

A NEWSLETTER BY LIFESPIRE OF VIRGINIA

# Community Matters



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

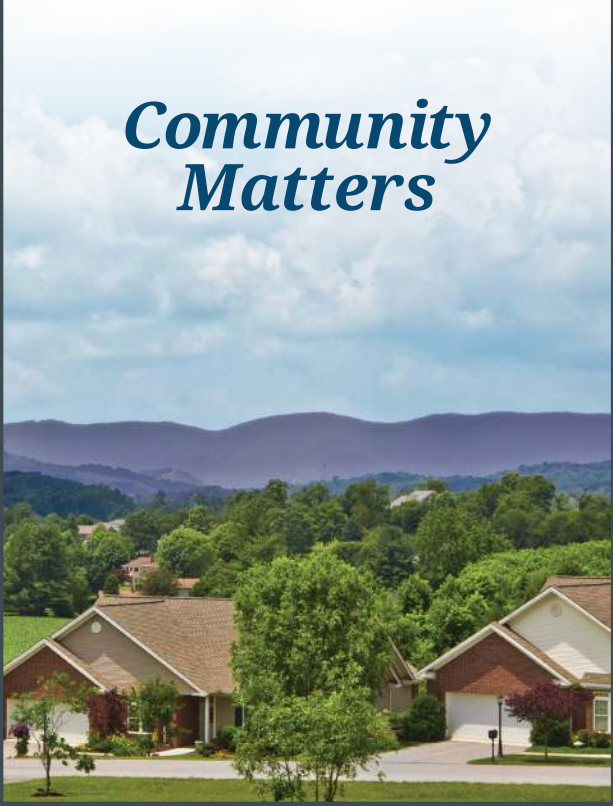
LifeSpire  
of Virginia  
Faith. Wellness. Community.

[LifeSpireLiving.org](https://LifeSpireLiving.org)

July - September 2020

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# From the Editor



When I joined the team at LifeSpire nearly a year ago, I had no idea that I would be part of an organization tasked with responding to a global pandemic. I watched as the hundreds of healthcare professionals on the front lines at our communities quite literally put their lives on the line to care for our residents. I saw my peers drop everything to help whether it was delivering a truckload of face masks to a community or walking fellow team members through the process of connecting residents with their loved ones remotely. It has been a troubling time for many, but I was invigorated daily by the stories I heard from my peers regarding their interactions—albeit virtually or from a social distance—with our residents and community team members. I had the opportunity to read through the nominations submitted for our COVID Care Recognition Program—which you will read more about later in the magazine—and I was inspired to learn about the character and class of those who I have the pleasure of working alongside. I had the honor of reading through the countless thank you notes submitted to the leadership teams at each of our communities. In the face of unimaginable circumstances, our residents expressed gratitude and resilience. It was a blessing, in fact, to me that I joined LifeSpire when I did. I had the opportunity to see the very best of every member of our extended LifeSpire family. I got to know you all through a time when we were forced to come together even if we are apart. I imagine down the road when health officials come up with a vaccine and become even better at treating the devastating disease, I'll look back on this time and remember not the slight inconvenience of wearing a mask or staying home more often than not, but rather the love and care I experienced first-hand.

—Hillary Smith

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

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

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# LifeSpire, VBH Foundation Award \$20,000 in College Scholarships

LifeSpire of Virginia and the Virginia Baptist Homes Foundation (VBHF) are pleased to announce the 2020 scholarship recipients. A total of \$20,000 was awarded to 22 deserving individuals. The scholarships are funded by the LifeSpire Employee Education Fund.

The fund provides financial assistance for deserving team members to obtain higher education, as well as updated training and specialized skillsets.

## Support is awarded with grants in two categories:

*Tuition Reimbursement toward a degree, continuing education or certification that is not covered by the community budget*

*College Scholarships for college-age team members, team member's children and grandchildren*

"The LifeSpire mantra, 'Faith. Wellness. Community.' represents an unwavering commitment to residents' wellbeing and health; contentment and engagement; independence and safety. The same values include LifeSpire's team members and are supported in part by the LifeSpire Employee Education Fund," said VBHF Vice President Jodi Leonard. "We are honored to help our staff and families in fulfilling their higher educational dreams. We wish everyone good luck in their future—especially our high school seniors who are leaving LifeSpire and heading off to their first year of college."

## 2020 Scholarship Recipients

### The Culpeper

- Tykia Cottoms, Dining
- Shannon Cottrell, Nursing
- Armani Hoffman, Dining
- Capone Hoffman, Dining
- Lauren Jamison, Dining
- Kaitlyn Shifflett, daughter of Rada Nicody, Dining
- Anna Camille Stein, Dining
- Cheyanne Washington, Dining

### The Glebe

- Cynthia Duarte, daughter of Dilma Duarte (Housekeeping) & Robert Duarte (Dining)
- Tessa Goad, daughter of Angie Goad, Marketing
- Cody Hatter, grandson of Joyce Horton, Dining
- Coby Kingery, Dining
- Kendrick Messerich, Dining
- Brauxton Munshi, Security
- Lauren Rakes, Dining
- Samantha Reid, Nursing

### Lakewood

- Shakiera Branch, granddaughter of Jimmy Edmonds (Housekeeping) & Mary Edmonds (Health Care)
- Jessica Cookmeyer, Marketing
- Desiree Johnson, Dining
- Mujinga Kapanga, Health Care
- Mary McLaughlin, daughter of Steve McLaughlin, Maintenance
- Karishma Vahora, daughter of Hamidaben Vahora, Housekeeping





*Brauxton Munshi*

*Lauren Rakes*

*Ellen D'Ardenne,  
Glebe Executive Director*

*Cynthia Duarte*



*Capone  
Hoffman*

*Jim Jacobsen, Culpeper  
Executive Director*

*Armani  
Hoffman*



*Desiree Johnson*



*Mujinga Kapanga*



*Jessica Cookmeyer*

# VBH Foundation Announces Inaugural Influencer Award Recipients

The VBH Foundation is proud to announce our inaugural Influencer Awards, given to a champion at each of LifeSpire's four residential communities who causes a positive effect on the Foundation's mission to enhance the lives of residents at LifeSpire. Influencers embody the core values of the communities through their spirit, their engagement, and their generosity.

The Influencer Awards recognize the outstanding service of individuals whose efforts take many forms, including volunteer time, charitable giving, and overall community

support. What all the honorees have in common is the positivity and commitment to the ongoing work of the VBH Foundation: to faithfully support LifeSpire's benevolent mission of providing hope and security for seniors.

Thank you to the business partners of LifeSpire and supporters of the Foundation that have honored these Influencers by sponsoring the 2020 Awards, benefiting the Foundation's Benevolent Fund. To view vendor sponsored messages and to learn more about the honored recipients, visit [www.lifespireliving.org/give/influencer-awards/](http://www.lifespireliving.org/give/influencer-awards/).

## Meet the Influencer Award Recipients



**Dr. Edith B. Ellis**  
*Lakewood*

Edie was born on January 13, 1946, in Richmond, Va. Edie grew up in the Fan, but before moving to Lakewood in June of 2018, she had lived the last sixteen years in Charleston, S.C.

Edie was influenced by her parents, her teachers and professors and her Girl Scout leaders when she was growing up. Lakewood residents influence her today. She said she has learned so much from her friends and neighbors, and they continue to enrich her life every day. The week after she moved in, Edie went to resident services and volunteered to lead programs, including bingo, trivia and the resident speaker series.

Edie said, "You can take the teacher out of the classroom, but you can't take the classroom out of the teacher!" Edie seeks to learn and to teach in every way she can.

Edie's goal has always been to be an active, contributing member of the Lakewood community. She likes to be a good listener and to help resolve problems between residents and sometimes between residents and team members.

From Resident Services Director Sally San Soucie: "Edie has her finger on the pulse of the community. She is supportive of staff; she offers her assistance and encouragement. She is always looking for ways to help enrich the lives of our residents. In general, Edie makes Lakewood a better place!"



**Dr. Jesse W. Hughes, Jr.**  
*The Chesapeake*

Jesse was born on June 29, 1934 near Spurgeon, Ind., thirty miles northeast of Evansville. Even though he met Roselyn 'Sue' Rinehart in senior high school, he did not start to date "the love of his life" until he attended Evansville College. They were married at the start of his senior year after Sue graduated from nursing school at Deaconess Hospital.

Jesse and Sue moved to The Chesapeake in 2011, choosing it because it met all their needs with the promise of comfortable housing and good health care as they approach the end of life.

"Being in a LifeSpire community gives me peace of mind because I know that Sue and I will be taken care of and not be a burden to our children," he said.

Jesse hopes to continue to help others achieve their goals. He believes that "the Lord put us on earth to be good stewards so we can help others live a fruitful life." Consequently, he and Sue have led many national and international mission trips.

Jesse is most proud of providing scholarships to motivated students so they could advance their education. In addition, he self-published a book on public financial management with a colleague to help improve living conditions throughout the world. His personal motto is to "be fair to others and treat all with respect," a trait he and Sue have instilled in their three children, seven grandchildren and five great-grandchildren.



Together with Sue, Jesse also created and funded The Cardinals Haven, a place where family and friends can meet with loved ones as they approach end of life. Their hope is that The Cardinals Haven will bring relief and peace to those at The Chesapeake in these difficult situations. He and Sue also funded a memorial garden in the health care/memory support courtyard so residents can enjoy the beautiful outdoors with family and friends.

From Executive Director of The Chesapeake David Loop: "Jesse embodies servant leadership and genuine caring qualities that are admired by all who know him. His passion includes fitness, nutrition and of course sharing accounting principles to students of all ages. He is simply a unique person who makes a difference and influences the world we live in."



## Rev. Dr. Guy D. Mattox, Jr.

### *The Culpeper*

Guy was born in Lynchburg, Va. on June 21, 1931, and grew up in Richmond. Guy wanted to be involved in graphic arts and earned a college degree in architecture, entering Virginia Tech in 1949. He did construction work and was employed in two design offices, and then he said God called. He's been in the Christian ministry since 1956.

Guy and Vivia moved to The Culpeper in March of 2017. Prior to that, he served on the Virginia Baptist Homes Board of Trustees for 13 years and he liked what he knew about the operation.

As a child, Guy's mother influenced him because she made the most of a difficult marriage. His father was an influence in that he always had high expectations of Guy. Today, Guy's main influences are his wife, Vivia, and their children, more than anyone else. They know him best and he trusts them most.

From The Culpeper Executive Director Jim Jacobsen: "It has been such a delight knowing Guy since he served on the VBH Board for many years, now a resident serving on The Culpeper Resident Council, always giving his valuable time to support the LifeSpire mission, vision and faith based values. His commitment this past year to the foundation was showcased as he challenged residents and staff, LifeSpire leadership and trustees, to raise resources to support the VBH Foundation through our new stained-glass window fundraiser for benevolence. The Culpeper family is grateful for his presence each day."



## Mrs. Pam Renga

### *The Glebe*

Pam was born in Chicago on April 26, 1948, and grew up in Peoria, Ill. surrounded by her father's large extended family, with many summer visits to her grandparents in Chicago.

Pam met her future husband, Ivars "Ivy" while waitressing while she was in high school and he was in college at Bradley University. Pam and Ivy got married after her second year at Illinois State University and then moved to Michigan.

Pam and Ivy moved to The Glebe in May of 2015. They had been looking for a continuing care retirement community in a country setting.

Pam has been influenced by many people in her life: her parents, grandparents, aunts and uncles who lived nearby. Pam's great-aunt, Corabelle, was a memorable influence in that she had the wonderful ability to make you feel good about yourself. Her father taught her many fix-it skills with the motto: "Do something do it right or don't do it at all." Pam said her mom always seemed to be able to talk to anyone, a skill that she much admires. Another influence was a high school math teacher who made learning a joy and who sponsored the high school bridge club.

From Robin Ward, Resident Services Director: "Pam influences our residents by promoting health and wellbeing. She has a special place in her heart for residents with special needs and volunteers on several committees. Pam is a guild certified Feldenkrais instructor, and teaches a mindful movements class, offering a way of learning to move more freely and carry less stress in your body through gentle movement and directed attention.

"Pam also organizes the Memorial Green Short Game Golf & Cornhole Tournament for Benevolence. Pam donated the funds for the golf green at The Glebe in memory of her brother, Brian Miller. She makes good use of the green by promoting an annual golf fundraiser for our endowed benevolent fund that gets many residents and the community excited to play and join in on the fun! Though the event flows seamlessly, this fundraiser benefits from the support of resident volunteers who recruit local community players and raffle prizes from local businesses. The Glebe pitches in to support Pam's efforts with a themed event to include music, food, and décor. Cornhole was added this past year to add even more fun! The cornhole boards were built by our residents in our Glebe woodshop."



## LifeSpire to Expand Independent Living Options in Richmond and Culpeper

LifeSpire of Virginia is pleased to announce the expansion of independent living options at two of its communities. Sitework is underway for 25 new cottages at The Culpeper Retirement Community and sitework will begin for 19 new cottages at Lakewood Retirement Community in the spring of 2021.

Sitework at The Culpeper began in June 2020 with construction scheduled to begin in the fall. The initial phase of the project is to build 25 cottages with an additional 11 cottages possible in future phases. The cottages will be built in five floor plans that range in size from approximately 1,200 square feet to 1,800 square feet.

"Our new Hillside Cottage project has some of the best views of the Blue Ridge Mountains throughout all of Culpeper and surrounding

counties. This prime location not only offers great views but provides multiple floor plan options and a sense of home and community for our newest residents," said Executive Director Jim Jacobsen. "Hillside Cottage sales have taken off and there is a strong sense of excitement as the site work and construction plans continue to move forward."

The Culpeper's future residents often share that a sense of security is a priority: being a part of a life plan community is why they said they decided to move into the new cottages.

These residents will be able to take advantage of the continuum of care available onsite, including assisted living, healthcare, rehab services and memory care, if ever needed.







“Our current residents and upcoming new residents are really excited to see the overlook outdoor living space plans, which will include built-in gas grill, firepit and fireplace, sink, restroom, seating, parking and shaded overhead,” Jacobsen said.

To build on the recent expansion at Lakewood, 19 cottages will be built next year. Construction is expected to begin in summer of 2021. Four floor plans will be available, and the cottages will range in size from approximately 1,600 square feet to 2,000 square feet. Each cottage will have its own outdoor living space that is around 1,000 square feet.

“The design of this new cottage neighborhood community will be modeled after a concept known as a pocket neighborhood—a popular concept at retirement communities outside of Virginia but is still a new concept here,” said Vice President of Marketing Peter Robinson. “Pocket neighborhoods are typically made up of small groups of cottages centered around a courtyard.

That design is intended to create social opportunities among neighbors in central gathering areas in the courtyards.”

All homes will be maintenance free and come with around 1000 square feet of private outdoor living area in addition to 1600-2000 square feet of indoor space.

“These projects are fueled by in depth market and industry research. As a result, this is an exciting time to live and work at LifeSpire as we embark on this venture to bring an innovative product to The Culpeper and Lakewood,” said Jonathan Cook, LifeSpire president and CEO. “I’m looking forward to seeing our communities continue to grow and welcome new members to our extended LifeSpire family.”

The first Culpeper cottages are expected to be available in early 2021 while the first Lakewood cottages should be completed in the summer of 2021.



## Servant Leadership

### *Lakewood Team Members Volunteer as Temporary Nurse Aides*

The COVID-19 pandemic crippled the healthcare industry around the globe with the nature of the work provided by these nurses, therapists and all caregivers putting them on the front lines of the battle against the virus. With many healthcare workers reporting to the job at multiple communities and healthcare facilities, the potential for a nursing shortage became a very real possibility for life plan communities across the country.

Per guidance issued March 30 by the Centers of Medicare and Medicaid Services, senior living communities like LifeSpire's may permit team members to assume the role of a temporary nurse aide to support nursing staff during the pandemic. Upon hearing about the need and opportunity, four Lakewood team members stepped up.

"I volunteered because it felt like the right thing to do for this community" said Admissions Coordinator Muringa Kapanga. "I was in a unique situation having finished three of four semesters to become a registered nurse. I knew I could help on the floor but was short of having a license to do so. When they rolled out the idea for a temporary nurse aide, it was the perfect opportunity."

The other volunteers did not have any healthcare experience, but they said the opportunity to serve LifeSpire residents still felt like the right thing to do. Chaplain Julie Walton said the decision hinged upon one of LifeSpire's core values, servant leadership, and her own Christian faith.

"The first day I came to work as Lakewood's chaplain five years ago, a nurse aide introduced herself to me in my office and saw a painting of Jesus washing the

disciples' feet on the wall. She said, 'I do that every day!' I've always remembered that statement and when the need arose for people to provide that kind of practical care for our residents, I felt compelled to volunteer," she said. "Physical needs are spiritual needs, too."

Courtney Small, marketing counselor, drew inspiration from The Greatest Generation—those who were shaped by the Great Depression and were the primary participants in World War II. She said she often wondered what it would feel like to be presented with a chance to step outside of her comfort zone to serve others.

"The sacrifices that this generation made built the foundation of the country that I love being a part of. They deserve the best possible care. When the temporary aide position was presented to me, I saw it as a chance to give a small sacrifice of my own to help keep Lakewood residents safe and well cared for."

Team members completed an eight-hour online training offered through the American Health Care Association followed by a written exam. Once passed, the volunteers performed a skills checklist with an onsite nurse before they were approved to start doing nurse aide duties.

"Our instructor has a long history in the nursing field and even teaches nursing at local college," said Small. "It's fast-paced and hands-on but that was the best way to learn!"

"We learned how to do the basics of what certified nursing assistants (CNAs) do every day: transfer people





properly, helping residents perform activities of daily living, meet residents' psychosocial needs, assess residents for potential areas of concern, utilize protective equipment properly and provide quality care for our residents," Walton said. "I also learned how to use a curling iron, how to change an ostomy bag and what TED hoses are—and how to best put them on—all at once. I'm now very comfortable doing things I had never even been aware of prior to our training, and much of that is thanks to our staff educator and the CNAs who trained us."

While the work and the pandemic itself is challenging to cope with, the volunteers agree that the residents are the silver lining to a difficult situation.

"The residents have been so supportive and wonderful! I've received handwritten notes from various residents who are just appreciative of the initiative we've taken to help whenever we can. The nursing staff on the floor have been extremely gracious and have welcomed us with open arms; they're appreciative of any help they can get," said Kapanga.

Small said the very first resident she worked with one-on-one brought her to tears. "She was so thankful and sincerely grateful: she told me she would add me and my family to her prayer list. That touched my heart and reinforced the driving motivation in my decision to dive into this role."



# Together Apart

Since March, residents, team members and their families have been forced to get creative when it comes to ways to stay connected despite visitor restrictions and safety precautions amidst the COVID-19 pandemic.

While some residents and team members used their talents to craft masks for their extended LifeSpire family, others devised plans to see one another from a safe, social distance. The LifeSpire management team made it its mission to procure plenty of personal protective equipment (PPE) for front line employees while the Virginia Baptist Homes Foundation team made and delivered sanitization kits for company vehicles to ensure safe transport of residents and team members to medical appointments or on grocery store runs. The resident services teams at each community stepped up their game when it came to make sure residents felt appreciated and cared for. From special deliveries of treats to technology training and commemoration of milestone anniversaries and birthdays, special occasions and everyday moments did not go unnoticed. Every member of the extended LifeSpire family did their best to remain together even while apart.



Due to the visitor restrictions in place, residents were unable to welcome their family and friends to the communities for some major moments. Recognizing how difficult this may be, the resident and dining services teams worked together to ensure that no milestone went unmarked. Team members delivered balloons, cards and cake, and assisted with virtual celebrations so that residents could see their loved ones on their special days.



In the absence of physical expressions of thanks and care, residents, team members, their families and even complete strangers got creative. Hundreds of cards were delivered and distributed to our residents from community organizations, concerned individuals and churches throughout the pandemic. Visitors couldn't go inside community buildings, so they decorated the sidewalks with chalk and





handmade signs. Residents also wanted to express their gratitude to the team members and did so by decorating the walls with posters and hand-crafted cards. At Lakewood, a facilities team member crafted a giant sign designating the community's team "heroes."

Early on, visitation was limited at the communities out of an abundance of caution. As time went on, guidance from public health officials shifted and the communities were able to allow for socially distant visits. At The Chesapeake, the balconies came in especially handy as residents had lunch with their family members while still staying safe. The windows overlooking the mountain at The Culpeper seemed custom made for window visits and technology became community members' best friend as team members aided in connecting virtually with friends and family. Each community kept an iPad on hand in case residents needed to utilize them and team members were on standby to help with personal phones, tablets and computers if needed. Lakewood also set up outdoor, climate-controlled visitation pods so that residents could schedule time with their family members.







With dining venues temporarily closed, the dining and resident services teams worked hard to ensure that residents still had options when it came to food. Each Wednesday at The Glebe, special themed snacks were delivered door-to-door. Groceries were also available for purchase along with grab n' go items. Team members assisted with online grocery ordering, pickup and delivery. A weekly produce stand was available at The Glebe and farmers' market hosted at Lakewood.



Making each other feel special has been extremely important during the pandemic. On Easter, the Easter bunny stopped by to see residents at The Culpeper and delivered sweet treats. Every Tuesday at Lakewood, the front office staff set up shop outside of the health services building to deliver coffee, popcorn, doughnuts and other treats to the health care team as they left or started their shifts. Special carts were taken around to residents so that they could choose puzzles, books or drawing utensils to stay busy with. One week, every resident received a gardening kit to start their very own sunflower garden at Lakewood while at The Chesapeake, team members crafted an everlasting display. Bloomia delivered tulips to residents at The Culpeper and on Mother's Day flowers were handed out as well.



Keeping each other safe was the chief concern throughout the pandemic. LifeSpire procured personal protective equipment from various sources to ensure that each and every team member had access to gowns, gloves, face shields and masks. Team members from the corporate office delivered the PPE to the community locations to make sure the items were there in as soon as possible. Residents used their skills to hand craft cloth masks for distribution to each other and to team members not working directly with residents. Some residents even made enough masks that they were distributed to community organizations in need. The Virginia Baptist Homes Foundation packed and delivered sanitization kits to the communities so that team members could clean company cars for transportation services.

While the pandemic has proven to be one of the more trying circumstances in recent history, LifeSpire communities and team members still had fun and tried to find some levity in an otherwise difficult time. The wellness team created workouts that were broadcast on the internal tv stations and, when they were able, hosted outdoor lessons at an appropriate distance. Resident services hosted events to keep everyone entertained: from an outdoor movie night on the lawn at The Glebe to an indoor event with proper safety procedures in place at The Chesapeake. Whether it was a funky hairdo to make light of hair salons being closed, or decorating lawn ornaments with PPE, residents had a good time.



# LifeSpire Awards More Than \$15,000 in COVID Care Bonuses Amidst Pandemic

Since the COVID-19 pandemic began in March, dining services teams have prepared and delivered all meals to each resident in their community. Resident services team members hosted virtual events and helped family members connect with their loved ones via video calls. Housekeeping and facilities teams upped their efforts to clean and sanitize every surface. Marketing team members hosted virtual tours and facilitated move-ins for new residents while adhering to social distancing guidelines. Nurses donned masks, gloves, goggles, shields and gowns to care for residents.

Every team member continues to step up to the plate during this incredibly difficult time. They put their own health and the safety of their families on the line to provide top-notch care to residents.

The risk they are all taking is not lost on the LifeSpire management team which is why the COVID Care Recognition Program was launched in April. The program, which awarded \$250 bonuses to team members daily, was designed to thank those who are going above and beyond during the pandemic. During its two-month stint, LifeSpire awarded \$15,500 in bonuses to 62 team members.

## Chesapeake

**Amy Bortell**  
Marketing Counselor

**Gabriel Irby**  
Nail Technician

**Lorrie Pringle**  
Receptionist

**Kathleen May**  
Infection Preventionist

**Cathy Smith**  
CNA

**Meghan Walker**  
Cafe Cook

**Cheryl Morton**  
Wellness and Home Care  
RN Manager

**Donna Yatsko**  
Social Worker

**Krystal Searcy**  
Program Coordinator

**Sonja Oliver**  
Chaplain

**Regina Morris**  
Transportation Aide

**Kim Johnson**  
Director of Resident  
Services

**Margan Boyd**  
LPN

**Debbie Gunter**  
CNA

**Jackie Cuff**  
Transportation Aide

## Culpeper

**Patricia Lillard**  
CNA

**John Greene**  
Maintenance Technician

**Barbara Smoot**  
Receptionist/Concierge

**Brittany Ware-Hughes**  
CNA

**Samantha Compton**  
CNA

**Lisa Scott**  
Staff Development  
Coordinator

**Hans Murdock**  
Chaplain

**Demekia Snow**  
Housekeeper

**Capone Hoffman**  
Dining Assistant and  
Server

**Teresa Lewis**  
CNA

**Linda Lowery**  
Receptionist

**David Curlis**  
Executive Chef

**Betty Brooks**  
Program Coordinator

**Miranda Alfaro**  
CNA

**Kayla Clore**  
Dining Assistant

## Glebe

**Judy Mason**  
Infection Preventionist

**Amy Gray**  
Executive Chef

**Amanda Bowyer**  
CNA

**Stephanie Clower**  
DON

**Mechele Helms**  
CNA-RMA

**Rotxanne Hamm**  
Receptionist/Concierge

**Rafael DeLeon**  
Director of Facilities

**Gerald Carter**  
Chaplain

**Kristin Hasty**  
Program Coordinator

**Victor Slate**  
Wellness Director

**Emily Dimon**  
LPN

**Rebecca Hendrix**  
Nurse Manager

**Karla Coleman**  
CNA

**Samantha Reid**  
LPN

**Fred Crane**  
CNA

## Lakewood

**Amon Kelly**  
Sous Chef

**Cheryl Hampton**  
LPN Charge Nurse

**George Foussekis**  
Transportation  
Coordinator

**Julie Walton**  
Chaplain

**Heather Patterson**  
CNA

**Nicolas Sandoval**  
Lead Server

**Cindy Chan**  
Dining Assistant

**Doug Hubbel**  
Security Supervisor

**Courtney Harver**  
Program Manager

**Lori Welty**  
Business Office Assistant

**Thomas West**  
Maintenance Tech

**Maxine Miller**  
Social Worker

**Laura Clarke**  
Communications  
Coordinator

**Barbara Johnson**  
LPN

**Christy Kyrus**  
Program Coordinator

## Lakewood at Home

**Cindy Zielinski**  
Administrative Assistant

## LifeSpire

**Paula Bolton**  
Director of Clinical  
Services

## Community Spotlight

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### The Chesapeake: Debbie Gunter



#### *Certified Nursing Assistant*

"Debbie has been a rock throughout the COVID pandemic! She has held down the fort on her floor in assisted living by training new team members while serving as both a CNA and an RMA to the residents as staffing ebbed and flowed. For over 30 years, Debbie has cared for our residents and has served as mentor to new team members, not just on her floor but throughout assisted living, including

memory care. She has picked up extra shifts to ensure that our residents received the timely care needed throughout the pandemic as well. When additional showers were needed on her shift, Debbie volunteered to assist with them. During lean times, Debbie has even assisted with scheduling by calling team members to help fill schedule vacancies. Debbie has taken the time to get to know all of the assisted living residents, is well respected by team members and serves as the right hand to the nurse on her floor. She contributes greatly to the success of the team and is an amazing caregiver."

### The Culpeper: Capone Hoffman



#### *Dining Assistant and Server*

"Capone is a college student who steps up on holidays and school breaks and summers. Now, during this crisis, he has stepped up full time while continuing his online courses this semester. He is always willing to pick up shifts, trade with employees who need a day off. He has gone to residents' rooms and helped them with technical issues on their tablets

or phones. He stepped up to help in housekeeping after his dining shift, cleaning and disinfecting common areas, cleaning restrooms and visiting resident rooms gathering trash."

"Capone is courteous, friendly and helpful always. On several occasions he has assisted residents with their personal computer issues and printing challenges. We experienced some challenges in our housekeeping department and he quickly, and more than willingly,

agreed to complete his dining shift and then work three extra hours doing housekeeping tasks. He vacuumed the common areas and hallways, pulling all the trash and ensuring that all of the public bathrooms were clean and well stocked for the evening. His flexibility, excitement and extraordinary teamwork attitude was noted by many residents and staff while he was going about his cleaning tasks. Capone deserves kudos for going above and beyond his role expectations and doing it with such a pleasant demeanor."

### The Glebe: Amanda Bowyer



#### *Certified Nursing Assistant*

"I was present at the Glebe almost daily and observed the extraordinary kindness and care that Amanda gave not only my mom, but every resident she worked with. She consistently keeps the residents' spirits up by laughing and joking with them, she tells stories and shows them photos of her children, and she even goes the extra mile by painting

the ladies' fingernails - which they look forward to and line up for!"

"This past Christmas, Amanda brought one of her little boys to The Glebe to visit some of the residents that didn't get many visitors. My mom, with all the other residents, greatly enjoyed meeting him after hearing so much about him. All of this is above and beyond the excellent care she provides as a CNA."

"Most recently, during the COVID-19 crisis, I was not able to see my mom at all. However, I could call and check on her; when Amanda was there, I knew I didn't have to worry. Sadly, my mom passed away on April 20. My family and I will never forget the love, care, and concern that Amanda provided. She treated my family like they were her family. I can't think of a more deserving nominee."

"She knows that each one of our residents is important and that we have an obligation to care for them no matter what the circumstance. She's an amazing person and that goes hand-in-hand with what kind of employee she is. She loves the residents and they love her. She is very competent and very thorough with her care. Should the event arise that she would need to care for any COVID resident, I know without a doubt they will receive the best care possible."



## Lakewood: Christy Kyrus



### *Program Coordinator*

"My mother has been in the health services center for three years and passed away on May 24 after a stroke. She was deteriorating during the isolation due to COVID, and the stroke just added more damage. I honestly don't think I could have made it without Christy. She FaceTimed my sister-in-law and me separately every day. She sat with us and my mom as my mom deteriorated and got to the point she could no longer respond. I am not sure how she did this every day for all her residents. Christy always stayed positive and found ways to get a smile on mom's face, while we talked to mom and tried to sing to her. Christy would call the chaplain when mom wanted to pray and say prayers with her. She always held my mom's hand when I could not. Right now, Christy is caring for mom's orchid, until we can get in there. Christy is a true angel, and an amazing representative for Lakewood. If anyone should be highlighted, it is her, for helping all those residents to get through the lockdown, and helping their families feel as connected as possible."

"Christy is on the spot for all of the health care staff and family members of residents. She keeps everyone happy by creating our daily newsletter 'The Lakewood Chronicle,' since we do not have group programs right now. She also has scheduled on average 55-60 virtual visits per week to keep our families connected with their residents. Also, Christy assists in any way that she can with activity programs, technology and more. She helps other staff members with other things not related to her job duties such as setting up telephones for resident rooms, cleaning offices for staff and passing out items for Thankful Tuesdays. She truly has her hands in everything she can get into to help. Whenever she is asked to help, she never says no. That's why we love her."

"Aside from being willing to help anyone and everyone, she has an upbeat spirit that has brought a lot of joy to residents, family members and staff. One specific thing she did in the beginning of the pandemic: She had already left work for the day when we received word that a shipment of 60 tv trays were being delivered a day early. The trays were needed to make assisted living in-room dining possible. Christy came back to work, punched back in and helped unload the trays so the residents could use them for breakfast the next day."



## Lakewood Residents Host Socially Distant Sing-A-Long

By now, most people across the world have seen the viral videos of neighbors in Italy singing together from their balconies at the height of the COVID-19 pandemic. The video is a heartwarming moment in an otherwise challenging time.

Seeing the popularity, residents at Lakewood decided to organize a similar sing-a-long at the community. Participants were virtually invited to join in on March 27. More than 100 residents sang "God Bless America" from their windows, balconies or at least six feet apart on the sidewalks and courtyards. Residents in all levels of care participated in the event.

The event had a big impact across the country as Lakewood's chorus of voices went viral as well. The video was shared by local news outlets which attracted the attention of the national news. The video was shared on CNN and CBS National News.

Residents Douglas Johnson and Bob McEachern reached out to the resident services team who assisted in the coordination of the event. Johnson said it was an opportunity for the community to come together even though they were physically far apart. Following the success of the first sing-a-long, residents held additional opportunities for the Lakewood family to sing together.





## COVID Coupling: *Chesapeake Duo Weds*

A global pandemic couldn't keep a couple at The Chesapeake from commemorating their love. On May 13, Leo Walsh and Madalene Hardison got married in the community chapel. Former Chaplain Sonja Oliver performed the quick ceremony.

When asked what it was like to plan a wedding during the COVID-19 crisis, Madalene said it was easier than she expected.

"Through the graciousness of the Chesapeake, we were relieved of all the pre-planning; all we had to do was show up," she said. "Through the use of technology, we were able to share video and pictures with family and friends."

The newlyweds met in 2011 at Leo's cousin's 90th birthday party. Madalene was a guest at the party though she says she doesn't remember him being there. Leo moved to The Chesapeake in 2014 and not long after he ran into

Madalene. When they re-met, she asked him if he was familiar with the Newport News area, his response began their love story. Not knowing the area well, Madalene showed him around the city. "We've been dating ever since," Leo said.

Leo is 90 years old and his new bride is 83. He remarked that people their age don't often get married, but after years together they decided to make it official.

***"At our age, we have found each other and realize how much in common we have. We would like to continue growing together."***

With the spread of COVID-19 looming, Leo said he received a call from Madalene's daughter instructing him to, "Go get Mama and bring her to the cottages." They moved in together just before the lockdown.





## 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 our website, [vbh.planmylegacy.org](http://vbh.planmylegacy.org) for more information.

## Support Passions Well Into the Future

Most everyone has something they are passionate about. It may be passionate about a place, a cause that's near and dear or a charitable organization. Planned gifts support these passions, like the Virginia Baptist Homes Foundation, even after your lifetime. These gifts also receive tax benefits.

### Popular Planned Gifts

#### Include a gift to the VBH Foundation in a will or living trust.

Retain control of assets and have the flexibility to make changes at any time.

#### Name the VBH Foundation as a beneficiary of a retirement account.

These assets pass to us tax-free, allowing us to use the entire amount to support our benevolent mission. If passed to a loved one, they would have to pay income tax when distributions are made from the

#### Transfer appreciated stock to the VBH Foundation.

Qualify for a federal income tax charitable deduction based on the current fair market value of the securities and are exempt from paying capital gains tax on any increase in their value.

#### Create a life income gift.

Depending on the type of gift chosen, stable income for life can be received or for a period of up to 20 years. The donor may also qualify for a federal income tax charitable deduction in the year the gift is made.

#### Need Help Making a Legacy Gift?

There are many ways to ensure support for the VBH Foundation continues for years to come. **Contact Vice President, Jodi Leonard at (804) 521-9213 or [jleonard@vbh.org](mailto:jleonard@vbh.org)** to learn more about planned giving, or for help finding the perfect gift.

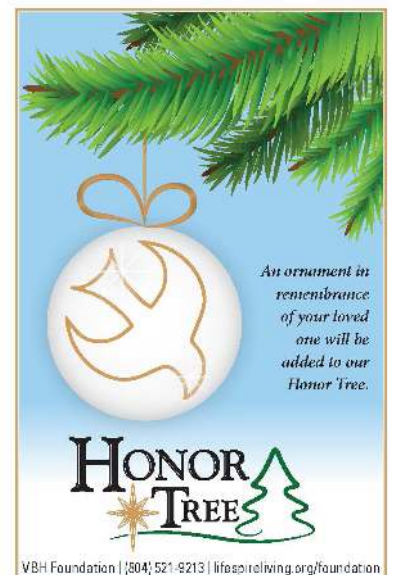


## Honor Tree Reminder

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

### For more information

Contact VBH Foundation Vice President Jodi Leonard at (804) 521-9213.





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**The Culpeper**  
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