

— Community —
MATTERS



A NEWSLETTER BY LIFESPIRE OF VIRGINIA • AUTUMN 2022

LifeSpire
of Virginia
Faith. Wellness. Community.

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Woodside Cottage Residents Tour,

The new Woodside Cottage neighborhood at Lakewood is nearing completion. The first of the new residents are set to move in November.

In preparation to welcome the 19 families to their new homes later this year, Lakewood and LifeSpire team members organized a hard hat tour for the residents and their families in July. Attendees heard from Corporate Director of Construction Management Derek Meyer regarding project updates and met with members of the construction crew.

During the summer months, future residents had the chance to hold a special blessing service with Lakewood's Chaplain Julie Walton. During the service, residents had the chance to write their favorite scriptures or special messages on the interior beams of the home before drywall was hung.

The Woodside Cottages range in size from approximately 1,600 square feet to 2,000 square feet. Each cottage has its own outdoor living space that is around 1,000 square feet.



Bless New Lakewood Homes




LAKEWOOD
Live the life you envision.

Bingo Bash Raises Hundreds for Benevolence



The Summit's dining room was packed on June 22 for the community's annual Bingo Bash. Residents and team members gathered for food, fun, and, of course, great prizes.

The event raised nearly \$2,000. All of the proceeds will go toward The Summit's Benevolent Fund.



“We are so appreciative of The Summit family for recognizing the need to raise funds to support our mission. The Summit Benevolent Fund allows residents to stay in the homes that they know and love if they do deplete their assets,” said the Virginia Baptist Homes (VBH) Foundation Vice President Jodi Leonard. “The bingo event was so much fun and helped to share our story while raising money to support the benevolent need at The Summit.”

The
SUMMIT

Lakewood at Home Team Trains Pickleball Enthusiasts

The Lakewood at Home team is taking to the courts to share some new skills with the community.

The team hosted a pickleball clinic this summer with Executive Director Tammy Mackey serving as the instructor. Tammy recently won the Richmond Pickleball Classic powered by the World Pickleball Tour. The clinic was for the members of the Kiwanis Club of Richmond. Community Outreach Coordinator Brenda Davis, who is a

level three player, also assisted in teaching the clinic.

Pickleball clinics will resume again in the Spring of 2023.



Reserve your spot **NOW** for a fun and informative **SEMINAR** about **Lakewood at Home**

- Learn about our solution for long-term care planning.
- Get the answers you need about this innovative option.

**Wednesday,
December 14
4 – 5:30 P.M.**

Seating is limited!
RVSP is required.

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140-2016

A CrossOver Community Service Opportunity

Community involvement and volunteerism are just some of the ways that LifeSpire of Virginia residents live purposefully. When the Richmond area nonprofit CrossOver Ministries asked for help building the picnic tables, the Sawdust Club at Lakewood went to work.

CrossOver provides high quality healthcare, promoting wellness, and connecting community talents and resources with people in need. Team members and volunteers for CrossOver provide healthcare to adults and children, but since the start of the COVID-19 pandemic, those hardworking staff and volunteers had been unable to eat communally at work.

Lakewood Community Outreach Liaison Sally San Soucie reached out to resident Bill Bateman to see if he could help get the project started. Though Mr. Bateman had never built a picnic table before, he researched and found plans on the Internet.

With the help of residents Ed Seward and Walter Ayers, they constructed two eight-foot picnic tables over the course of four days and clocking in 26 community service volunteer hours as their “fee”.

For years, the Sawdust Club has granted no-charge repairs for the Lakewood community. Mr. Bateman says that since Lakewood provides the shop to them at no charge, “we can give our thanks to Lakewood and LifeSpire of Virginia by helping with community projects and repairs when feasible. Woodworkers have an innate desire and satisfaction in creating and building projects for ourselves and others. The smiles and thanks we receive whether from family or others makes it all worthwhile.”

Lakewood community team members delivered the picnic tables to CrossOver on July 12. “The picnic tables will be a wonderful, welcome addition,” said CrossOver Ministries

Volunteer Manager Rachel Yowell.

These tables sitting under an evergreen tree beside their Quioccasin Road location are a blessing to their ministry, while giving LifeSpire of Virginia residents a way of living out their faith through service.




Live the life you envision.

18 Students to Receive Scholarships for College from LifeSpire, VBH Foundation

The LifeSpire of Virginia and the Virginia Baptist Homes (VBH) Foundation leadership teams are pleased to announce the 2022 scholarship recipients. A total of \$18,000 was awarded to 18 deserving individuals. The scholarships are funded by the Employee Education Fund.

The fund provides financial assistance for deserving 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.

2022 SCHOLARSHIP RECIPIENTS

THE CHESAPEAKE

- Michael Delva Felix, Security
- Margan Boyd, Nursing

THE CULPEPER

- Sadie Wentz, daughter of Carolyn Wentz, Culinary Services
- Aaron Bostian, Culinary Services
- Teresa Lewis, Nursing
- Capone Hoffman, Culinary Services
- Esther Seworder, daughter of Victoria Seworder, Culinary Services
- Jordan Hicks, grandson of Debbie Seaman, Culinary Services
- Wyatt Hicks, grandson of Debbie Seaman, Culinary Services

THE GLEBE

- Allison Martin, Resident Services
- Heather Roberts, Nursing
- Christopher Hall, son of Cheryl Hall, Nursing
- Crystal Collings, Nursing
- Mia Brower, Social Worker
- Kailah Finley, daughter of Shaun Finley, Culinary Services

LAKESWOOD

- Meredith Etheridge, Culinary Services
- Caroline Sampson, Nursing

LAKESWOOD AT HOME

- Naomi Davis, daughter of Brenda Davis, Community Outreach

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 lifespireliving.org/give/employee-support/

2022 Scholarship Recipients



The Chesapeake's She Shed Furnishes Homes for Fire Victims

The 2021 holiday season was marred by tragedy when two members of the

destroyed and just days later, on December 4, environmental services

Tia and her family moved into the Fresh Start House, a home owned by The Chesapeake since 2020 and used for team members during times of need.

“The Fresh Start House gave me and my family direction that I didn’t have at the time. The time I had in the house gave me stability, time to think and time to get things back in order,” Allen.

Now, Tia is back on her feet and once again expressing gratitude to her fellow Chesapeake team members for another program at the community. Team members, residents and their families can now donate household items that are sold in community-wide yard sales. The donated items are housed in the She Shed with all proceeds benefiting the Employee Education Fund or the Crisis Fund.

“Over the past two years the program has grown into so much more,” said Tiffany Bumbrey, Director of Environmental Services at the Chesapeake. “The first



Chesapeake family lost their homes to fire. On November 22, culinary services team member Tia Allen’s home was

team member Tye Pittman suffered the same catastrophic loss. With no where to turn,



house we furnished was our very own Fresh Start House. Then there was Project Innocence, which assists falsely accused individuals find a house once they are freed from incarceration. Once they are in a house, it's our turn to make it a home. We donate everything from kitchen utensils and bedding to furniture and lights."

This is what the She Shed program provided for Tye and Tia. Tiffany said clothing, linens, housewares, décor, furniture and food were donated and divided as needed.

"I'm truly grateful for all of the furniture and every

item that I've received," Pittman said. "It was truly a blessing."

"I'm very grateful and words cannot express how much," said Allen.

Additionally, the She Shed team stepped up to the plate throughout the pandemic when many team members were forced to turn their homes into learning spaces for their children. Tiffany said many were provided with desks, filing cabinets, old office supplies and bulletin boards.

"The saying that someone else's trash is another person's treasure is so true," said Bumbrey.

Tiffany said the She Shed is now working with another nonprofit organization called Hear Their Voices which searches for missing children and helps place domestic violence victims in homes.

"We have helped so many team members. It's a good feeling to give someone something that we sometimes take for granted because it's something we use every day."





The
SUMMIT

Summit Resident Raises Funds for Ukraine War Victims

Carolyn Avalos, a long-time Summit resident and artist, recently announced that 100% of the proceeds from the sale of her work online will benefit the victims of the war in Ukraine. The proceeds of all her online sales from now until the end of 2022 will go to support Don Shire Ministries (DSM), which supports vulnerable women and children all over the world.

DSM has contacts on both sides of the Ukraine and Poland border and helps refugees flee the war, while providing them with food, shelter, transportation, a Bible and Christian love.

Avalos is passionate about using her talents to help people in need and has partnered with DSM to respond to the critical need in Ukraine. She will culminate her sales online throughout the year with an art show event in her home at The Summit in Lynchburg, Virginia, on December 3, 2022. More details of the event are

available on her social media sites and on her website.

Specializing in abstracts, landscapes and contemporary figurative art, Avalos has used funds raised from her work to support charities in the past. In 2021, she hosted an event at her home in Bedford, Virginia and sold more than fifty paintings to benefit the Butterfly Field Farm Sanctuary.

Avalos' work can be found online on her website: www.carolyn-avalos.pixels.com, on Facebook ([carolyn.avalos.73](https://www.facebook.com/carolyn.avalos.73)), and on Instagram ([alive_with_color_and_motion](https://www.instagram.com/alive_with_color_and_motion)).

DSM is an inter-denominational ministry, governed by a board of directors. All donations to DSM are tax-deductible. More information about Don Shire Ministries can be found at www.donshireministries.org.



Three Richmond Teens Conclude Work Study Program at Lakewood

Culminating 10 months of hard work, three Cristo Rey Richmond High School tenth grade students presented what they learned during their corporate work study program at Lakewood. On June 9, Amya, Valerie and Nijahne shared their experiences with the Lakewood and LifeSpire leadership teams to mark the end of their time in the community.

“The experience was really good. I loved it,” said Amya. “The residents are really nice, and they love to talk. If I started a conversation with them, I had to make sure I had time, so I wasn’t late to another meeting.”

Amya worked in the marketing department while Valerie spent her time in administration and Nijahne assisted human resources. While each of the students worked in different departments, they each agreed the residents and fellow team members

made the experience worthwhile for them.

“Everyone is so welcoming, no one pushed you away. I had a chance to talk to everyone,” Valerie said. “You don’t always get a chance to go somewhere where everyone you meet is positive, so it was nice coming into that different environment.”

“Both the students and the residents have expressed what an amazing experience it was to learn from each other”

“My favorite part was meeting the ladies I worked with,” Amya said. “They’re all moms and they all took me under their wing as if I was their own. They helped guide me on different things and just generally what you should do in the

workplace.”

Hillary Winkelmann is the director of marketing at Lakewood and was Amya’s supervisor throughout the work study program. She said the entire marketing department also learned a lot from her.

“We were just so impressed with how Amya’s compassion and motivation. This young woman would arrive at Lakewood ready to take on any project with enthusiasm, all while juggling so much at school and at home,” Hillary explained. “We watched her get more comfortable with other team members and residents at Lakewood over the course of the year which led to a confidence that will certainly lead to success no matter what she chooses to do in life.”

The work study program is all part of a partnership between LifeSpire and Cristo Rey—a Catholic learning community that educates young people of limited economic means to

become men and women of faith, purpose and service.

The partnership allowed Lakewood to employ students from the school with relevant work study experience that will prepare them for success in college and professionally.

“I really don’t know what I want to do in the future just yet, but I know it has

to do with helping people,” Nijahne said. “Working here I felt like this was an actual job that I could do for the rest of my life, so I thought maybe I might want to work here one day.”

Amya agreed that the work study program shaped her future goals while Valerie said the program taught her life lessons she will be able to use in the future.

“I would say I learned how to be patient because some of the stuff that I did was really time-consuming and tedious. Being patient got me through it,” Valerie explained. “I really just want to be successful. I don’t have my mind set on one thing in the future, but I just want to work in the healthcare field because I really do enjoy helping people, especially those in need.”





“The intergenerational impact between young adults and seniors is immeasurable and made a lasting impression on both groups.”

Each of the students was given a laptop to use during the work study program. As a token of appreciation for their contributions, LifeSpire gifted each of the students the computers as a parting gift.

Valerie’s supervisor and Director of Resident Services Lori Welty said the work study program was an amazing experience and she looks forward to it continuing in the future.

“She brought kindness, patience and a willingness to do so many different tasks, which allowed her to be involved with so many different team members and residents. She really

is a part of our Lakewood family,” said Welty.

It is that involvement and relationship building that led Cristo Rey to select Lakewood as its 2022 Royal Impact Award recipient. The award was announced during a corporate partner luncheon held at the school in June.

The award recognized Lakewood for the positive effect the team had on the students both personally and professionally. Lakewood was also recognized for providing resident volunteers to help with the mentorship program at the school.

“The intergenerational impact between young adults and seniors is immeasurable and made a lasting impression on both groups,” said Virginia Baptist Homes Foundation Vice President Jodi Leonard. “Both the students and the residents have expressed what an amazing experience it was to learn from each other and to spend time sharing life’s lessons. I know the residents and team members look forward to continuing the relationship both with the students and the school in years to come.”

Honor Trees Remember Loved Ones in Each LifeSpire Community



Every year, the VBH Foundation sponsors an Honor Tree in each LifeSpire community. A donation given to the Foundation this year in memory or in honor of a loved one has an ornament placed on the community tree. It's a special way to remember someone in your life. The Foundation team thanks those who contributed and who helped make these trees beautiful once again this year.

Honor donations can be made by scanning the QR code.



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THE BENEFITS

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- You pay no income taxes on the gift. The transfer doesn't generate taxable income or a tax deduction, so you benefit even if you don't itemize your tax deductions.

- Beginning in the year you turn 72, you can use your gift to satisfy all or part of your required minimum distribution.

Note: It is important that your gift passes directly from your IRA to the VBH Foundation. If you withdraw the amount first, your gift will count as income and be taxable.

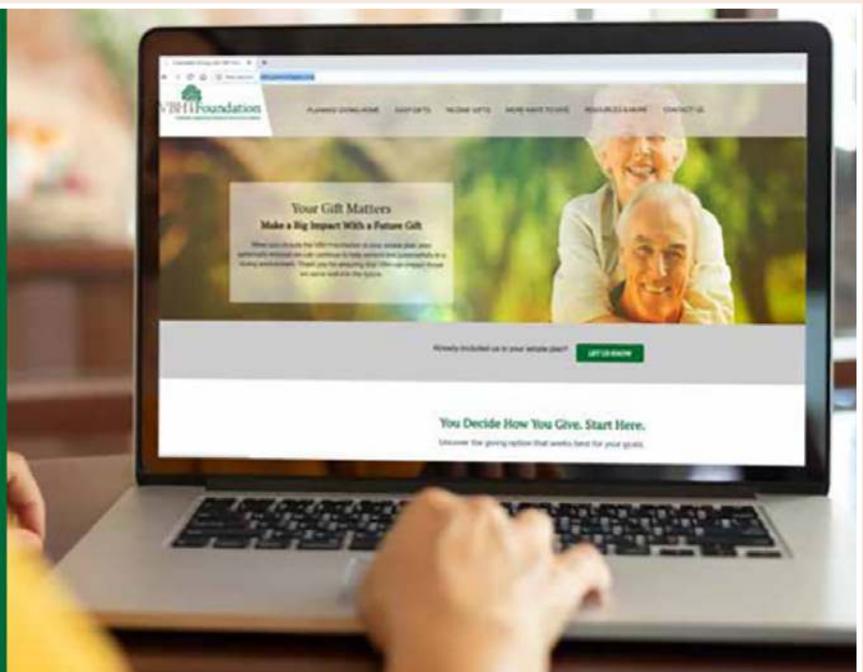
DON'T WAIT

You can make a bigger impact than you ever imagined—while receiving benefits in return.

To learn more about giving through your IRA, visit www.bit.ly/IRA_give or contact **Jodi Leonard** at **(804) 521-9213**, or email jleonard@vbh.org.

Legacy Giving

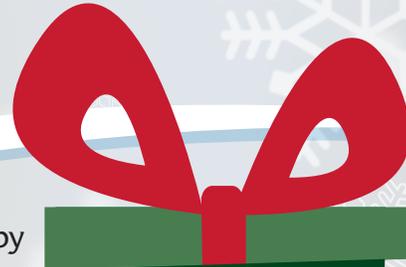
Take the time to learn more about enhancing your own financial plans, as well as benefiting seniors in need with your generosity. You can help by including the VBH Foundation or a specific LifeSpire community in your will or estate plans. Visit our website, <http://vbh.planmylegacy.org> for more information.





Time to Check Your End-of-Year List!

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!



Make a gift to the VBH Foundation!



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 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.





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 2022 honorees for
 enriching the lives of those
 who need it most.*

Congratulations to the 2022 Influencer Award Honorees

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Enhancing the lives of others is both an honor and a privilege, and it's what drives so much of what we do here at Cura Hospitality.

We would like to thank LifeSpire for their partnership and for the opportunity to do that every single day with every meal we serve.



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The VBH Foundation 2022 Influ

The Virginia Baptist Homes (VBH) Foundation Influencer Award honors a champion of the Foundation from each of the LifeSpire of Virginia communities who makes a positive impact on in its mission to enhance the lives of our residents at LifeSpire. Influencers embody the core values of our communities through their spirit, their engagement, and their generosity.

The VBH Foundation is pleased to announce this year's recipients: **Bob Houck, The Culpeper, Travers Mayhew, The Chesapeake, Virginia Marshburn, The Summit, Sally Wheat, Lakewood, Charlotte Yeatts, The Glebe.**



The Culpeper 2022 Influencer: Bob Houck

Born and raised on a dairy farm in Culpeper, Virginia, Bob was an active member of the Culpeper business community for most of his life and career. After nearly two decades working for and managing farm credit associations, Bob and his wife Shirley then bought a cattle farm

in Culpeper and operated it until they retired in 2016.

As lifelong residents of the area, the Houcks had visited occasionally and knew many residents and administrators, until finally making the decision to move to The Culpeper in 2018. For the Houcks, The Culpeper provided peace of mind and security of knowing they will both be taken care of throughout their retirement years.

Bob and his wife Shirley credit The Culpeper team members for the loving care and attention they receive every day and are grateful to be a part of The Culpeper family.

Bob enjoys traveling and

has been on all seven continents, visited 76 countries and loves to travel. He and Shirley are proud to be members of The Culpeper and strongly supports the Virginia Baptist Homes Foundation. Their family legacy lives on with a sponsorship of a stained-glass window at the community.

At The Culpeper, Bob has served on the Resident Council for three years and is currently in his second year as President. He assists resident life by providing programs and presentations on his travel excursions and often leads programs for residents. As chair of the 2021 Christmas Fund, Bob was

Influencer Award Recipients

instrumental in raising the most funds ever to give back to the team members at The Culpeper.



The Chesapeake 2022 Influencer: Travers Mayhew

Originally from Wisconsin, after serving in the Army, Travers Mayhew, spent most of his life and career in Newport News, Virginia, managing and then owning his father-in-law's tugboat and barge business and a boat repair yard.

In 1996, Travers retired and sold the yard to the former CEO of Horne Brothers. Travers and his wife Janet lived in a home on the shore of the Poquoson River in Dare. After the destruction of Hurricane Isabel, the couple decided to move to

the Arbors in 2004. Three years later, the Mayhew's moved to the Chesapeake so Janet could receive appropriate health care. After four years of loving care in The Chesapeake's health care support, Janet passed away.

Today, Travers is an active part of the community at The Chesapeake and regularly joins his neighbors on trips to interesting places, enjoying meals together with the Lunch Bunch and serving as a member and past president of the Resident Council. Travers also served on several standing committees and currently participates on the Resident Advisory and Resident Engagement committees.

Travers is also well known as the official tour guide for the over 30 mystery bus day trips he has coordinated over the years. If you can't find him on the bus trips, you may find him smiling ear to ear while getting his nearly 200th haircut in The Chesapeake's Salon.

Mayhew's engagement at The Chesapeake stems from his exposure of governance throughout his career to include serving on the Board of Directors for the Oyster Point Development Company, Governor's Boating Advisory Committee, ship repair committee for the American Waterways Conference and forming the Virginia Association of Marine Industries (VAMC).

He credits The Chesapeake for his drive, spirit and engagement and encourages others in the community to do the same. His philosophy for business and for life is "always take the high road and the profits will follow."



**The Summit 2022
Influencer:
Virginia Marshburn**

Virginia Marshburn has been influencing The Summit community since the day it opened. She was the first resident to walk through the doors and has been a pillar of the community ever since.

An educator from the Northern Neck of the Commonwealth, Virginia has always put her faith first by serving others and living her life by the Golden Rule. Virginia and her husband Earl eventually retired to South Boston, Virginia and after he passed away Virginia's daughters persuaded her to move to Lynchburg, Virginia. She moved into The Summit upon its opening in 2003 and has supported her community by serving on the Welcome Committee and Spiritual

Life Committee. She is active in the Prayer Group and sends cards of encouragement to those who need it.

The Marshburns spent their married life serving churches in Virginia and Maryland while raising their two daughters. Through their ministry, the Marshburns voted in 1949 along with other ministers to create a haven for retirees. Virginia was acquainted with Dr. James T. Edwards, the former pastor of Culpeper Baptists Church and founder and CEO of Virginia Baptist Homes.

Virginia is most proud of her family, and she enjoys visiting and keeping up with her daughters, her four grandchildren and her six great-grandchildren. Today, Virginia still receives notes and messages from former students and parishioners; proof they she is quite the lifelong influencer for so many.



**Lakewood 2022
Influencer: Sally Wheat**

Originally from southwest Virginia, Sally Wheat moved to Lakewood in 2018 to join her sister, Sue. Sally, credits her parents, mentors and her dear friend Louise for making an influential impact on her life and giving her strength and courage when she needed it the most.

Sally and her sister Sue are active in their family church, Ramsey Memorial United Methodist Church, and serve as officers for the Ramsey United Methodist Women's unit, with Sally as vice president.

At Lakewood, Sally serves as the communications chair, with a mission of getting residents involved and focusing on connecting with others to avoid any misunderstanding and disconnect. She also volunteers on the library

committee and supports resident services during programs and events. She shares her villa apartment with Pretzel, a sweet lab mix that she recently adopted after Meg, her Labrador passed on.

Sally immediately thinks of her fellow residents when asked about who influencers her today. Each one brings their own experiences and expertise in making Lakewood such a welcoming and vibrant home. She describes Lakewood as accepting, respectful, secure and happy. She has pure love for her community.



The Glebe 2022 Influencer: Charlotte Yeatts

From the Eastern Shore and Newport News, Virginia, Charlotte Yeatts and her husband Don moved to the Glebe in

2006. A nurse all her life, Charlotte brings a giving heart and spirit in the many ways she influences her community at The Glebe.

At church, Charlotte is active in the choir, participates in the card ministry, fills Samaritan Purse boxes and helps provide meals for church families grieving a loss. Charlotte has volunteered at the Botetourt Free Clinic for and the Ronald McDonald House for many years. You can find her in the Glebe's Handicrafter Group making hats, scarves and blankets for the bazaar to raise money for the Benevolent Fund and other charities. At staff Christmas parties or other events, she is quick to volunteer to take pictures show her love of the community and team members at The Glebe.

Charlotte also does alterations for her neighbors and is always willing to give a helping hand to fellow Glebe friends by taking them food, picking up mail, watering plants, visiting or sending a nice note.

A special ministry close to Charlotte's heart is her alter

ego "Lucy". Conscious of the isolation and loneliness that can happen to the residents of the higher levels of care, Charlotte dresses up as a happy clown and visits the residents of Memory Care to lead activities. Charlotte or "Lucy", goes room to room bringing joy and love to everyone living in Health Care.

Charlotte is most proud of her family, her faith, and her arts. When asked what advice she would give others, she responded, "Remember, the little things you do for others is sometimes the best thing they appreciate. A smile, a hug and saying the words, "God loves you and I love you."

You can read the full biographies of our 2022 Influencers on our website: www.lifespireliving.org/give/influencer-awards



THE CHESAPEAKE



THE CULPEPER



THE GLEBE



LAKWOOD



THE SUMMIT



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