

cm

COMMUNITY MATTERS

winter / 2025

NEW PLANS
AT THE
CHESAPEAKE

Pg. 10

PALS PARTNERSHIP
AT THE CULPEPER

Pg. 14

PG. 16

AgeSmart Expands

TO THE PENINSULA AND ADDS
NEW CONCIERGE SERVICE

LifeSpire
of Virginia
Faith. Wellness. Community.

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The Year Ahead

Opportunities for Growth & Impact in 2025

Each year brings unique challenges and opportunities. At LifeSpire, we remain steadfast in our mission to empower individuals with choices in purposeful living and we believe 2025 promises to be a transformative period for our organization and the communities we serve.

In alignment with LifeSpire's strategic plan, our organizational priorities remain People, Operational Excellence, and Growth. Nothing is possible without the dedication of our team members. We continue to prioritize workforce development through professional growth opportunities, competitive wages and benefits, and a renewed focus on well-being. When equipped with the tools and support they need, team members are empowered to deliver exceptional care and service.

As the needs and expectations of those we serve evolve, so too must our approaches. Achieving operational excellence in 2025 will see LifeSpire investing in new technologies and operational efficiencies that simplify processes, enhance quality of care, and deliver more personalized experiences. At the core of our growth strategy is an unwavering commitment to our mission. We will continue to seek partnerships that align with our values and advance our mission.

One of the most exciting opportunities in the coming year lies in expanding our reach. With significant construction projects underway at The Glebe and The Summit, we look forward to welcoming new residents to the LifeSpire family of communities. And we will continue to enhance our services so that more individuals can benefit from the life-enriching programs and resources we provide. The expansion of the AgeSmart program allows older adults to enjoy these benefits as they choose to age in place in their own homes.



We are filled with gratitude for the trust and support of those who make our work possible. Whether you are a resident, family member, donor, team member, or community partner, we hope you'll join us in making 2025 a year of growth and opportunity.



- JONATHAN COOK
President and CEO
LifeSpire of Virginia

Welcoming Our 2025 New Trustees

As LifeSpire of Virginia looks to the future, we extend our heartfelt gratitude to **Dr. Valerie Carter Smith, Mr. Matthew Scott, and Mr. John Poma** for their invaluable service as they conclude their terms on our Board of Trustees. Their dedication, insight, and passion for serving others have been a gift to our organization. At the same time, we would also like to welcome our newest board members, whose expertise and vision will help us continue to fulfill our mission of empowering individuals with choices in purposeful living:



REV. DAN CARLTON

Rev. Dan Carlton is the Pastor of Culpeper Baptist Church, a position he has held since being called to the role in August 2014. He currently serves on the boards of Averett University, the Virginia Baptist Historical Society, Culpeper Wellness Foundation, and the Northern Piedmont Community Foundation. He has previously served as board chair for LifeSpire of Virginia.

DR. PRISCILLA SHULER

Dr. Priscilla Shuler is an accomplished nurse and healthcare executive with years of leadership experience in the healthcare sector. She holds a Doctor of Philosophy (PhD) in Nursing from The Catholic University of America and a Master's in Nursing (MSN) from the University of Virginia alongside her Registered Nurse (RN) credentials. Dr. Shuler has held senior leadership roles in both hospital and academic settings and has also consulted on quality, patient safety, mental health, and palliative care. In retirement, Dr. Shuler remains dedicated to enhancing healthcare delivery models, advocating for policy changes, and ensuring care environments meet the evolving needs of patients and families.



MATTHEW COBB

Matthew Cobb, J.D., is a partner at Williams Mullen law firm in Richmond, Virginia. As a healthcare attorney he specializes in regulatory, licensure, and reimbursement issues impacting health care providers, including skilled nursing facilities, physician practices, assisted living facilities, and home health agencies. A former deputy secretary of health and human resources for Virginia, Mr. Cobb represents clients before the General Assembly, state agencies, and courts, leveraging his deep knowledge of Virginia's legislative and regulatory processes.



Construction Update

The Summit and The Glebe's Next Steps



Exciting transformations are underway at two LifeSpire communities as construction progresses at both The Summit and The Glebe. At The Summit, cottage framing and brickwork are moving forward, with upcoming work focused on completing waterline installations, roofing, and interior finishes.

Meanwhile, at The Glebe, work on both the cottages and Community Center is advancing, with road improvements and landscaping efforts underway.

Later in 2025, The Summit will also begin construction on the expansion to the Blue Ridge Commons community center and hybrid homes. In the coming months, expect continued progress as amenities are added and new residents prepare to join these communities.



Team Member Spotlights!

MIA

Browser

Social Services, *The Glebe*

"I am currently the Director of Social Services. Outside of work, I enjoy going for long walks with my pup, Obie, and spending time with friends and family. I also enjoy traveling and being involved in church. My favorite part about working at The Glebe is that I consider it a privilege. I am strongly supported by my fellow team members, and we have cultivated a strong community of meaningful relationships. This is evident to me in how our residents and their families have become part of our family. Although this is my "job," it never feels like work to me!"

6YRS



10YRS

"I have been working at Lakewood for almost 10 years in February. I began as the Environmental Services Supervisor in 2015 and was promoted to Manager in 2019. Outside of work, I enjoy doing my hair, visiting new parks, hiking, kayaking, and DIY's- pretty much anything outside that's fun and keeps me busy. My favorite part of working at Lakewood is the ability to develop meaningful connections with the residents, the challenges I get to resolve daily, and the access to learning and development opportunities so that I can continue to expand on my contribution to my department and the Lakewood community. I appreciate the personal investment from LifeSpire. It has been very rewarding."

LINORE

Douglas

Environmental Services Manager, *Lakewood*

RASHOUN

Watts

CNA, *The Summit*

"I have worked at The Summit for 14 years as a CNA. When I'm not working, singing is my passion! The best part of working at The Summit is caring for my residents and seeing the joy on their faces. Anything I can do to make a resident smile brings joy to my day. I love my residents."

14YRS



SAM

Abid

Maintenance, *The Chesapeake*

"I have been with the Chesapeake for 3 years as a Maintenance Technician Specialist. I enjoy soccer and swimming when I'm not at work. My favorite part of my job is my service to our residents. I'm proud to be able to work by helping others."

3YRS



10YRS

"I have worked at The Culpeper 10 years in March. I am a Programming Coordinator for Assisted Living and Independent Living. I love my job and my favorite part of working here are the residents, they are like my extended family. I am very involved in my church. For 32 years, we have run a church bus, picking up kids and taking them to church every Sunday."

BETTY

Brooks

Program Coordinator, *The Culpeper*

In honor of Careers in Aging Month this March, LifeSpire is proud to spotlight incredible team members from each community who make our mission a reality. Their teamwork, creativity, and integrity are the heart of everything we do. Learn more about these individuals whose hard work and passion drive LifeSpire forward, enriching the lives of those we serve every day.

New in Town

The Summit's Information Center in Wyndhurst



Visit Us!

Visit the Information Center at 1627-A Enterprise Drive in Wyndhurst for a preview of the exciting future ahead at The Summit. To make an appointment, call 434-333-2138.

Excitement is building on both sides of Enterprise Drive in Lynchburg's walkable Wyndhurst neighborhood. On one side, The Summit's highly anticipated expansion is underway, with new cottages taking shape. On the other side, The Summit's new Information Center at 1627 Enterprise Drive offers visitors a first look at these developments and a taste of what's to come, featuring virtual tours, a sample kitchen experience, and detailed insights into the region's first hybrid homes.

The Information Center is designed to let visitors experience the future of senior living in Lynchburg firsthand. One highlight includes information on hybrid homes, a first-of-its-kind concept in the area that combines the privacy of a cottage with the convenience of an apartment. Visitors can also preview modern design concepts in a model kitchen and learn more about the 30,000-square-foot addition to Blue Ridge Commons, which will house a theater, multiple dining venues, a wellness center with a pool, and a community room.

"The Summit's expansion reflects our commitment to creating a vibrant, connected lifestyle for current and future residents," said Kristi Martin, Executive Director of The Summit. "The Information Center engages the public by showcasing the dedication and thoughtfulness that are being applied to the creation of these enhanced living spaces and amenities."

Located a short walk from The Summit, the new Information Center is easily accessible and a new part of Wyndhurst's pedestrian-friendly community. A Grand Opening was held December 3, 2024 for residents as well as members of the public to explore the new space. "It was a great way to kick off the holiday season at The Summit and build excitement around the expansion

for the year ahead," explained Brenda Dixon, The Summit's marketing director.

"We are excited to see how this new space connects us to the community and showcases how The Summit is shaping senior living in our region." To view more expansion amenities, visit: <https://bit.ly/TheSummitExpansion>



Lakewood Residents Honor

SAWDUST CLUB'S COMMUNION OF SAINTS



Tucked in a corner of Lakewood's woodshop, known as the Sawdust Club, lies a collection of mismatched lumber scraps. To the untrained eye, these fragments might seem like trash. But just a short walk away, in Lakewood's Simms Center, a polished communion table made from those remnants serves as a reminder: in the right hands, the overlooked can become something remarkable.

The communion table's journey began over two years ago when Lakewood Chaplain Julie Walton encouraged residents to create meaningful contributions to worship spaces. "Residents crafted Chrismon ornaments for the Advent tree, and we're hoping to see banners from our quilters," she shared. "The communion table is another example of residents making their worship space their own."

Walter Ayers and Bill Bateman constructed the table using donated wood, including pieces from resident Jack Pierce, projects left behind by residents who have passed, and even wood from the nephew of resident Rita Stone. This collective source of materials was named The Lakewood Sawdust Club Communion of Saints, reflecting how each piece carries a story and connection to the broader community.

The walnut they used wasn't in pristine condition. "Much of [the wood] was twisted or warped," Bill Bateman said, "but the group saw beauty in the imperfections, noting that it mirrored how faith can transform us and shape something broken into something beautiful."

Margaret Leith, a gifted woodcarver, spent over two years carving the table's intricate front design, her first project of this size. "I was honored and humbled to be asked," Leith said. Bill Bateman carefully stenciled the lettering for Leith to carve. The team then selected the stain and pieced the table together.

On October 27, 2024, the table was dedicated in a resident-led service in the Simms Center. Resident musicians Lynn Clayton and Linda Jones, along with Julie Walton on flute, provided music. "It was a true community effort," Walton said.

The three crafters—Ayers, Bateman, and Leith—all speak of the project with deference. "Initially, I thought, 'This is an interesting project,'" Ayers said. "But as I watched Margaret work, it felt more like a spiritual adventure. It was truly a privilege to be part of it."

Now resting in the Simms Center, the table serves as both functional furniture and a symbol of communal creativity. As for the Sawdust Club, its makers have received a new project, and plans are being made for a new podium. The scrap pile, brimming with potential, waits patiently for another transformation.



“Much of the wood was twisted or warped, but the group saw beauty in the imperfections, noting that it mirrored how faith can transform us and shape something broken into something beautiful.”

- BILL BATEMAN
Lakewood Resident

New Plans at The Chesapeake

Transforming Gloucester Commons at The Chesapeake

For residents and team members at The Chesapeake, the transformation of Gloucester Commons is more than just new amenities—it’s an opportunity to connect, engage, and build community. Currently a grassy lawn, Gloucester Commons will soon become a vibrant hub for social and

physical activity, featuring a firepit, pavilion, entertainment area, and pickleball court.

Joining the recently added water feature and pergola, made possible by generous donors, the new planned pavilion is being made possible with additional support from both a private

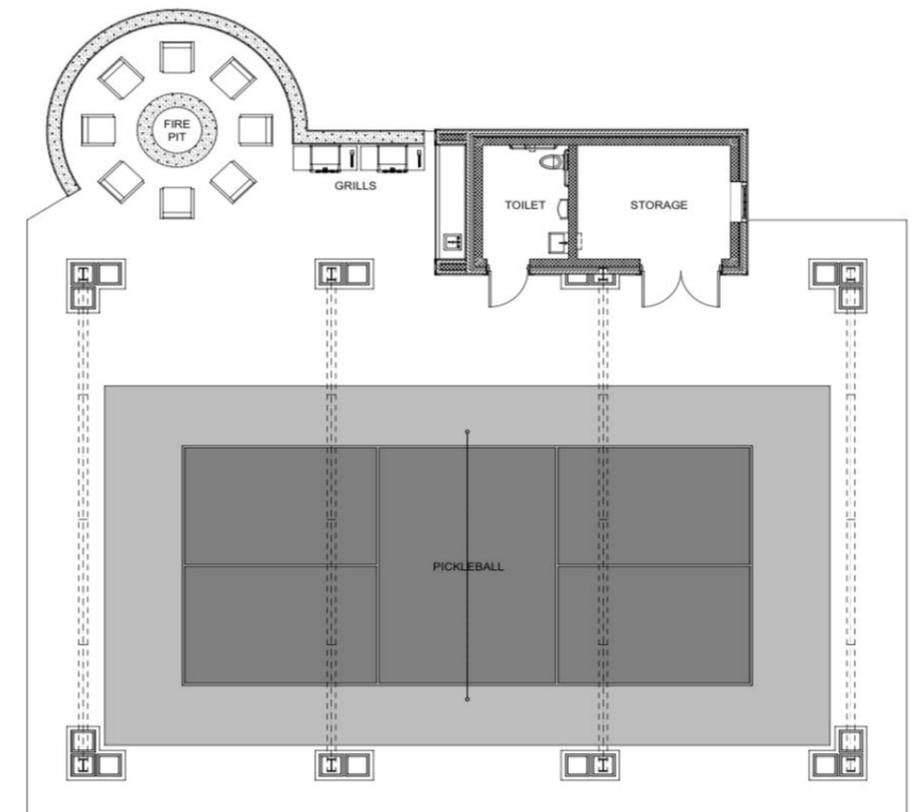
donor and partner vendor of The Chesapeake. “The initial vision for Gloucester Commons was part of our community’s master plan, but contributions turned the covered pickleball and entertainment area into a reality,” said David Loop, Executive Director. “Thanks to

this support, the new space will provide incredible opportunities for pickleball matches, cookouts, and community events.”

Pickleball, an approachable sport combining elements of tennis, ping pong, and badminton, is generating particular excitement. Caitlin Kiss, a fitness specialist at The Chesapeake, explained its appeal: “Pickleball blends physical and social engagement, offering benefits like improved health, reduced stress, and more active lifestyles. The new space also opens opportunities for lessons and tournaments to bring residents together in a fun, competitive way.”

For Candace Montgomery, Director of Life Enrichment, the project is about fostering connections. “This will further set The Chesapeake apart,” she said. “It’s a way to bring residents together outdoors and improve how we host community events like our first responder’s cookout.”

Whether it’s a concert under the pavilion, a friendly pickleball match, or neighbors gathered around the fire pit swapping stories, the reimagined Gloucester Commons—expected to be completed by summer 2025—is set to connect and inspire everyone who calls The Chesapeake home.



The Glebe CARD ARTISTS



Glebe resident Linda Fleshman's cool blue watercolors create a wintry wonderland on LifeSpire's 2024 holiday card. But don't look for anything too traditional or busy here.

"It's calm," noted another resident about the painting. "Just like Linda." Linda says she was surprised to have her art selected for this year's card, but truly enjoyed painting the serene subject. "I've always enjoyed doing something with trees. I liked the star... the starlight made the ground seem like snow. And I loved the meaning of the star, pointing to the birth of Christ."



back row from left to right: Linda Fleshman, Peggy DeHart, Alice Hopkins, Helen Maxine Gregory, Mary Woods, Gigi Compton
front row left to right: Peg Colley, Helen Roberts, Pat Andrews

We salute all the LifeSpire residents who share their time and talents to help build one another up, form friendships and create a true community. Thank you!



left to right: Pat Andrews, Mae Overman, Helen Roberts, Peggy DeHart, Linda Fleshman, Mary Woods, Peg Colley

For almost two years now, Linda has been bringing her calm creativity to Saturday morning painting classes at The Glebe. Taught by Peggy DeHart, a resident and a former school art teacher, the class is open to eight students each week. Some are regulars, some are first-timers, but all contribute to what Peggy calls "an art program to make stronger bonds within the community."

When Peggy moved to The Glebe two and a half years ago, her time as an activity director at a retirement community inspired her to start the painting class. With support from The Glebe staff and shared art supplies from her sister, she designs each class project as a greeting card to use for celebration, comfort or cementing friendships. "Our homemade pictures in watercolor, acrylic or ink are about learning new techniques to make sharable art." And greeting cards, she says, "are the ebb and flow of our community."

Linda Fleshman always liked doing creative activities but had not taken painting classes since college.

The small class size at The Glebe helped her find the courage to start again. And for those who might be intimidated by painting? "Don't be afraid to try!" she quickly advises. "I've been surprised at how much better my work can look than I expected."

Linda estimates that she's created about 25 paintings in the class over time. But artistic progress is not the only draw for her on Saturday mornings. "It's fun!" she says. "It's a very interesting group of people to work with. And by now we're all good friends."

During construction at The Glebe, the painting class has relocated to temporary quarters in the community room. The resident artists look forward to working in a brand-new art studio as part of the planned community center renovation and expansion, coming in 2025: <https://bit.ly/TheGlebeExpansion>



PALs Partnership at The Culpeper

Along with the new year, The Culpeper has welcomed new faces and a new partnership to its community. Through a collaboration with the Culpeper County Public Schools and the Phoenix Adult Learners (PALs) program, The Culpeper is facilitating opportunities for adult learners with special needs to utilize their vocational training skills. The students are contributing to dining services, Terrace Level Health Care, and Memory Support while also gaining valuable skills and experiences.

PALs, a program of Phoenix Alternative Education Center, collaborates with local businesses and organizations to provide their learners, most between the ages of 18-22, with vocational training, job exposure, and new opportunities to continue to build their confidence and self-esteem. Alison Crane, Special

Education teacher for the PALs Vocational Program, described the partnership with enthusiasm. “We’re always looking for new organizations and businesses for our students, and when I identified a student who was looking to help others and loved to build relationships with senior citizens, I reached out [to The Culpeper],” said Crane. “Our program allows businesses to see the benefits these adult special needs students can offer employers.”

Susie Hatfield, now serving as The Culpeper’s Assisted Living Administrator, reflected on her role in helping to initiate the partnership. “When I first learned about the opportunity to partner with PALs, I knew it would be an incredible way to engage with our community and foster meaningful connections. It was evident from the beginning how impactful this could be for both the students and our residents. The enthusiasm and warmth the students bring are a wonderful addition to The Culpeper.”

Dawn Kenyon-Smith, The Culpeper’s Director of Resident Services, echoed Crane and Hatfield’s sentiments. “This is a new experience and has certainly been so rewarding. The staff who have interacted with the students have all commented on how lovely they are and are eager to please. Jacob, [one of the PALs participants] is frequently interfacing with residents as a part of his role, specifically focusing on resident interaction, programming, and activities. Our programming staff remarked that he has made great connections and bonds with residents. People are drawn to his kindness and personality.”

As a LifeSpire community, The Culpeper prioritizes social accountability, and this initiative strengthens the commitment to connect with the wider community. Reflecting from PALs’ perspective, Crane noted, “I think our partnership with The Culpeper is mutually beneficial, and a great one at that.”



Culpeper PALs participants Jacob Pritchett, Nichole Rodriguez, and Emmanuel Brito Puc

Leaving a Legacy:



Adding a Codicil to Your Will

Supporting the causes we care about can continue even after our lifetime, leaving a legacy that benefits future generations. If you’d like to support a LifeSpire community through the Virginia Baptist Homes Foundation without rewriting your entire will, consider adding a codicil. A codicil is a simple, flexible way to amend your existing will to include a charitable gift, reflecting your values and priorities.

BENEFITS OF ADDING A CODICIL

Simplicity:

A codicil is an amendment to your will, so it’s often more straightforward and less time-consuming than drafting a new will.

Flexibility:

You can specify a set amount, a percentage of your estate, or even designate a particular asset to the charity.

Cost-Effective:

Since a codicil is typically a shorter document, it can be less costly to prepare than a full estate plan revision.

Legacy:

Supporting a LifeSpire community through your estate can provide a lasting impact that extends beyond your lifetime, strengthening our mission for years to come.

Sign and Witness:

Like your original will, a codicil typically requires signatures from you and two witnesses. Your attorney can advise you on the specific requirements.

Keep it Safe:

Store the codicil with your will in a secure place and let your executor know where to find it.

MAKING YOUR WISHES KNOWN

When planning a charitable legacy, consider sharing your intentions with your family. By openly discussing your values, you ensure they understand and support your decision.

By adding a codicil to your will, you can make a meaningful difference at LifeSpire without significant changes to your estate plan. With just a few steps, you’re creating a lasting legacy, ensuring your values endure and continue benefiting your community for generations to come.

Contact Jodi Leonard, CFRE at (804) 521-9213 or jleonard@lifespireliving.org for additional information or to chat more about the different options for including LifeSpire in your will or estate plan.

HOW TO ADD A CODICIL

Consult Your Attorney:

Work with an estate planning attorney to draft the codicil. They’ll ensure that it’s legally binding and that your intentions are clearly expressed.

Choose the Charitable Gift:

Decide the type of gift you’d like to make—whether a specific amount, a percentage of your estate, or a residuary bequest.



Legacy Giving

Take the time to learn more about enhancing your own financial plans, as well as benefiting seniors in need with your generosity. You can help by including the VBH Foundation or a specific LifeSpire community in your will or estate plans. visit: <http://vbh.planmylegacy.org>



AgeSmart Expands

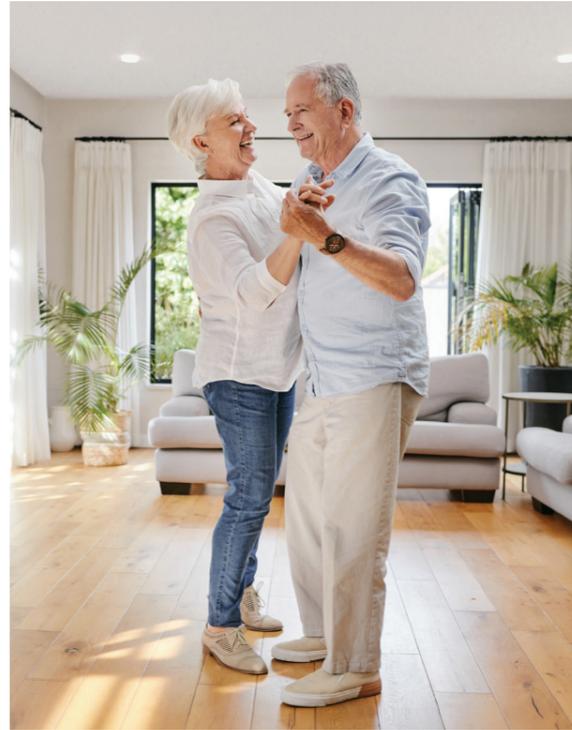
to the Peninsula and Adds New Concierge Service

LifeSpire's innovative continuing care at home program, AgeSmart, formally launched in Newport News and the surrounding areas in August 2024.

The launch included a series of educational long-term care planning workshops and information seminars. "We were pleased with the strong response to our event invitations. Our workshops and seminars were filled to capacity and we even added an additional date to accommodate the overflow," said Tammy Huffman, AgeSmart Executive Director. "Knowing that most older adults would prefer to remain in their own homes as they age, we're excited to offer AgeSmart membership here on the Peninsula."

AgeSmart's membership program offers a combination of the financial protection of long-term care insurance, along with professional care coordination, and access to the continuum of care and many amenities of a life plan community.

In December, AgeSmart announced a partnership with Dorvie, providing members with free access to a concierge to schedule non-medical services including house cleaning, laundry, meal delivery, home repairs and maintenance, lawn care and more. "Our partnership with Dorvie enhances the value of AgeSmart membership, providing easy access to a one-stop experience with a dedicated concierge, exclusive member rates, reliable and vetted vendors, and



consolidated service billing," said Huffman. For more information about Dorvie, visit the AgeSmart website.

To learn more about AgeSmart, attend an upcoming complimentary long-term care workshop or seminar. See dates at right.



AgeSmart Members Celebrate at Holiday Brunch & Annual Meeting

In December, AgeSmart members gathered at Hermitage Country Club to celebrate the sixth holiday brunch and annual meeting. Members enjoyed a sweet and savory buffet, Christmas carol sing-along, a program and membership update and a representative from Dorvie, the new concierge service.



Brenda Davis, Tammy Huffman, Marygrace Cantilo, Kelsey Camire and Jackie Ahmed



Brenda Davis (Right) and AgeSmart members

Independence. Long-Term Security. In Your Own Home.
It's Possible with AgeSmart.

Are you among the 90% of older adults who want to stay at home while they age and recognize the cost of long-term care can be daunting?

- Are you healthy and independent?**
- Do you want to protect your financial assets?**
- Is it important not to burden your family as you age?**
- Would you like peace of mind as you plan for your future?**

If you answered **yes**, AgeSmart may be the perfect solution for you. To learn more, join us at an upcoming seminar or webinar.

Richmond, VA In-Person Seminars	March 4, 4:00-5:30 pm
	March 20, 4:00-5:30 pm
Newport News, VA In-Person Seminars	March 13, 12:00-1:30 pm
	March 25, 12:00-1:30 pm
Virtual Webinars	March 11, 3:00-4:30 pm
	March 27, 4:00-5:30 pm



AgeSmart

RSVP is required. To register, please call (804) 420-1952 or visit www.agesmartva.org



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five communities. one vision.



WHERE FAITH, WELLNESS AND COMMUNITY FLOURISH.

LifeSpire of Virginia's five communities offer many choices of apartments and homes in beautiful and inviting settings along with access to continuing care as needed. The AgeSmart program enables members to age in place, regardless of location. Take advantage of the security of knowing the future is well planned in an atmosphere where faith, wellness and community flourish.



The Virginia Baptist Homes Foundation is the philanthropic arm of LifeSpire and provides support to residents and team members through its four funds—benevolence, crisis, education and spiritual life.



Culpeper, Va.



Glen Allen, Va.



Newport News, Va.



Daleville, Va.



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Lynchburg, Va.

TO LEARN MORE, CALL (804) 521-9214 OR VISIT LIFESPIRELIVING.ORG