

# cm

COMMUNITY MATTERS

winter / 2023

## Journey with Alzheimer's

LAKEWOOD TEAM  
MEMBERS AND  
RESIDENTS CLAIM TOP  
FUNDRAISING SPOT  
WHILE RAISING  
MORE THAN  
\$63,000 FOR  
ALZHEIMER'S  
RESEARCH



LifeSpire  
of Virginia  
Faith. Wellness. Community.



**6**      **The Joy of  
Therapy Dogs**

**8**      **Celebrating  
Christmas at the  
Chesapeake**

**10**      **The  
Fred Jones  
Story**

**13**      **Lakewood Hosts  
Marine Corps  
Birthday  
Celebration**

**14**      **Journey with  
Alzheimer's**

**18**      **Lakewood  
Cottages**

**20**      **Peggy Dehart's  
Swim, Bike, Run  
at The Glebe**

**22**

**New Year,  
New Look:  
Renovations at  
The Summit**

**24**

**Influencers  
2022**

**28**

**What You Need  
to Know About  
This Year's  
New Tax Laws**

**30**

**Long-Term  
Care Planning  
Workshops**

**31**

**Cyber  
Security**



An aerial photograph of a retirement community at sunset. The scene features a large, multi-story apartment building with a central courtyard and a parking lot. A winding road curves through the property, surrounded by lush green lawns and mature trees. In the background, rolling hills are silhouetted against a warm, orange-hued sky. The overall atmosphere is peaceful and scenic.

# con te nts

winter / 2023

LifeSpire  
of Virginia

# Board of Trustees



## Leadership

REV. DAN CARLTON, CHAIR  
Culpeper, Va.

REV. NELSON HARRIS, VICE  
CHAIR  
Roanoke, Va.

J. MATT SCOTT, SECRETARY  
Chesterfield, Va.

JAMES BALES  
Newport News, Va.

SHARON BROOKS  
Richmond, Va.

DR. VALERIE  
CARTER-SMITH  
Henrico, Va.

R. SCOTT CAVE  
Richmond, Va.

DR. TIFFANY FRANKS  
Danville, Va.

JOHN JUNG  
Manakin Sabot, Va.

SALLIE MARCHELLO  
Hampton, Va.

ARNE OWENS  
Henrico, Va.

DR. PAM PARSONS  
Chester, Va.

JIM POATS  
Lynchburg, Va.

JOHN POMA  
Williamsburg, Va.

GARY THOMSON  
Richmond, Va.

SUSAN RUCKER  
Midlothian, Va.

JIM VAUGHT  
Fredericksburg, Va.

JONATHAN COOK  
President and CEO

TRACEY JENNINGS  
Chief Operating Officer

CHRIS MARKWITH  
Chief Financial Officer

LISA LEGEER  
Chief Strategy and  
Integration Officer

PETER ROBINSON  
Chief Marketing Officer

JODI LEONARD  
Vice President of  
VBH Foundation

TAMMY ARNETTE  
Editor-in-Chief

ELIZABETH NEWPORT  
Graphic Designer



# LifeSpire of Virginia is pleased to welcome our newest members to the Board of Trustees



*Susan Rucker*

Susan Rucker is a seasoned executive with over thirty years of progressively responsible positions managing high performance teams and growing businesses. She has served as a senior operating executive in the professional services, technology, and higher education industries, an audit and consulting partner in one of the big four accounting firms and has managed businesses of over \$100 million in annual revenue. She has managed domestic and global businesses, growing them through internal initiatives and acquisitions.

Mrs. Rucker has served on several not-for-profit boards. She recently served as board chair for the Patient Access Network (PAN) Foundation, ranked as number 34 of the top 100 charities in the US on the Forbes Largest Charities List in 2020, and is also the board chair for the River Road Church Endowment Fund. She is a former board chair for the Baptist Theological Seminary at Richmond and served on the board of the Virginia Voice. Mrs. Rucker has served in the role of committee chair for Finance/Audit Committee for four boards, and has been in leadership roles in CEO searches, strategic planning, and policy setting for multiple boards. Susan is a former board chair for LifeSpire of Virginia and we welcome her back, serving as a board member in 2023.



*Jim Vaught*

Jim Vaught has served in a variety of ministerial roles to include church pastor and hospital chaplain at both Bedford Country Memorial Hospital in Bedford, Virginia and Mary Washington Hospital in Fredericksburg, Virginia. While serving as a Chaplain at Mary Washington Hospital, Vaught transitioned into an Executive Director role for the Chancellor's Village Retirement Community. "I am excited about serving with LifeSpire of Virginia to meet the needs of senior adults", said Vaught. At the University of Mary Washington, Vaught served as Chair of the Advisory Board of the Center for Faith and Leadership. During the past ten years, Vaught served as an Interim Pastor for churches utilizing models for church and pastor transitions.





# *the joy of* Therapy Dogs

“ I miss my cat, it's  
great to have the  
dogs come visit us. ”

-Vicky Chung





Ella Gore

every two weeks. Jan Weeden, a three year resident at The Culpeper, rarely misses a visit from the therapy dogs. “I love the big, soft warm cuddles from these amazing and sweet animals,” said Weeden. “It’s just so wonderful when they come see us.”

Vicky Chung, resident at The Culpeper, says she has treats on the ready every time they come visit. “I miss my cat, it’s great to have the dogs come visit us,” said Chung. “I love giving them treats and they love it too.”

**T**herapy dogs are trained to provide comfort and emotional support to people in need for a variety of reasons such as depression and anxiety. They offer physical contact which is proven to have a calming effect on humans and can help reduce stress levels.

The Culpeper has been providing therapy dog visits to residents for more than eight years. Harley and Emrys, are well known favorites that come visit residents



Dorothy Weakley





# The Chesapeake

Celebrating Christmas at

At The Chesapeake, Christmas is something to behold. Each year, The Chesapeake hosts a range of activities that allow team members, residents, and their families to come together and celebrate the holiday season. From carolers and cookies to horse and carriage rides, kids' crafts, and of course Santa himself, there's something for everyone.

Christmas carols were ringing through The Chesapeake while residents and their families enjoyed hearing classic carols, warm apple cider, hot chocolate, and freshly baked cookies.

This yearly tradition wouldn't be complete without perhaps one of the most iconic experiences; the horse drawn carriage rides. Those that climbed aboard were taken around The Chesapeake grounds to take in the holiday sights, sounds

and décor.

"Christmas at The Chesapeake is magical and something we all look forward to each year," said Candace Montgomery, Director of Life Enrichment at The Chesapeake. "It allows residents and team members the opportunity to interact on a more intimate level by meeting each other's families and sharing in the Christmas spirit together."

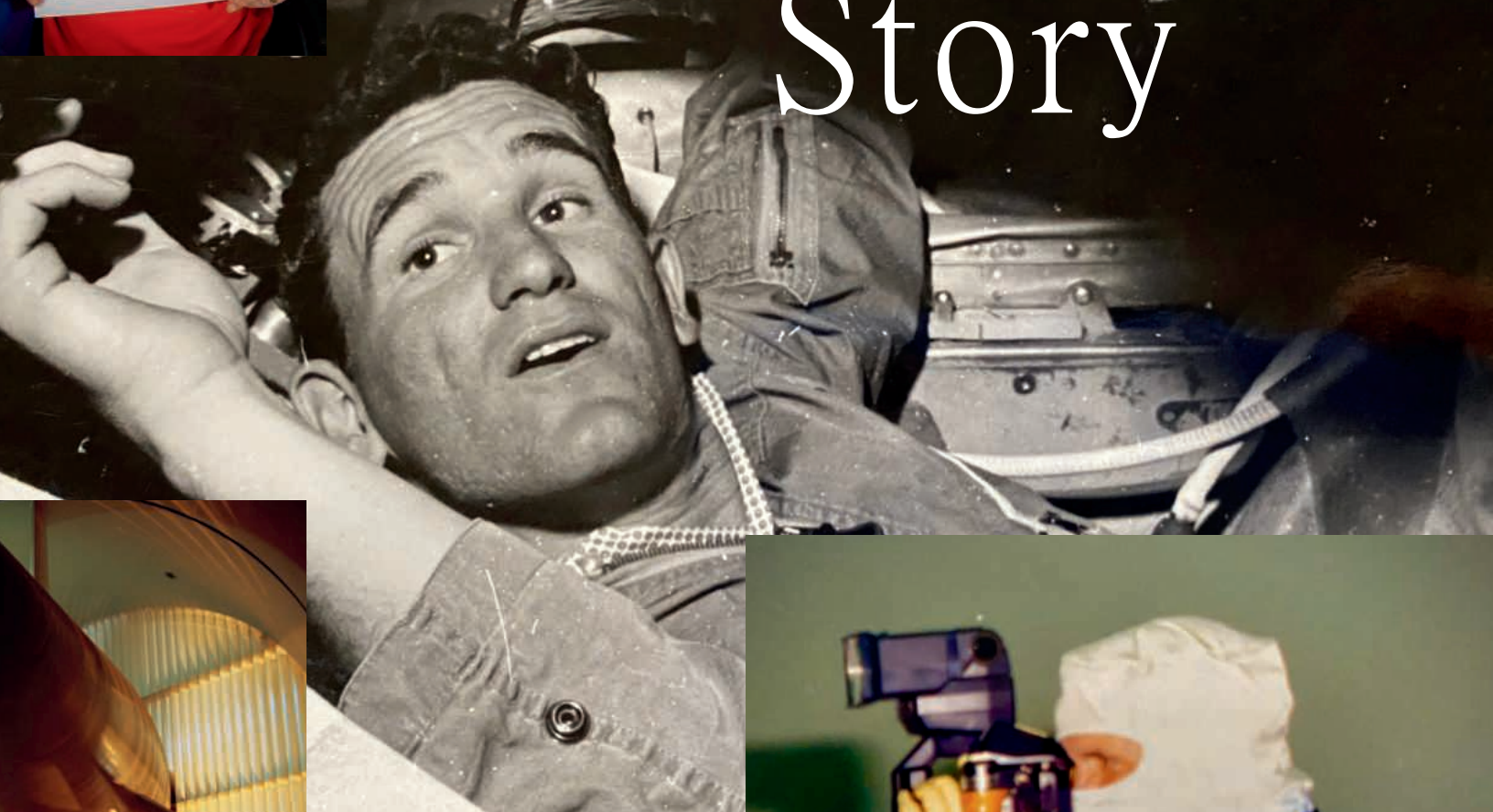




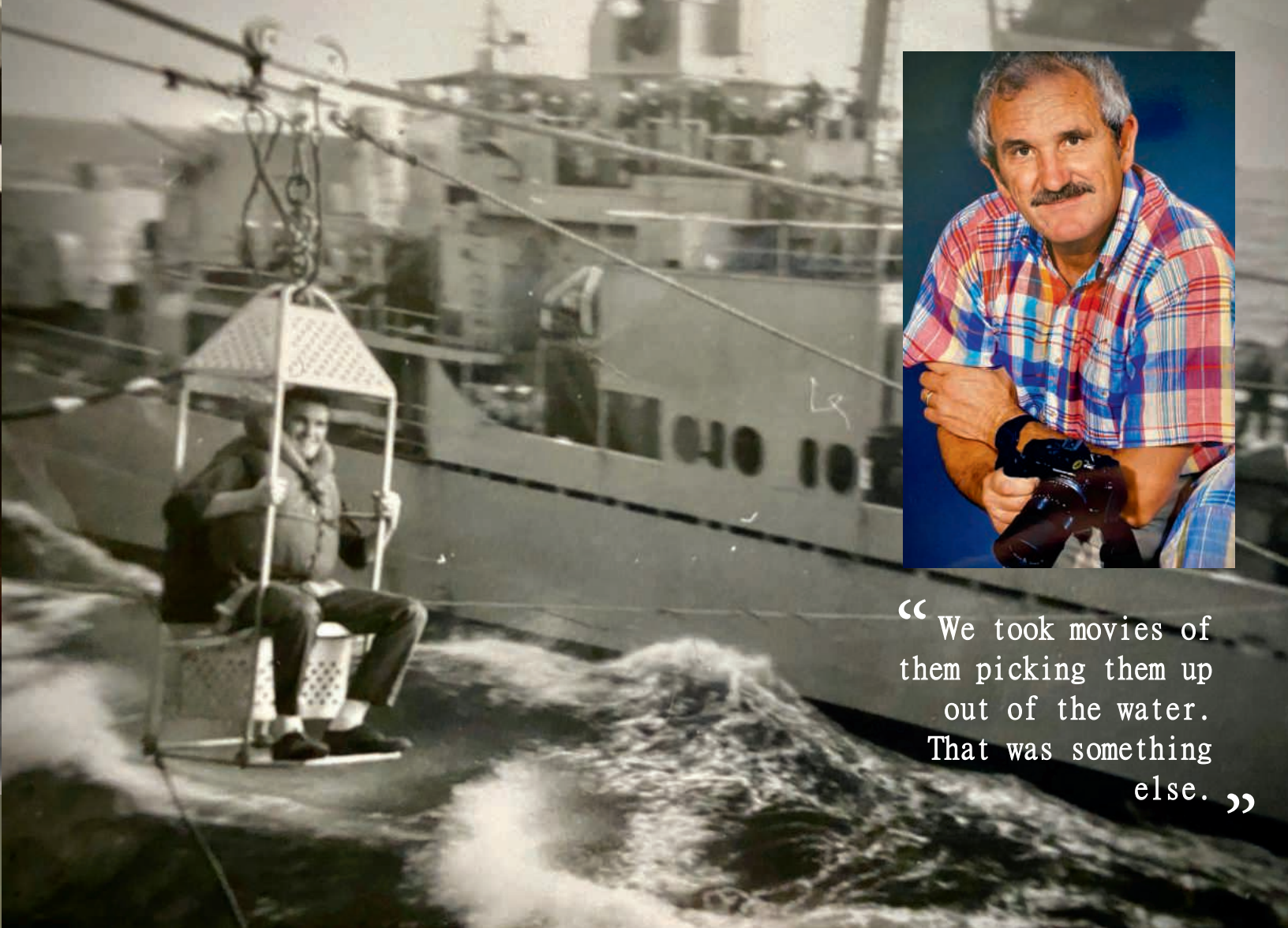




# The Fred Jones Story







“ We took movies of them picking them up out of the water. That was something else. ”

**F**red Jones, resident at The Chesapeake, is a retired National Aeronautics and Space Administration (NASA) photographer who worked for the agency for almost four decades. Fred started at NASA before it was even called NASA. When Fred started the agency was called NACA, National Advisory Committee for Aeronautics. During his career, Jones had the unique opportunity to photograph some of the most iconic moments in space exploration history and worked with NASA's first rocket men

Gus Grissom and John Glenn.

The photographer's job was to capture images of America's space travelers returning to Earth on missions such as Project Mercury and the Liberty Bell 7. "We had to photograph them, so we did get close," Jones said. "They were nice guys." His cameras were attached to Navy helicopters and rolled as each astronaut was rescued from the Atlantic. "We took movies of them picking them up out of the water. That was something else", (McQuade, 2023).

Fred Jones' legacy is truly remarkable; he documented some of humanity's greatest accomplishments in space exploration during an era when technology was somewhat primitive compared to today's standards. Fred's pictures have gone on to be featured around the world—in magazines, newspapers and more—and will no doubt continue to inspire future generations of scientists and engineers who are interested in exploring the universe beyond Earth's atmosphere.

In 1997, after nearly 40 years of service, Fred retired from NASA. "I was very happy to work for NASA," Jones said.



"Really awestruck", (McQuade, 2023).

Fred Jones' story is one that will live on forever as an example of what can be achieved through dedication and hard work. His photographs have become iconic representations of humanity's journey into outer space exploration during a crucial period in history.

#### **CBS SEGMENT:**

You can learn more about Fred and his journey with NASA in this special CBS segment of "I Have A Story"



McQuade, G. (2023, March 3). *This Virginia man had front-row seat to NASA's first astronauts who 'boldly went where no man had gone before.'* CBS 6 News Richmond WTVR. Retrieved March 19, 2023, from <https://www.wtvr.com/i-have-a-story/fred-jones-nasa-photographer-march-3-2023>

# What's Your Story?

## WE WANT TO HEAR FROM YOU!

Email your story ideas  
and photos to:

**Tammy Arnette**  
[tarnette@lifespireliving.org](mailto:tarnette@lifespireliving.org)



# LAKEWOOD HOSTS MARINE CORPS BIRTHDAY CELEBRATION

**E**very year since 1921, the Marine Corps has celebrated its birthday, worldwide, on or near November 10th. At the end of last year

November 2022) a celebration and formal dinner was held at Lakewood by the Marine Corps League marking the 247th birthday of the Marine Corps. Lakewood provided the auditorium and dining staff to prepare a delicious meal that included prime rib and salmon along with the traditional cake.

The tradition every year is to have a cake cutting ceremony, with a sword. Three pieces were cut. The first piece of cake goes to the guest of honor, Lieutenant Colonel Joseph Shusko, the Father of Marine Corps Martial Arts. The second piece of cake goes to the most senior Marine present. He or she takes a bite and passes the cake to the most junior Marine present who then takes a bite signifying the passing of knowledge and experience. The third piece of cake goes to the most senior Marine and all three enjoy their cake together signifying the camaraderie among Marines around the world.

Lakewood also provided a place to

collect toys for the Toys for Tots Program. Everyone attending was asked to bring a toy to help make a child's Christmas a little brighter. Semper fi.



*Written by:*

**Jim Barrett**, Past Commandant  
Department of Virginia  
Marine Corps League  
Lakewood Resident

When Lakewood's Executive Director, Heather Crumbaugh, set a lofty fundraising goal of \$50,000 for the Alzheimer's Association, team members and residents committed to reaching the goal and rallied behind the cause. From pancake breakfasts, pop-up sales and donut fundraisers, the Lakewood team raised more than \$63,000 last year, claiming the top spot for funds raised by teams in Richmond, Virginia, and ranked 39th nationally. The official Alzheimer's Walk took place on Saturday, November 5, 2022, at Libbie Mill Midtown in Richmond, Virginia.

The Alzheimer's fundraising effort is near and dear to the hearts of residents at Lakewood, especially Tuckie Paxton and Dr. Rebecca Moak. Tuckie Paxton and her

late husband Jim, moved into Lakewood in 2019, just a couple years after his diagnosis with Alzheimer's. The two started dating in high school and shared 60 years of marriage together. Jim's career included working as an executive in telecommunications, but perhaps he is most known for his service as a board member and president of the Richmond Alzheimer's Association. Tuckie would often pitch in to help with fundraising efforts by securing prizes and coordinating events. In 2007, Jim was awarded a commemorative clock as a thank you for his tireless efforts.

# Journey with Alzheimers

**"I AM SO PROUD TO BE ASSOCIATED WITH TEAM LAKEWOOD," SAID SALLY SAN SOUCIE, COMMUNITY OUTREACH LIAISON FOR LAKEWOOD AND TEAM CAPTAIN FOR THE RICHMOND ALZHEIMER'S ASSOCIATION FUNDRAISER. OUR RESIDENTS AND TEAM MEMBERS PULLED TOGETHER TO MAKE A REAL IMPACT IN THE EFFORT TO FIND A CURE FOR THIS TERRIBLE DISEASE. WE ATE THE ELEPHANT ONE BITE AT A TIME AND EXCEEDED OUR GOAL BY OVER 28%!"**

**- SALLY SAN SOUCIE**





Residents  
Tuckie Paxton  
& Dr. Rebecca  
Moak bond in  
grief over  
husbands'  
battle with  
Alzheimers.





Along with Lakewood's fundraising efforts last year, Tuckie spoke at Lakewood's Longest Day event on June 21 where hundreds of luminaries lined the streets to shine a light on the fight against Alzheimer's disease.

Dr. Rebecca Moak, an Independent Living and second generation resident at

Lakewood, leads an active lifestyle that includes walking every day to support a healthy mind and body. Dr. Moak's parents were both diagnosed with dementia and sadly passed away within two years of each other.

In August 2021, Moak's husband was diagnosed with Alzheimer's and continues





to receive care at Lakewood. With a passionate heart and drive, Dr. Moak set a fundraising goal of \$5,000 for the Richmond Alzheimer's Association and not only met that goal but tripled it by raising more than \$15,000.

Sally San Soucie, Lakewood's Community Outreach Liaison, led the team's fundraising efforts throughout 2022. "I am so proud to be associated with Team Lakewood," said Sally San Soucie, Lakewood Community Outreach Liaison and Team Captain for Lakewood's Richmond Alzheimer's Association Fundraiser. "Our residents and team members pulled together to make a real impact in the effort to find a cure for this terrible disease. We ate the elephant one bite at a time, and exceeded our goal by over 28%!"

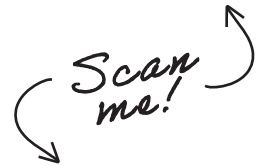
### **HERO'S AMONG US:**

Learn more about the bond Tuckie and Dr. Moak share by watching this special segment on CBS, Heroes Among Us:



### **CBS GIVES SURPRISE!**

Greg McQuade with WTVR Richmond Virginia CBS surprised the Lakewood team with a \$250 donation to the Alzheimer's Association. Watch the special moment:

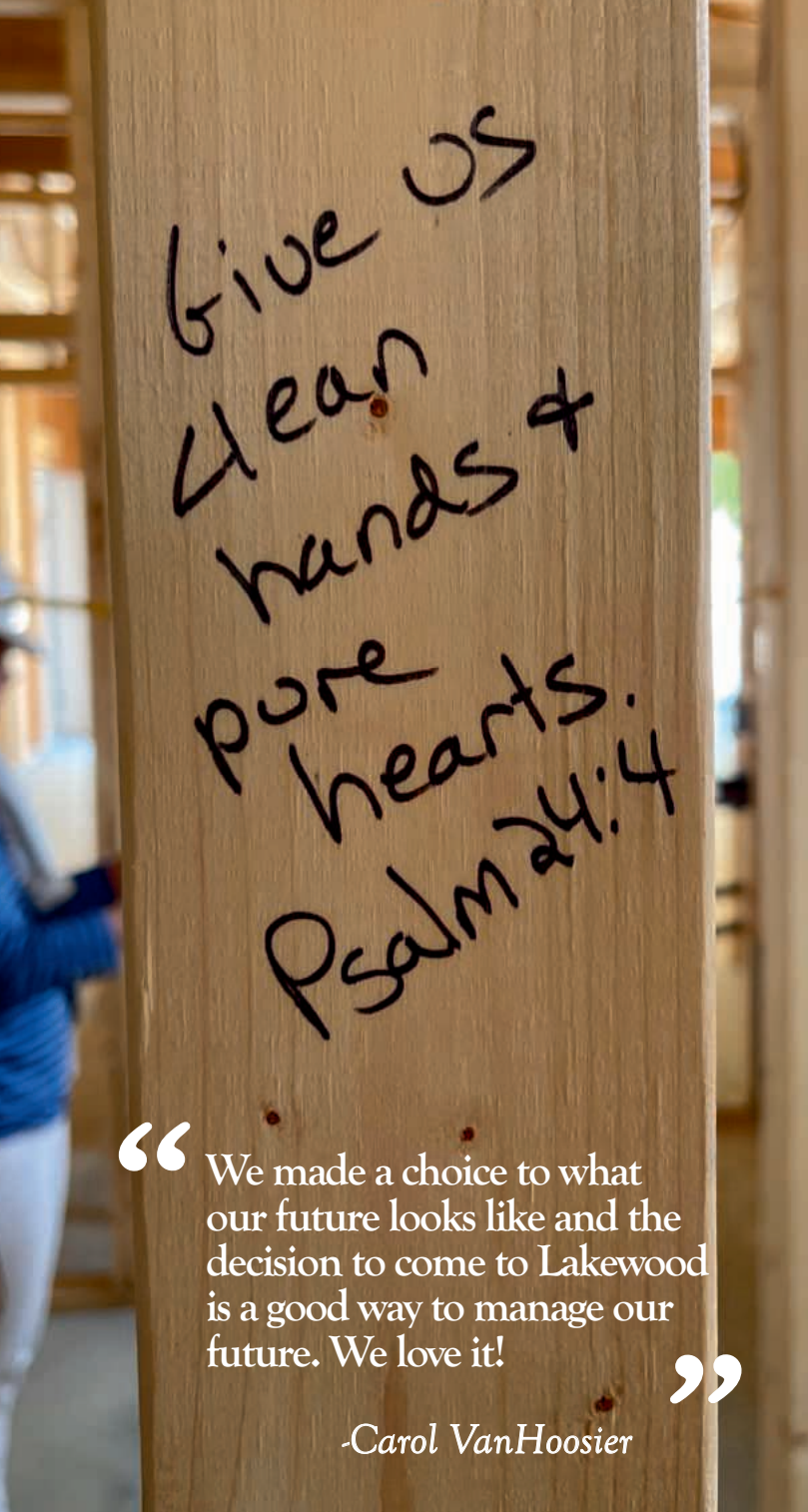


### **APRIL 5K RUN:**

RRRC Volunteers for Lakewood Alzheimer's 5K Run/Walk  
Saturday, April 15, 2023









# LAKEWOOD COTTAGES

**A**t the end of last year, Michael and Carol VanHoosier moved into their newly built dream home in the Woodside Cottage Neighborhood at Lakewood. The cottages are a unique collection of 19 homes that have been under construction for more than a year, leading up to its first occupied residents in 2022. The new cottages offer residents the chance to live in modern style with indoor open concept spaces, private outdoor space, shared courtyard space and smart home technology.

The smart home technology makes it easy for residents to control everything remotely when they travel or step out for errands. The cottages come equipped with a Ring doorbell, Nest thermostat, Yale door lock and Alexa enabled lights and garage door opener. The VanHoosiers enjoy these conveniences as it gives them the opportunity to monitor everything from their front porch to the temperature of their living room.

A new outdoor design concept is the pocket neighborhood which puts Lakewood cottage residents right next to shared walkways and gathering spaces with front porches facing into a shared courtyard. The design allows residents to

get to know each other and spend time together in close proximity to their home.

The cottages themselves are all one level with an open concept floor plan, allowing for plenty of natural light and less walls. Inside every cottage is a cozy interior fireplace to keep residents warm on chilly nights and there's also a standard gas firepit outside for gathering around with friends and family.

Residents had an opportunity to meet and build friendships with each other before moving in thanks to monthly tours and casual get-togethers leading up to move-in day. Now that they have settled in, Michael and Carol can enjoy all their new neighbors as well as their new modern living home.

The VanHoosiers love the maintenance-free lifestyle at Lakewood because it gives them more time with family and friends and to devote to important causes. With adequate space for furniture and plenty of natural lighting, the couple has been able to make a seamless transition into their new home. Carol notes "We made a choice to what our future looks like and the decision to come to Lakewood is a good way to manage our future. We love it!"



**P**eggy Dehart, a well-known active resident at The Glebe with a love of art, completed a full triathlon in 2022 in just two weeks. Peggy's strong will and determination to complete the triathlon comes with a renewed sense of health goals after suffering a heart attack just months prior. After her heart attack, Peggy was wearing a defibrillator vest 24/7 and anxiously waited for her cardiologist to give her the all-clear so she can get started on training for the swim portion of the triathlon.

Peggy was determined to regain the health she had

enjoyed for 65 years. When she heard about the triathlon, she first thought it would be a daunting task. After all, a full triathlon consists of a 2.4-mile swim, 112-mile bike ride and a full marathon (26.2-mile run). The encouragement and support of her friends, family and the wellness professionals at The Glebe helped propel her forward to start working on her goals.

"When I moved into The Glebe two weeks before my heart attack, I could never have guessed that it would prove so beneficial in my recovery," said DeHart. Not only did they have professional staff members who helped me

with every aspect of getting back into shape, but they also had an amazing exercise room full of equipment that I was shown how to use

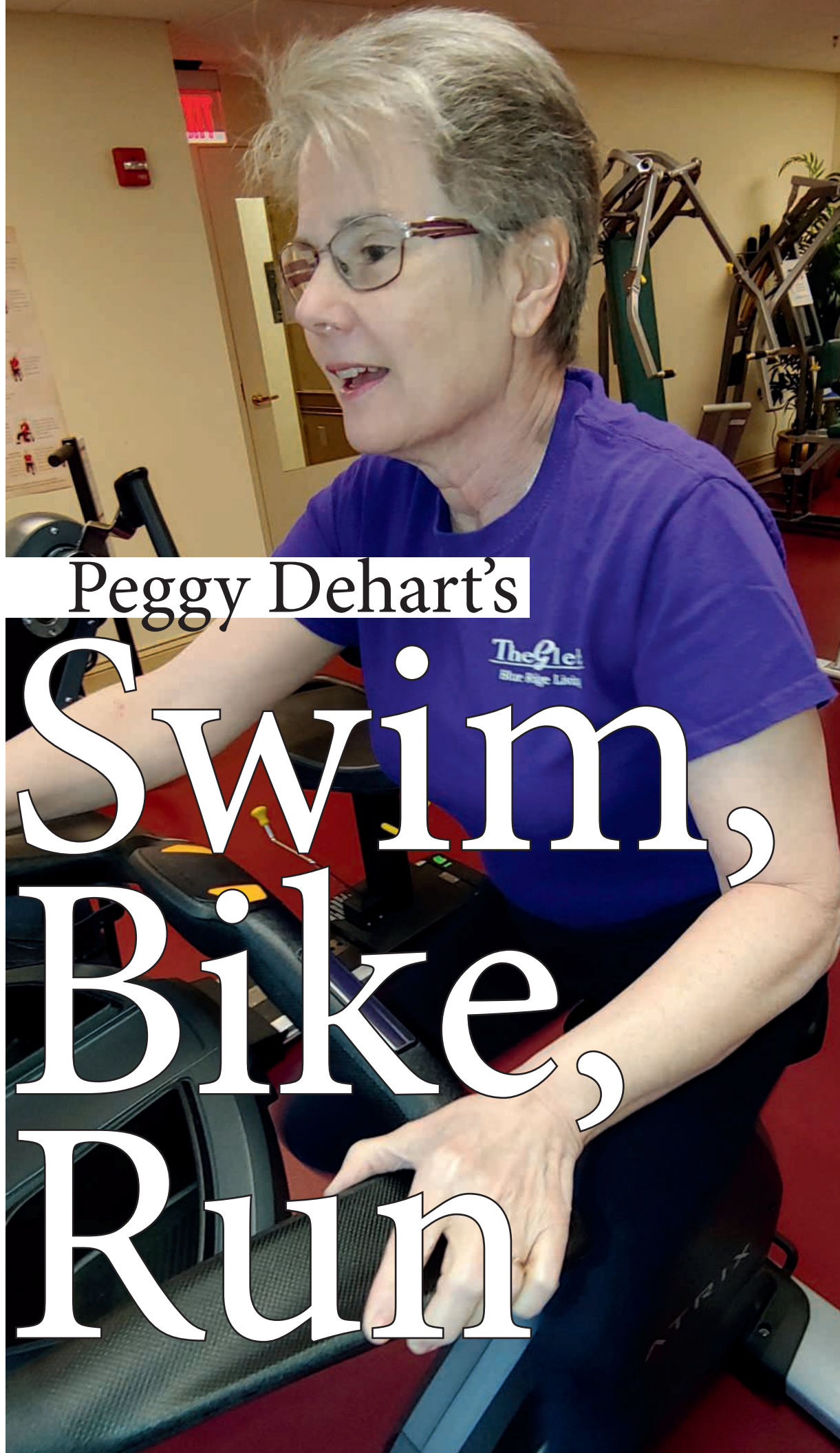
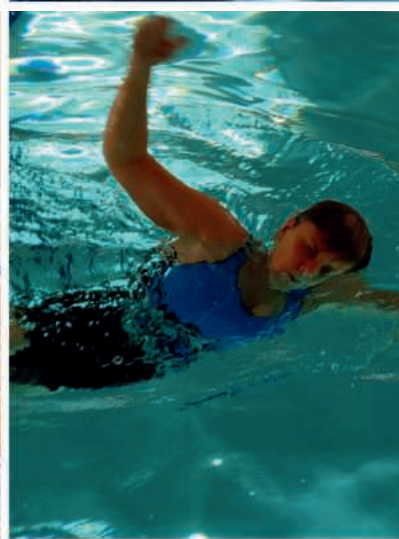
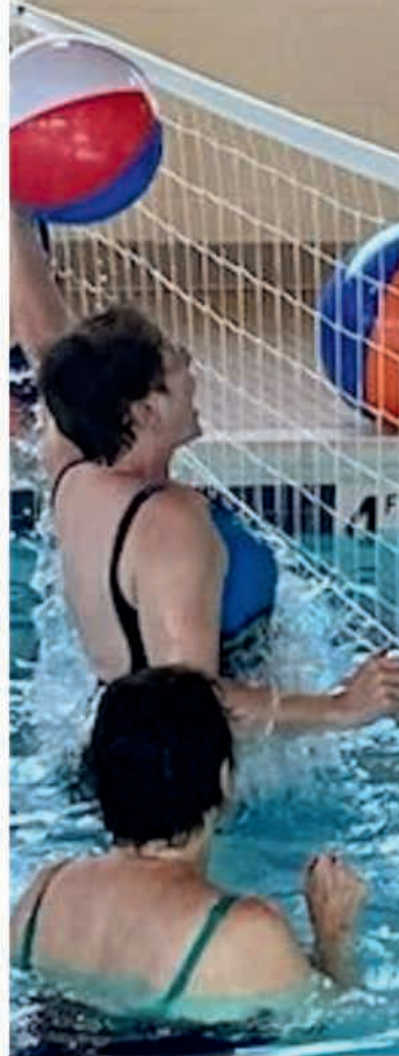
correctly and safely. Best of all, once my cardiologist gave me clearance from wearing the vest, there was an incredible pool that I could finally take advantage of!"

Of course, no goal is complete without proper training and preparation. With regular aerobic classes and workouts in the exercise room, as well as swimming in the pool, Peggy gained more confidence every day. Not only does the triathlon require physical strength and endurance, but there is a mental toughness needed to push ahead to each goal. Peggy endured them all and completed the triathlon with her support teams there to cheer her on.

"I am so grateful to everyone that encouraged me to complete the triathlon. I've made some great friends at The Glebe while participating in many activities. In addition to my health goals, I teach the "DeHart Art" class on Saturdays where I love sharing my love for all things art."







Peggy Dehart's

# Swim, Bike, Run





new year,  
*new look:*  
*renovations at The Summit*



The Summit is making a \$1.5 million investment in upgrades to its Independent Living common areas and building a new Assisted Living kitchen. The Independent upgrades will feature a new cafe serving breakfast and lunch items, along with wine tastings and appetizers. “We’re excited to bring another dining option and offer hors d’oeuvres before dinner with wine and socializing in the new lobby,” said Adam Feldbauer, Executive Director for The Summit.

The Assisted Living kitchen is being retrofitted to a full-service kitchen, improving the dining experience for Summit residents. “We are proud to elevate Assisted Living services at The Summit,” said Brenda Dixon, Marketing Director for The Summit. “It’s nice to see Assisted Living’s dining options being equal to Independent Living.”

New renovations also include relocating the fitness center, adding

public restrooms and moving the creative arts space to allow residents to engage in art projects with a gorgeous view of the Blue Ridge Mountains.

The capital improvements come on the heels of other improvements, including keyless entry, security cameras, a new bus, a handicapped accessible van, enhanced internet services, upgraded generators, and new awnings and landscaping along Enterprise Drive. Since purchasing The Summit in October 2021, LifeSpire of Virginia, which owns and operates four other Life Plan Communities, has made tremendous investments that enhance the quality of life for residents.

“In the last year of being part of LifeSpire of Virginia, we’ve been able to experience what it’s like to be part of an industry-leading non-profit organization. We are grateful for the investments being made to make our community even better,” said Dixon.

The Summit continues to embark on new projects with team members and residents working on a master plan for the coming years. “Our campus has the best of both worlds. We have our beautiful lake and walking trails, and we’ve enhanced a lot on the Enterprise Drive side, located in the heart of Wyndhurst, with coffee shops, restaurants and other amenities,” advised Dixon. “We are looking forward to the completion of our new entrance at Grand Summit Drive. We have accomplished so much in the past year and looking forward to what’s to come.”





# INFLUEN







CERS

2022



**E**ach year, the Virginia Baptist Homes Foundation Influencer Award honors a champion at each community who causes a positive effect on the mission to enhance the lives of their friends and neighbors. Influencers embody the core values of LifeSpire of Virginia communities through their spirit, their engagement, and their generosity. Proceeds from the Influencer Awards go to support the VBH Benevolent Fund.

In the spring, the 2022 Influencers were announced: Travers Mayhew for The Chesapeake, Bob Houck for The Culpeper, Charlotte Yeatts for The Glebe, Sally Wheat for Lakewood, and Virginia Marshburn for The Summit.

In the waning months of 2022, the communities each celebrated their Influencer in ways that were especially meaningful to each honoree. In September, The Culpeper

threw an Italian themed dinner and dancing event, while Lakewood celebrated their Influencer in conjunction with their 45th Anniversary celebrations, featuring dinner and lively entertainment throughout the community.

The Summit hosted a formal dessert reception on the first of December to honor their Influencer. Because their honoree is an avid square-dancing enthusiast, in December The Glebe decided to have a hoe-down, and cowboy hats were encouraged! Finally, The Chesapeake invited their Influencer's son to provide the musical entertainment, and the honoree couldn't help but join in! All five communities paid tribute to their Influencers and used the occasions to celebrate all their volunteers and supporters.

In 2022, the VBH Foundation provided \$1,224,388 in benevolent assistance to 48 residents across all LifeSpire of Virginia communities, providing peace of mind and compassionate care to those

in need. Throughout LifeSpire's over 70 year history, benevolence has been the heart of everything we do.

The Foundation thanks all who participated in planning and producing these Influencer events, including sponsors, volunteers, and donors. To all five of the 2022 Influencers, thank you for who you are and all you do for your communities and for us. To learn more about the 2022 Influencers, go to [www.lifespireliving.org/give/influencer-awards](http://www.lifespireliving.org/give/influencer-awards).

#### **Emerald Sponsors:**

Cura Hospitality  
SFCs

#### **Sapphire Sponsors:**

Attane  
ColonialWebb/Comfort System USA

#### **Ruby Sponsors:**

Matthews Development Company

#### **Additional Sponsors:**

MatrixCare  
National Institute for Fitness and Sport (NIFS)  
G&H Contracting  
Meriwether Godsey









# WHAT YOU NEED TO KNOW ABOUT THIS YEAR'S NEW TAX LAWS

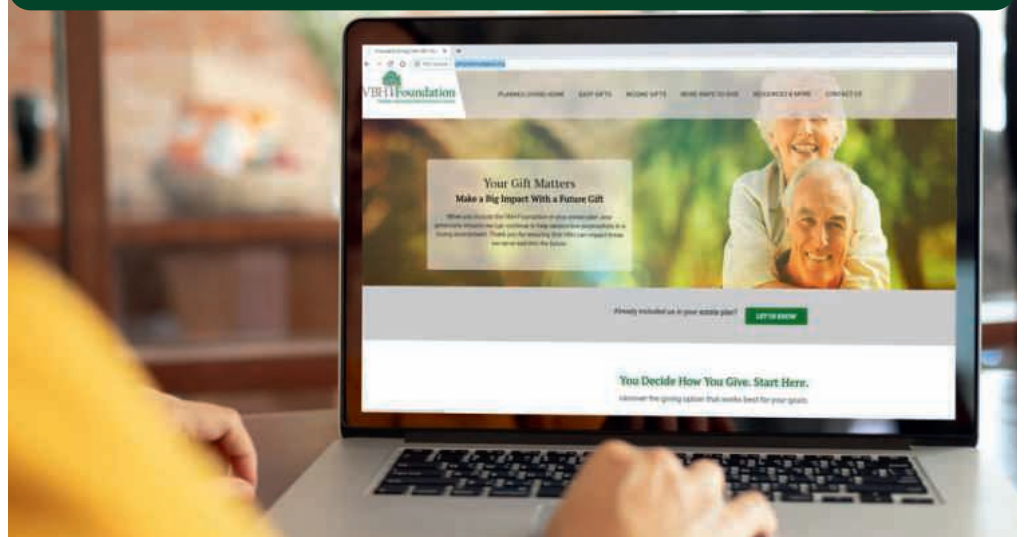


A new year has brought more than just resolutions. It's brought new laws and other changes that may affect your giving decisions. And with any economic change, you may be looking at your finances and wondering how you will be impacted. The new laws include retirement changes, known collectively as **"Secure 2.0,"** that may affect your saving and giving. They may even make it easier for you to make a difference at organizations you care about.

## 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:

<http://vbh.planmylegacy.org> for more information.





## SOME IMPORTANT THINGS SECURE 2.0 DOES THAT INVOLVE CHARITABLE GIVING:

### INCREASES THE REQUIRED MINIMUM DISTRIBUTION (RMD) AGE

Secure 2.0 increases the age retirees must begin taking taxable withdrawals to 73 in 2023 and 75 by 2033, up from the previous 72. It does not, however, increase the age an IRA owner can make a qualified charitable distribution. That age remains at 70½.

Simply put, the extension of the RMD age gives you more time to save. You will enjoy additional tax-free growth. It also can be significant if you do not want to begin withdrawing retirement funds during an unsettled economic climate, giving you more time for your stock portfolio to recover.

### ADJUSTS FOR INFLATION THE \$100,000 ANNUAL LIMIT ON DIRECT GIFTS TO QUALIFIED CHARITIES FROM YOUR IRA

Are you 70½ or older? If so, you may know about a popular gift option that allows you to make a gift directly from your IRA to a qualified charity without paying income taxes on the distribution.

Historically, what you could give was capped at \$100,000 per year. This figure will now be adjusted annually for inflation beginning in 2024. This allows you to not only increase your giving but also ensure your giving keeps pace with inflation. And you can make an impact—and see that impact—now rather than after your lifetime.

### ALLOWS FOR A DISTRIBUTION FROM YOUR IRA TO FUND A LIFE-INCOME GIFT

If you are 70½ or older, you can make a one-time election for a qualified charitable distribution of up to \$50,000 (without being taxed) from your IRA to fund a life-income gift such as a charitable gift annuity, charitable remainder unitrust or charitable remainder annuity trust.

These types of life-income gifts allow you to make a gift to a qualified charitable organization and receive lifetime payments to boost your retirement income or provide a lifetime payment for you or your spouse.

*We can help answer any additional questions you might have about how the new retirement laws affect your charitable giving.*

*The **VBH Foundation** website is full of helpful tools and information to better understand how to make an impact. Visit <https://vbh.planmylegacy.org/> to learn more about options for giving and leaving a legacy.*

**let's connect!**

**Jodi Leonard**  
(804) 521-9213

[jleonard@lifespireliving.org](mailto:jleonard@lifespireliving.org)

*Let's talk about your legacy  
with the VBH Foundation!*



# Lakewood at Home, Long-Term Care Planning Workshops



Lakewood at Home, LifeSpire of Virginia's first continuing care at home program, recently developed two new workshops to benefit the greater Richmond community. Realizing that people in all stages of life considering and planning for the future have questions about long-term care, the Lakewood at Home team developed a three-hour long-term care planning workshop to provide a framework to enhance understanding of long-term care services and how best to plan for long-term care needs.

The long-term care planning workshop includes information about the differences between long-term care and medical care. It provides current statistics on family and professional caregiving and gives practical steps for finding a home care agency and working with a caregiver in a current residence. The team provides information on the costs of obtaining long-term care in one's home or in a senior living community. Participants are educated on long-term care services and

what's covered under insurance plans such as Medicare and long-term care insurance.

The team has offered the long-term care planning workshop in person and virtually with an overwhelmingly positive response on each occasion. They have also developed the workshop "Enhancing the Eight Dimensions of Wellness as you Age". This workshop emphasizes wellness and is full of local resources to assist in wellness across the spectrum of the eight dimensions.

If your church, club or other organization is interested in having the Lakewood at Home team share either workshop with you, contact us at 804-420-1952. The workshop includes a workbook with resources, as well as a copy of Ben Rao's book *Paying for Long-Term Care*. You can also find the date and time of an upcoming workshop or seminar on the website at [lakewoodathome.org/events](http://lakewoodathome.org/events).







# cyber. security

DO YOU KNOW HOW MANY  
PASSWORDS YOU HAVE FOR ALL  
THE SITES AND SYSTEMS YOU USE?

A study conducted by Microsoft in 2007 found that people had approximately six passwords to remember on average. Today, that number has increased to 70-80 passwords on average, an over 1000% increase. Another study found that most people have a cognitive ability to remember four to five passwords effectively, which is why most people use the same password for multiple sites. However, that is not the safest course of action as it can lead to accounts that can be easily hacked. So how do you manage all those passwords and how can you keep them safe?

A hard copy notebook offers nondigital storage safety. Just be sure to keep it out of the way, preferably locked in a safe. **“I find a hard copy notebook useful if two people at home are accessing the same computer or accounts,”** advised Robert Wilbanks, Vice President of Information Technology for LifeSpire of Virginia.

Locked files on a computer or mobile device can work, but it also carries risk of exposure to hacking. A password management system is the easiest and safest solution. These are typically available as a dedicated app for desktop or laptop

computers and require a subscription fee. Examples of popular password management apps include: 1Password and Dashlane.

## password safety tips

- Never give out your password to online accounts to anyone
- Passphrases can help you remember passwords, such as, “I’m smarter than the average bear!”
- Use a different password for each website, app, email or anything that requires you to provide a username and password
- Use multi-factor authentication whenever available
  - This method delivers a one-time use code to another device. Once the code is received, enter that code into the first device to complete authentication.
- Check to see if your information has already been exposed
  - Visit <https://haveibeenpwned.com/>
  - Select the passwords tab and type your password in to see if it has shown up in any data breaches. If your password has been subjected to a data breach, change it right away.



# five communities. one vision.



## WHERE FAITH, WELLNESS AND COMMUNITY FLOURISH.

Each of LifeSpire of Virginia's five communities offer comfortable apartments and cottages in beautiful, inviting settings while the Lakewood at Home program provides members with the comfort of aging at home regardless of the option or location. LifeSpire's communities provide the peace of mind of continuing care. Take advantage of the security of knowing the future is well planned in an atmosphere where faith, wellness and community flourish.



THE CULPEPER



THE CHESAPEAKE



LAKWOOD



THE GLEBE



THE SUMMIT

**TO LEARN MORE, CALL (804) 521-9214 OR VISIT [LIFESPIRELIVING.ORG](http://LIFESPIRELIVING.ORG)**

**LifeSpire**  
of Virginia

Faith. Wellness. Community.

3961 STILLMAN PARKWAY  
GLEN ALLEN, VIRGINIA 23060

NON-PROFIT ORG  
US POSTAGE  
**PAID**  
WAYNESBORO VA  
PERMIT 129