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COMMUNITY MATTERS

winter / 2024

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The Ground is Broken

THE GLEBE AND THE
SUMMIT CELEBRATE
BREAKING GROUND
ON NEW COMMUNITY
EXPANSIONS

LIFESPIRE'S
CONTINUING
CARE AT
HOME
PROGRAM IS
EXPANDING

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VBH FOUNDATION
GRANTS COLLEGE
SCHOLARSHIPS TO
43 STUDENTS

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LifeSpire
of Virginia
Faith. Wellness. Community.

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VBH FOUNDATION BRINGS MISSION TO LIFE

As we close out 2024, I want to express my deepest gratitude for the enormous generosity and dedication our supporters have shown throughout the year. This has been a year marked by incredible volunteerism, generous giving, and a strong commitment to our shared mission.

Our volunteers have tirelessly given their time and talents to enhance the lives of LifeSpire residents and team members, as well as to the causes and organizations within our localities that are dear to our hearts. Your efforts have not gone unnoticed, and we celebrate each of you for the countless hours you've devoted to making a difference.

A final congratulations is in order to the 2024 class of Influencers -- those champions at each of our communities who are positively impacting the lives of their friends and neighbors. Influencers embody the core values of LifeSpire of Virginia through their spirit, their engagement and their generosity. I personally want to thank Tom, Phyllis, Anne, Linda and Hazel for being great examples of using one's talents to provide for others.

In 2024, we were proud to award a record number of scholarships to LifeSpire team members and their families which will enable them to pursue their educational goals and continue the tradition of compassionate care that Lifespire is known for. These scholarships are more than just financial support; they are an investment in the future of our communities.

The benevolent need within our communities remain a top priority, and this year, thanks to your generosity, we were able to provide assistance to those who need it most. Your contributions have brought comfort and security to many residents facing financial hardships. As we approach year end, we are close to meeting our goal of providing over \$1.2 million in financial subsidies to residents who have outlived their financial resources.

As we look forward to 2025, I invite you to consider making a year-end donation. Your gift will continue to support our mission, ensuring that



LifeSpire remains a place where every resident is cared for with dignity and love.

Thank you for being a vital part of the LifeSpire family. Together, we are creating a brighter future.

Jodi Leonard
- JODI LEONARD
Vice President
VBH Foundation

VBH FOUNDATION CELEBRATES VOLUNTEERS & INFLUENCERS

To celebrate National Volunteer Appreciation Month in April, LifeSpire and the VBH Foundation launched a company-wide Volunteer Celebration campaign.

Appreciation events were held at each LifeSpire community, honoring the dedication and service of residents who give of their time, talents, and treasure to make their communities wonderful places to live. Residents and team members make a difference every day through their service and dedication.

VBHF tracks hours volunteered by residents and team members. Last year, 11,695 volunteer hours were contributed, worth nearly \$372,000, and we are set to surpass that in 2024. We celebrate the impact of these volunteers and also recognize there are many other volunteers whose countless hours are not recorded.

Each year, we also select a resident who supports their communities through their spirit, their engagement, and their generosity. These “Influencers” are models of service and generosity, often leading the way in their community’s volunteerism. The 2024 class of Influencers are true champions within their communities, creating a positive impact on their neighbors.

In 2024 the Influencer Award and Volunteer Appreciation celebrations were combined and each community presented awards to the Influencers at their event.

Lakewood and The Summit hosted brunch for their volunteers, while The Chesapeake, The Culpeper, and The Glebe hosted receptions. Each occasion was a special event, honoring the service and achievements of both the

Influencers and all volunteers for the difference they make in their communities. To read more about these community champions, visit: <https://bit.ly/LifeSpire>.



Tom Sayre - THE CHESAPEAKE

After a career in military and civil service, Tom and his wife Nancy moved to The Chesapeake in 2017. Led by the Golden Rule, Tom has lived a life dedicated to hard work and service to others.

He has served as Chair of the Wellness Committee, Chair of the Activities Committee, and President of the Resident Council. He says that he is a firm believer in making change by participating in one’s community.



Phyllis Turner - THE CULPEPER

Phyllis grew up on a farm in Missouri and her parents encouraged her to pursue dreams beyond the farm. She worked with her husband Sam to support their family, moving to North Carolina and Virginia before retiring to Florida.

Eleven years ago, after Sam passed away, she moved to The Culpeper to be closer to family. There she has enjoyed playing the piano for all three worship services and for residents in Memory Support every Sunday for nearly five years.



Linda Jones - LAKEWOOD

Born and raised in Newport News, Linda pursued a career in music in Ohio, Massachusetts and Virginia, then earned an associate degree in Mortuary Science to join her husband Latham in owning and operating a funeral home in Scottsville, Virginia for 20 years.

The Joneses moved to Lakewood in 2019. Playing piano for the residents in the higher levels of care at Lakewood has brought her a special kind of joy and fulfillment. In the coming years, she hopes to always remember to count her blessings, continue to share her music with people, and to stay healthy.



Anne Brugh - THE GLEBE

Anne and her husband Latane moved into The Glebe in 2005 before construction was even completed. They were fortunate to know about the community early on as Latane had been serving for years on the Board of the Virginia Baptist Homes Foundation.

Years ago, along with Carl Cross, Anne started a Christmas Remembrance Fund for the team members at The Glebe. Donations are gathered from residents throughout the year and distributed in the holiday season among all hourly employees as a thank you for all their hard work. This project continues annually. Anne serves the community by playing piano for vespers services. She wrote the official song for The Glebe sung at the end of each Resident Council meeting. Along with this tradition, she always tells a different joke to close out the meetings. Anne’s personal motto is taken from 2 Corinthians 5:17, “Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”



Hazel Harrison - THE SUMMIT

After growing up on a farm in Virginia, Hazel was recruited out of high school to work for the CIA as a stenographer and served in assignments around the world before retiring at age 50. She then earned her bachelor’s degree from Longwood University and worked in education and volunteer service in the Farmville area.

In 2010, Hazel and her husband George moved to The Summit where she has continued to support her community. Hazel organized a group called “Bears, Balls, and Braces” in which she worked with other residents to send stuffed toys and neck braces to Lynchburg General Hospital. At The Summit, she served as Resident Council President and Treasurer, led the Spiritual Life Committee, and has served as chair of the Library Committee, managing over 1,800 books.



ColonialWebb of Comfort Systems USA is the regional leader of superior installation, maintenance, and service of building mechanical and electrical systems. They have partnered with LifeSpire of Virginia and the Virginia Baptist Homes Foundation for many years.

ColonialWebb with Comfort Systems was the Featured Sponsor of the 2024 Volunteer Appreciation Celebration season.

THANK YOU FOR YOUR SUPPORT!

LIFESPIRE GROWS TO MEET INCREASING MARKET DEMAND

The Summit Breaks Ground on New Cottages

In April 2024, residents, depositors, and team members of The Summit and LifeSpire celebrated the start of construction on a new 18-cottage neighborhood. The cottages are the first phase of a significant campus expansion marking the largest investment in The Summit since its opening more than 20 years ago.

“This is an exciting time to see the love, time and money being poured into this community as we continue to build great things for current residents and future residents,” said Executive Director Kristi Martin.

The cottages are expected to be completed in the

summer of 2025. Planning is underway for the second phase of the expansion with a 30,000-square-foot addition for new amenities, including an indoor pool and new dining options, as well as a new, state-of-the-art memory support community. The project is expected to be completed in late 2026. “This is the first big step towards a capital reinvestment strategy that will make The Summit one of the top retirement communities in the commonwealth,” said LifeSpire CEO Jonathan Cook. For more information on The Summit expansion, visit: https://qr.fy.io/r/BwIMi_f_6b



The Glebe Breaks Ground on \$25 Million Expansion

In July 2024, residents, depositors and team members celebrated the groundbreaking of The Glebe’s expansion, which includes 22 new cottages, new and improved dining options and other updates throughout the community.

“We’re excited to enter this next phase of development. Today’s seniors want more options and want to stay independent as long as possible. The new cottages are specifically designed to allow residents to age in place, maintenance-free and worry-free,” said Executive Director Ellen D’Ardenne.

Construction is taking place over the next 24 months, with the first set of cottages expected to be completed in early 2025. The Botetourt Room will be expanded to create more space for entertainment and community gatherings. The Depot Café will get a complete makeover, becoming The Marketplace, a modern casual dining experience offering a new grill, pizza oven, fresh salad bar and grab-and-go items. The new dining area will include additional seating, a covered patio and stone fireplace. Residents will enjoy even more dining options with a new tavern and a coffee and bake shop. For more information on The Glebe expansion, visit: <https://qr.fy.io/r/sTVjuOeYhJ>



LAKEWOOD RESIDENT AND TEAM MEMBER UNITE IN RIDE TO RID ALZHEIMER'S



Lakewood Team Hits the Road for Alzheimer's Cure

Lakewood resident Joe Kent and Security Manager Brad Muranko recently undertook a remarkable cycling challenge, riding a combined total of 769 miles in support of Alzheimer's research. This event, known as Team Lakewood's Ride to Rid Alzheimer's, was organized in collaboration with the Alzheimer's Association Greater Richmond, aiming to boost awareness and funds for finding a cure.

The journey began on June 23, with Joe riding 300 miles around the Lakewood campus and Brad covering 469 miles along the scenic Blue Ridge Parkway. Both cyclists are seasoned members of the Richmond Area Bicycling Association (RABA) and took on this week-long endeavor in honor of loved ones lost to Alzheimer's: Joe's mother and stepfather, and Brad's grandmother.

Brad shared a similar sentiment, recalling fond memories of his grandmother and how her struggle with Alzheimer's was both difficult and poignant: "She was a source of love and laughter, and seeing her battle Alzheimer's was heart-wrenching."

Despite facing challenging conditions, including extreme temperatures and foggy descents, Joe and Brad remained steadfast. Joe managed an average speed of 16.4 mph for his 300 miles, while Brad navigated through heat exhaustion and limited visibility, reflecting on the emotional and physical demands of the ride.

Their efforts were supported by the Lakewood community and their families, with Joe finding encouragement in the cheers from residents and staff, and Brad drawing strength from his personal faith and the support of his loved ones.

As they crossed their respective finish lines on June 28, Joe and Brad not only achieved their personal goals but also raised approximately \$47,165 for Alzheimer's research. While Joe is uncertain about participating in future rides, he plans to continue cycling with RABA. Brad, despite the grueling experience, is open to future challenges and cherishes the lessons learned from this profound journey.

Special thanks go to Justin Paget, Brad's friend and cycling partner who rode with him, and Sally San Soucie, Lakewood's Community Outreach Liaison, and friend Paige Cranor, who drove her RV and provided safe shelter to the team.

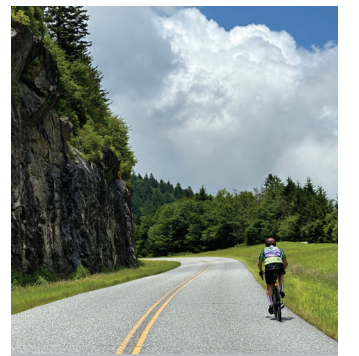
Their ride exemplifies the spirit of Lakewood's community and the impact of dedication in the fight against Alzheimer's. For more information or to contribute to their cause, visit Team Lakewood's fundraising page:

<https://qr.fy.io/r/BFTD1qcrw3>



"My mother and stepfather both suffered from dementia, and I wanted to honor them by showing that cycling can maintain mental and physical health in senior years while drawing attention to Lakewood's Alzheimer's fundraising goal."

- JOE KENT
Lakewood Resident



LAKEWOOD AT HOME IS NOW AGESMART

LifeSpire Expands Innovative Continuing Care at Home Program

LifeSpire of Virginia is expanding its mission of empowering individuals with choices in purposeful living. For more than 75 years, LifeSpire has served older adults in its life plan communities, but 90 percent of older adults would prefer to remain in their homes.

In 2019, LifeSpire launched an innovative continuing care at home program, known as Lakewood at Home, for healthy, independent seniors who wish to age in place in their homes. Today the program serves nearly 150 members in the greater Richmond area with:

- Wellness programming
- Professional care coordination
- Protection of asses from the rising costs of long-term care
- Assurance that loved ones will not be burdened with the stress of coordinating or paying for care
- Peace of mind knowing they have a great long-term care plan in place

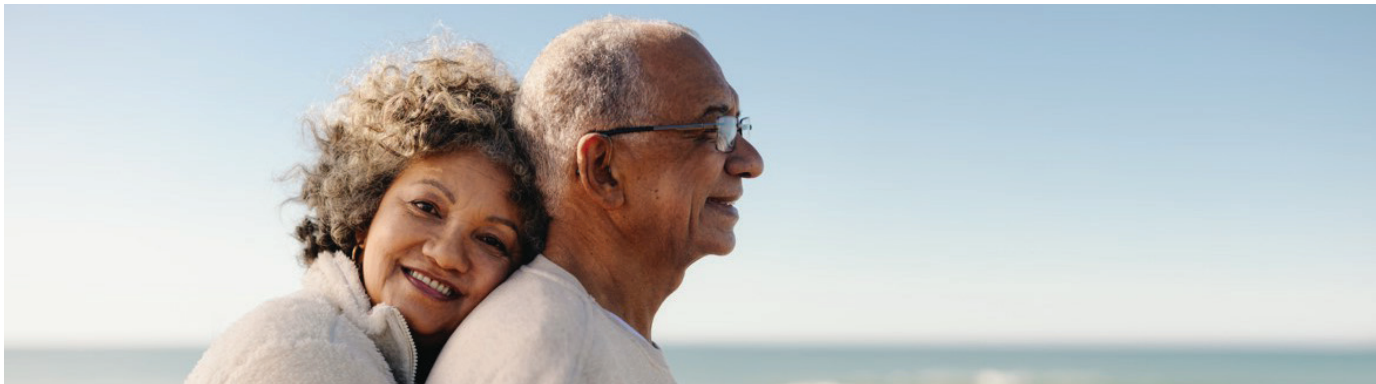
“With approval from the State Corporation Commission to offer the program through all five LifeSpire communities, we are now known as AgeSmart with LifeSpire of Virginia,” explained Tammy Huffman, AgeSmart Executive Director. “In addition to Richmond, the program will now be available to people who live in Newport News, Culpeper, Lynchburg, Roanoke and areas in between.”

AgeSmart’s membership program offers a combination of the financial protection of long-term care insurance, along with the continuum of care and access to amenities of a life plan community. While most members plan to remain in their homes, some



joined the program knowing there was a possibility that they might want to move into a retirement community in the future. AgeSmart offers bridge options that provide a discount for members who decide to move to independent living at a LifeSpire community.

Learn more by attending an upcoming complimentary long-term care workshop or information seminar.



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 to you not to be a burden to 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.*

October 15, 3:00-4:30 pm: **Virtual Webinar**

November 5, 4:00-5:30 pm: **In-Person Seminar (Richmond)**

November 14, 4:00-5:30 pm: **Virtual Webinar**

AgeSmart

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

SPECIAL GIFTS AT THE CHESAPEAKE



New Water Feature Offers Opportunity for Reflection

Over the last few months, a new area for residents to enjoy has been taking shape at The Chesapeake. Tucked within a cottage neighborhood, Gloucester Commons is turning into a beautiful recreational space, with great input from those who live here. One special feature of the Commons was made possible with a special gift. The donors' vision for creating a quiet space for meditation, reflection and healing was realized through their generous gift to fund the new water feature and statue

of 'Jesus in the Garden of Gethsemane.' The space was blessed at a ceremony led by Rev. Uwe C. Scharf, Ph.D., chaplain at The Chesapeake this summer. All are grateful for their generosity and the desire to share their treasure so that others benefit from their altruism. Stay tuned for additional enhancements to the Commons - where it will surely be the place to meet up with friends and enjoy time together.



“Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.”
- Matthew 26:36
Plaque Inscription

THE CULPEPER HONORS ITS HISTORIC ROOTS

Culpeper Baptist Church Celebrates 250th Anniversary

In August, The Culpeper hosted a churchwide picnic to celebrate the 250th anniversary of Culpeper Baptist Church. More than 200 people attended the event and enjoyed hamburgers, hot dogs, barbecue and cake. Helen Sturgill, resident of The Culpeper and member of Culpeper Baptist Church since 1962, welcomed guests and shared her experiences working at the church for 26 years and moving to The Culpeper in 2016. LifeSpire President and CEO Jonathan Cook delivered remarks and presented Culpeper Baptist Church pastor Dan Carlton with a plaque to honor the anniversary and express appreciation for the church's partnership and commitment to the LifeSpire mission. “The relationship between The Culpeper and Culpeper Baptist Church began 80 years ago with Dr. J.T. Edwards’ vision to care for vulnerable senior adults. That relationship has endured, and it has strengthened, and both organizations thrive when each other grow and prosper,” said Cook.



VBH FOUNDATION HAPPENINGS

View list of recipients here



VBH Foundation Awards 43 Scholarships

LifeSpire of Virginia and the Virginia Baptist Homes (VBH) Foundation are pleased to announce the 2024 scholarship recipients. A total of \$35,000 was awarded to 43 eligible individuals. The scholarships are funded by the Employee Education Fund.

The fund provides financial assistance for team members towards two- and four-year higher education degrees. Support is awarded with grants for college-bound team members, and their children and grandchildren.

The VBH Foundation's Employee Education Fund provides awards on an annual basis. The fund relies on the generosity of donors for sustainability. The LifeSpire team is grateful for the kindness of residents, families and colleagues who give to the Foundation to assist team members financially with scholarships and crisis awards. To learn more about the programs providing support to team members, visit <https://lifespireliving.org/give/employee-support/>



Each holiday season, the Virginia Baptist Homes Foundation sponsors an Honor Tree in each LifeSpire community. All loved ones who were honored or remembered by a gift made to the VBH Foundation at any time in 2024 have their names placed on the Honor Tree in the community. Ornaments are also created for those residents who passed away during the year.

"Tribute Giving" is a significant way that donors give to the VBH Foundation every year. In 2023, nearly 400 gifts were received in memory of or in honor of a loved one, generating well over \$100,000 in support. Learn more about Honor Tree giving or to make a gift by visiting www.lifespireliving.org/give/honor-tree

TIME TO CHECK YOUR

End-of-Year List

MAKE A GIFT

Make a gift to the VBH Foundation

Honor a loved one on your holiday gift list by making a gift to the VBH Foundation. We'll send a card notifying the recipient, and you'll get that warm-fuzzy feeling of helping a senior in need – a lot better than a fruitcake!

JOIN

Join our Monthly Giving Circle!

You can make an even bigger impact with your gift by joining the Monthly Giving Circle! A commitment to giving every month helps to sustain available funding for seniors in need, while also helping to lower our costs, as you will not receive future solicitations.

ELIMINATE INCOME TAX

Eliminate income tax on your mandatory IRA withdrawal this year!

Make a gift to the VBH Foundation directly from your IRA and take advantage of the IRA Charitable Rollover. This gift will also count towards the donor's required minimum distribution (RMD).

Gifts can be made using the enclosed envelope, or with a credit card through our secure online form at lifespireliving.org/give. Please contact the Foundation office at 804-521-9213 for information or assistance.

GENEROSITY MATTERS

How IRA RMDs Can Support LifeSpire of Virginia's Mission

As the season of giving approaches, many of our supporters at LifeSpire of Virginia are looking for ways to contribute to our mission of enriching the lives of our residents. One often overlooked yet highly effective method is giving through Individual Retirement Account (IRA) Required Minimum Distributions (RMDs). This approach not only benefits LifeSpire of Virginia but also offers significant tax advantages to the donors.

Understanding IRA RMDs

If you have an IRA, upon reaching the age of 73, the IRS mandates the withdrawal of a certain amount of money through the RMD, which is typically subject to income tax, potentially impacting your financial planning and tax situation. The Qualified Charitable Distribution (QCD) allows you to direct an RMD to a qualified charity, such as LifeSpire and its communities, without it being counted as taxable income.



If you are age 73 or older with an IRA, you can direct a RMD of up to **\$100,000**.

If you are between the ages of 70 ½ and 73, you can direct a RMD up to a maximum of **\$105,000** (in 2024).

A gift of any amount offers you a tax advantage while making a difference at LifeSpire.

How to Make a QCD to LifeSpire of Virginia

Reach out to your IRA custodian to inform them of your intention to make a QCD. They will provide the necessary forms and instructions to complete the transfer. All charitable gifts are received through the Virginia Baptist Homes Foundation

Legal name: Virginia Baptist Homes Foundation
Legal address: 3961 Stillman Parkway, Glen Allen, VA 23060
Federal tax ID number: 52-1373103

Please let us know about your generous contribution so we can appropriately acknowledge your support and ensure it is directed according to your wishes.



LifeSpire of Virginia is deeply grateful for the generosity of our donors. By choosing to give through your IRA RMD, you not only support our mission but also become part of a legacy of caring and compassion that impacts the lives of many. We encourage you to consult with your financial advisor or tax professional to determine how a QCD can fit into your charitable giving and financial planning strategy. **For more information or assistance with making a QCD, please contact Jodi Leonard, Vice President, Virginia Baptist Homes Foundation at (804) 521-9213.**



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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.

THE  CULPEPER

The Chesapeake

LAKEWOOD

AgeSmart

The Glebe

The SUMMIT

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