team members pay tribute to the many Veterans that call The Summit home. This year, a special luncheon honored these heroes. Here are a few stories of their sacrifice.

Cecil Puckette

After high school, Puckette enrolled in Virginia Military Institute and was commissioned in the U.S. Army as second lieutenant after graduation.

He was soon assigned as a mortar platoon leader in the First Tank Battalion of the First Army Division in Texas. "My assignments were varied and interesting," Puckette said.

As a company grade officer, he commanded five different companies with five different missions, including running sled trains on the Greenland Ice Cap and a truck company in support of forces in Europe.

Puckette also relished the opportunity to teach in the U.S. Army's Transportation School and served as its personal director for years.



“As a field grade officer, my assignments were just as varied and more demanding,” Puckette said.

He ran a truck company in Europe with six companies and for three years, served as the Contingency War Plans officer for U.S. element of NATO.

Puckette retired as a Colonel. “It was a privilege. I never viewed military service as a sacrifice. The major sacrifice was for my spouse and to a lesser degree to my children,” he said.

Hu Cocklin

A veteran of World War II, Cocklin attended the U.S. Coast Guard Academy in June of 1942. “As soon as they issued us uniforms, we got on this sailing ship called the Danemark because it came from Denmark,” Cocklin said.

The Danes gave the ship to the U.S. when the Nazis invaded the European country. The vessel was assigned to the Coast Guard Academy for training.

“We spent at least one month on that in the Long Island sound because a German submarine met us out in the Atlantic,” Cocklin said.

The veteran—now over 100 years old—recalls his service with pride. “Especially in those days, everybody was patriotic. It meant quite a bit.”

Cocklin has been able to forge friendships with other heroes over the years.

“You get associated with other people that have the same experiences. It’s like a band of brothers. You can really appreciate those friendships.”

Anita Carroll

Carroll didn’t serve in the military, but her life has been touched by service.

The daughter of a retired colonel in the U.S. Army Corp of Engineers, Carroll met her first husband, Tom



McAdams, who she met at Fort Knox High School while their fathers were both stationed on the base.

From Guam to Germany, Carroll attended 10 schools in 12 years. “I certainly lived that kind of life so to speak.”

They married in 1962 and had two daughters before Tom was shot and killed in a helicopter in Vietnam. He was awarded a Silver Star, Bronze Star and Purple Heart.

Tom was a captain, serving under Col. George S. Patton, son of the famous General Patton from World War II. When he died, Patton asked his wife to visit Carroll.

“For me, things were different because I had been brought up in a military family. I knew he was in a war zone and losing him was a little bit more of a possibility. I had two young children. Therefore, as a mother of two little girls, I had to do my mother thing. Probably didn’t grieve as I should have because I couldn’t.”

After losing her husband, she earned an accounting degree to provide a living for her young family. She later married Alan Beard, who passed away over 10 years ago. He was in the U.S. Coast Guard and served off the coast of Vietnam during the war.

She met and married, Robert Carroll, after meeting him at a Grief Share Program. She has three daughters, two grandchildren and one great-granddaughter.

She shares her experiences in the book, *My Gold Star Experience*.

TRICK OR TREAT

Residents and team members broke out their best costumes to celebrate Halloween at several parties throughout the day.





Upcoming Events at The Summit

Meet the Artist Receptions

The Summit Art Gallery proudly features local artists and resident art shows year-round. We're grateful to the artists who contribute to these beautiful exhibits. A portion of every art sale—10 percent of the proceeds—is donated directly to The Summit's Benevolent Fund, providing vital support to residents facing financial hardship.

December 12: 7 Hills Art Club
January 9: Pam Lucas
February 6: Lynchburg Art Club

All Meet the Artist receptions begin at 2 p.m.

The Summit is looking for artists fill the schedule in 2026.

Winter Blues Advantage Club Mixer | Wednesday, January 21 @ 2 p.m.

Join us for our Winter Blues Mixer—the perfect antidote to cabin fever. It's time to shake off the chill and lighten the mood with great company, delicious food, and fun conversations.

This event is held exclusively for our valued community Summit Club Members and Residents. Come as you are, ready to find your sunshine indoors!

Caregivers Support Group

The Summit hosts a Caregiver Support Group the second Wednesday of each month at 1:30 p.m. in the Prayer Chapel.

The support group is provided in conjunction with the Alzheimer's Association.

Register for events by calling 434.333.2138 or online at SummitLynchburg.org/Events.

Team Members of the Month



Rodrell Smith
July 2025



Tiombee Anderson
August 2025



David King
September 2025



Kim Mason
October 2025



Taylor Wilmer
November 2025

MEET YOUR NEIGHBOR

MARG DRANEY

Marg Draney looks forward to dinner every night. The food from The Summit dining team is exceptional, but it's the friendships made that really make each night special.

"At dinner, I love that it's a very sociable time. You're just meeting new people all the time and I truly enjoy that," she said. "Everyone has such wonderful stories to share."

Marg, who already lived in Wyndhurst, moved into an apartment with a patio facing The Summit Lake in August. The patio gave her the chance to continue growing herbs.

At 86, she decided the time was right to become part of an extended community. "I feel like I have a lot of living to do and I just wanted to do it in style."

Marg and her husband, Ed, were married 62 years before his passing five years ago. She has three children, seven grandchildren and three great-grandchildren.

"My family is very involved and in touch. They are a wonderful part of my life," she said.

Since moving to The Summit, she has joined the book club. "I like meeting people and this is a very caring and loving community," she said. "It's just the perfect place to be at this time in my life."

Her husband was a salesman for an electronics company and before moving to Lynchburg 20 years ago, Marg worked at the University of Mary Washington. The couple enjoyed traveling, golf and attending live shows.

Marg stays active by walking and swimming at the Jamerson YMCA, a few blocks away. Once The Summit's campus expansion is complete next year, she looks forward to swimming in the new wellness center.

"It's an exciting time to move here with all of the building," she said.

She also volunteers at St. Thomas More Catholic Church



in the food pantry and other ministries.

Marg said Director of Marketing Brenda Dixon and the rest of the team were very helpful with her transition. "Every part of my transition, they really took the worry out about making the move," she said.

She often sees the team members in the halls. "They didn't forget about me," she said. "They are around all of the time. I feel like they are certainly my friends and they always seem to have time for me."



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