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COMMUNITY MATTERS
spring / 2024

THE GLEBE
UNVEILS
EXPANSION
PLAN

PG. 6

Pg. 16

Paint it Orange

LOCAL
ARTIST
ENCOURAGES
RESIDENTS
TO GET
CREATIVE



LifeSpire
of Virginia
Faith. Wellness. Community.

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REFRESHES ITS STRATEGIC PLAN



The LifeSpire of Virginia Board of Trustees and leadership team have worked together to refresh the organization’s strategic plan and refine its vision for the next three to four years.

Changing demographics and consumer demands, workforce challenges, rapid technological advancements and regulatory requirements are just a few of the factors impacting senior living organizations across the country. These and other pressures require organizations to develop strategic plans with shorter time horizons and revisit them frequently to adjust as conditions change.

LifeSpire’s mission is empowering individuals with choices in purposeful living, and in order to fulfill that mission for the next 75 years, it is critical to respond with agility to the evolving landscape, adapt to changing demographics and consumer behavior, embrace technological advances, prioritize team members and deliver exceptional resident and member experiences.

The strategic plan outlines the future state vision, along with the organizational priorities LifeSpire will focus on for the next 18 months:

People

We will prioritize team member experiences and support their learning, growth and personal lives.

Operational Excellence

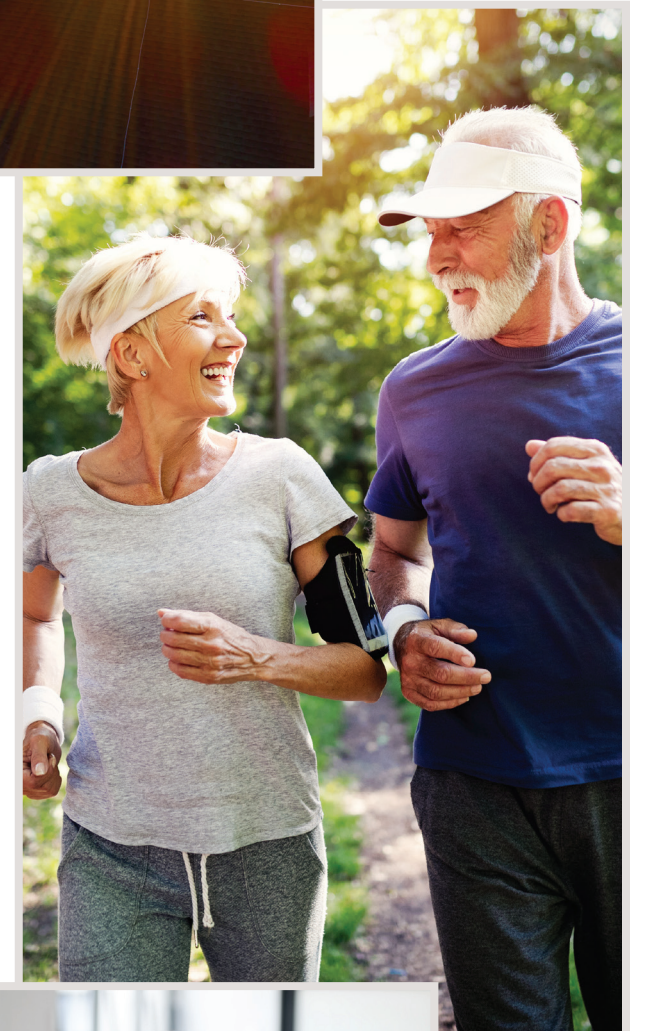
We will continue to improve and standardize processes and systems, leverage scale and increase efficiency.

Growth

We will continue to invest in our existing communities; grow the LifeSpire family through affiliation, acquisition and/or new development; and, continue to expand the mission of the Virginia Baptist Homes Foundation.

Guidrails are the decision-making guidelines that keep the leadership team focused on the strategy and demonstrate progress to LifeSpire’s Board of Trustees and other stakeholders. Those guiderails are “Growth & Mission Impact” and “Financial Stewardship & Performance.” Any new venture, growth strategy or other major initiative must be tied to advancing LifeSpire’s mission and must prioritize the financial wellbeing of the organization.

In 2023 The Culpeper, the first Virginia Baptist Homes community, celebrated 75 years of serving older adults. Jonathan Cook, LifeSpire President and CEO, shared, “Today, LifeSpire is well positioned to fulfill its mission of empowering individuals with choices in purposeful living for another 75 years and beyond. We’re excited to share our plans!”



CULPEPER RESIDENTS
FIND JOY IN

PAINT IT ORANGE

ART CLASSES

Jess Cifizzari brings therapeutic art sessions to The Culpeper, uniting creativity and community for residents.

Once a month, residents of The Culpeper are treated to a “Paint It Orange” class, guided by the studio’s owner, Jess Cifizzari. The most recent class included beautiful paintings of hearts, ushering in Valentine’s Day.





coming here is meeting people who used to be artists or worked in the arts. It's nice to have this opportunity," Cifizzari shared. Her interactions with the residents are equally enriching for her. She recounted an instance when a student requested "Cerulean," a specific shade of blue, revealing her grandmother's history as an oil painter. "It's therapeutic for me as well. You don't have to be good at it. It should be a time to access that creativity and have some fun in the process," she added.

Cifizzari's connection to the area is deep-rooted. She is a one-woman show who grew up locally, graduating from Orange County High School in 2002. Following college, she and her husband returned to raise their family in the community that shaped her. Art has always been Cifizzari's love, and she began working with clay four years ago to carve out a personal pursuit. Starting with classes at The Art Center, she eventually crafted a studio space in her home, fostering a haven for creativity and community engagement.



Vicky Chung, resident of The Culpeper, expressed her fondness for the classes, "I'm really relaxed, and I don't think about anything else. Last year, painting the nutcrackers was my favorite. I can pick any color I want and it is my choice to paint how I want."

Nestled in Orange, Virginia, Cifizzari's artistic journey began as a hobby while she worked in the disabilities services field. She merged her passion for art with her love of helping others, giving life to her studio, Paint It Orange.

"When people in my classes sit down and create art, they relax and converse with each other. It's therapy for them," said Cifizzari. The art classes at The Culpeper offer a range of artistic mediums, including ceramic, wood, canvas and glass.

Cifizzari has been a regular visitor to The Culpeper for the past year, bringing with her the joy of art to its residents. Among the attendees are four dedicated art class enthusiasts: Jeannie Smith, Vicky Chung, Victoria Croft and Phyllis Turner.

"One of the things I really love about



Lakewood Residents
Revitalize Cherished

Chrismon Tradition

for Christmas 2023

During the Christmas season of 2023, Lakewood team member Judy Dewalt, and residents Edie Ellis, Linda Byers, Sally Barrett, Terri McGhee, Ann Bagwell and Cheryl Rothschild united their efforts to carry on the legacy of Chrismon ornaments. These ornaments, forty-eight in total and adorned in white and gold, graced the Simms Center tree, reflecting a long-standing tradition that intertwines faith and artistry.

Chrismon, a term that marries ‘Christ’ and ‘Monogram,’ represents a way of honoring the Christian savior. The hand stitched

ornaments, first dedicated at Lakewood in 1979 and then again in 1990, serve as a medium for expressing the Christian faith through symbols. In November of last year, Lakewood held a dedication service honoring the meaning of the Chrismon ornaments and those who worked past

and present on the project.

Cheryl Rothschild enjoyed the camaraderie and the blend of her passion for cross-stitching with the act of service. “It was delightful to merge my hobby with helping our community,” said Cheryl. “Getting to know the other ladies and working in such

a harmonious group was just as rewarding as the stitching itself.”

Sally Barrett felt a strong connection to the project, viewing it as a continuation of a rich Christian legacy. “The dedication program was an outpouring of love,” Sally said, recalling how her mother contributed to Lakewood’s 1990 Chrismon tree. “Creating new ornaments with my friends meant weaving our own thread into the tapestry of Lakewood’s heritage.”

The resurgence of this craft began in March 2023, when the residents decided to bring back the Chrismon tradition using the same three shades of gold. Distinguished from the traditional Christmas tree by its white and gold decorations that represent the liturgical colors of the season, the Chrismon tree is a symbol of the eternal life provided by Jesus Christ.

Ann Bagwell shared how rewarding

the project was for her and how being a part of this group effort enhanced their community celebration of the true meaning of Christmas. “Each symbol in some way represents and reminds us of Christ,” said Ann. “The ornaments gave us a visual reminder of why we celebrate Christmas. This was a project the committee worked on all together and also individually as we repaired the old ornaments and made new ones as well, thus drawing us closer as friends through the months we met and participated. We were reminded of the residents who had gone before us and first made ornaments for the tree, and in that way, we felt connected to a much larger effort than just our own.”

Terri McGhee thought the Chrismon project would be another craft project, but soon realized it became a spiritual odyssey. “Initially, I saw it as a

chance to contribute to Lakewood and fill my travel time as I stitched while en route traveling,” she explained. “But as we delved into the designs, the complexity emerged and our group bonded in unexpected ways.” The shared challenges and support not only strengthened their friendships, but also deepened Terri’s reflections and connection to her faith. “Working on this as a team to decorate the Chrismon tree was the pinnacle. The emotion we felt before the beauty of our combined efforts was indescribable,” Terri shared.

This amazing group of ladies have expanded the meaning of the Chrismon tree through the 2023 cross-stitch ornaments, with the hope that the purity and majesty they symbolize will continue to resonate at future Lakewood Christmas celebrations.



*Lakewood
at Home
Member,
Darrel Tillar
Mason
Honored with
Prestigious
Chambers
Award:*

DARREL TILLAR MASON

With a legal career that spans over four decades, Lakewood At Home Member Darrel Tillar Mason has become an inspiring figure in service and Virginia's legal landscape. Her lifelong commitment to civil rights and equal opportunity is reflected

in her extensive legal practice and her steadfast dedication to volunteer service.

In tribute to her unwavering commitment to volunteerism and the legal profession, Darrel Tillar Mason of Manakin Sabot was named the 2023 recipient of the Edward L. Chambers Jr. Lifetime Bar Service Award. This coveted honor, established in 2020 by the Virginia State Bar (VSB), is reserved for those who embody the spirit of selflessness and extensive volunteer work demonstrated by the late Edward Chambers.

Mason's journey into the heart of civil rights litigation began in the mid-1970s. Fresh from earning a master's degree in higher education administration, she was instrumental in crafting Virginia Tech's first Affirmative Action Plan after the Civil Rights Act of 1964 was made applicable to colleges and universities. This early endeavor set the tone for a relentless pursuit of justice and equality.

After graduating from the University of

Virginia School of Law in 1981, Mason wasted no time making her mark. She boldly represented plaintiffs in civil rights cases that challenged discrimination based on race, sex, age and disabilities.

Mason's illustrious service to the VSB dates back to 1990 when she first joined its Regulatory Council as a member-at-large, a role she retained for six years. Her dedication led to subsequent reappointments by the Virginia Supreme Court in 2009 and 2012 for consecutive three-year terms. Her service record extends to multiple committees, including chairing the Bar's Special Committee on Malpractice Insurance and serving on the Special Committee on Rules, Resolution of Fee Disputes, Legal Ethics, Budget and Finance and Nominating Committees.

Mason's tenure also includes participation in the Senior Lawyers

Conference Board of Governors, various task forces and appointments to the Harry L. Carrico Mandatory Professionalism Course Faculty and Medical Malpractice Review Panels.

In the mid-1990s, Mason ventured into a new domain of civil rights litigation, representing children with disabilities and their families. Her work under the Individuals with Disabilities Education Act has been passionate, ensuring these families receive fair and nondiscriminatory services.

Mason's influence extended to a gubernatorial appointment to the Virginia State Board of Education, where she served as Vice Chair and strongly supported counseling and nursing services in public schools as well as strengthened special education requirements. Following that appointment, she founded the Center

for Special Education Advocacy to empower lawyers to advocate for these families, underscoring her belief in legal support as a cornerstone for societal progress.

Mason's advocacy efforts are also recognized by the "Darrel Tillar Mason Excellence in Advocacy Award" presented by the disAbility Law Center of Virginia (dLCV) to those advancing the rights of people with disabilities, a cause Mason has championed for over four decades.

Her tireless service did not go unnoticed. In 2008 she was nominated by her peers and selected as a "Leader in the Law" by Virginia Lawyers Weekly. In 2009, the Council of the Virginia State Bar recognized her contributions with a special resolution, and in 2011, she was named Goochland Volunteer of the Year for her community service which included work with a local food pantry

and leadership within her church governance. In 2015 she was inducted as a Fellow of the Virginia Law Foundation, a prestigious award recognizing lawyers dedicated to the highest ideals of the profession as embodied in the concept of citizen lawyers. The Fellows program has been in existence for 40 years and has only honored a total of approximately 750 lawyers who have met the high standard of leadership and commitment to their practice, their communities and the Commonwealth of Virginia.

Former Virginia State Bar President Marni E. Byrum, in a heartfelt nomination for the VSB's Diversity Conference Clarence M. Dunnville Jr. Achievement Award, encapsulates Mason's legacy, "Darrel has been a stalwart soldier in the trenches fighting for equal rights in employment and education, as well as a leader in advancing the legislative changes to protect those rights."

Today, Darrel Tillar Mason continues to embody the spirit of service and advocacy that has defined her career. Her ongoing work with the Virginia Women Attorneys Association, the Virginia Law Foundation and the disAbility Law Center of Virginia is a testament to her enduring dedication.

citizens THE CHESAPEAKE police academy

Residents of The Chesapeake celebrated completion of an engaging eight-week law enforcement course aimed at developing a better understanding and stronger bond between citizens and the Newport News Police Department. Twelve dedicated individuals graduated from the 28th class of the Newport News Citizens Police Academy.

The graduation ceremony, held on November 15, 2023, at The Chesapeake, celebrated the commitment of these citizens to their community's safety and well-being. Chief of Police Steve Drew expressed his gratitude during the event, saying, "I appreciate the time you took to sit through the

classes and the time I had with you. I want to say thank you, and I hope you learned more about our department and what we do. I think it's a benefit to stay in constant contact with our community."

“
YOU MADE
US FEEL
REALLY
GOOD. ”

-KAREN PAGEL

The intensive workshop spanned seven days, totaling 20 hours and covered 20 different law enforcement topics. The K9 unit presentation was particularly popular among the residents, drawing full attendance.

Karen Pagel, the class president, reflected positively on the experience with the Newport News Police Department, saying, "Thank you. You made us feel really good." In a heartfelt gesture of gratitude, gifts of appreciation were presented to Chief Drew.

Each graduate was honored with a certificate presented by Chief Drew and Assistant Chief Brandon Creswell. The ceremony included patriotic and ceremonial components, such as the Pledge of Allegiance led by Monica L. White, Newport News Police Department Community Programs Coordinator and an invocation and benediction by Dr. Maria Saunders, Newport News Police Department Chaplain.

Following the formal proceedings, attendees joined for a lunch reception catered by The Chesapeake, marking a celebratory conclusion to the program and a beginning of continued partnership and mutual respect between the community and their local police department.



THE GLEBE UNVEILS EXPANSION PLAN

Offering Upgraded Amenities and New Cottages



The Glebe is embarking on a transformative \$18 million expansion by adding luxury cottages and enhancing amenities in a major upgrade.

Breaking ground later this year, 22 new independent living cottages will be added, blending comfort with the stunning backdrop of the Allegheny and Blue Ridge mountains.

These new cottages are maintenance free while providing all the space and comfort of a single-family home. The new floor plans span from 1,520 to 2,525 square feet. “We are thrilled to get started on

these new expansions here at The Glebe,” said Ellen D’Ardenne, Executive Director for The Glebe. “Our current and future residents will enjoy more amenities than ever in a five-star rated senior living community.”

Lula Deel and Jillian Thompson, team members at The Glebe for 17+ years, have seen quite the



transformation over time. “When I first came here, it was right after Labor Day 2005 and some of the apartments were not ready yet,” said Thompson. “I’ve always enjoyed the people. The residents here are special and so friendly to us. It’s a wonderful feeling to be a part of The Glebe.”

Jillian and Lula’s friendship grew while working together for so many years. They attend the same church, go out to eat together, share a love for animals and enjoy gardening. Lula joined The Glebe in March 2006. “I feel like when I walk in here, it’s home,” said Deel.

I’ve loved it from day one.”

The Glebe, recognized by US News and World Report for excellence in senior care, is also expanding its popular Botetourt Room, home to community events including performances, dances and lifelong learning. The upgraded space will total more than 3,700 square feet and provide additional seating.

The culinary scene at The Glebe is getting a facelift as well. The Depot Café will transform into The Marketplace, complete with an expanded cooking line, a fire deck pizza oven and a fresh salad bar.

Lee McMillan, Director of Culinary Services for The Glebe, shared her excitement for the upgraded dining spaces, “We look forward to serving our residents in these upgraded dining spaces with more seating, menu items and places to gather with friends and family.”

Adjacent to The Marketplace will be a revamped pub and tavern offering a cozy spot for socializing over billiards or catching up on favorite shows on a large-screen TV. The Assisted Living kitchen will also get a new design with plans for

an open-concept layout featuring made-to-order meals and snacks.

The Allegheny Dining Room, known for its breathtaking mountain views through floor-to-ceiling windows, will receive updated carpeting, further enhancing its warm and inviting ambiance.

Check out all features and more online!



<https://bit.ly/3vaRzA>

TRAILBLAZER & ADVENTURER:

PAT BRAMMER



*Pat Brammer,
Resident at The Summit*

The Summit is proud to spotlight Pat Brammer, resident at The Summit for her incredible professional journey, adventurous spirit and compassionate heart.

Pat's journey in the field of nursing began in 1961 when she earned her Registered Nursing certification. Not one to rest on her laurels, she pursued further specialization, and at age 35, she graduated from Anesthesia school. Pat's skills and qualifications led her to Roan City, West Virginia where she became the backbone of the local hospital's anesthesia department.

At a time when the hospital struggled to find anyone to fill such a critical role, Pat stepped in, ensuring patients received the care they needed. Her expertise and leadership were undeniable as she rose to become the operating room supervisor and eventually the head of the Anesthesia Department.

Reflecting on her career, Pat says, "To be in this field, you must

be very caring and observant. It is a skill in itself and a specialty all its own." It's this ethos that characterized her approach to her work and her interactions with patients and colleagues alike.

Pat fully embraces a variety of hobbies. From gaming on her Xbox to embarking on exhilarating rides on her three-wheeled motorcycle, Pat does not let any obstacle deter her. Her love for adventure is shared with her daughter, Missy Spruce, fitness instructor at The Summit, with whom she often takes motorcycle trips.

Pat's daring spirit was ignited in her 20s when she began riding and showing horses, a passion that continued for 15 years. In her 40s, she embraced the challenge of skiing and in her 50s, she took to riding a motorcycle. She fondly recalls her late husband Buddy, surprising her with a Suzuki dirt street bike one Christmas. Then, Pat set her sights on

a Kawasaki 454, and Buddy made sure to have it waiting for her. She rode it until the tank was nearly empty, a perfect metaphor for her approach to life: ride every opportunity to the fullest.

"Mom taught us to never take no for an answer," says Missy, encapsulating the indomitable spirit that Pat instilled in her family.

Pat's Harley is not just a vehicle for thrill but also a means of solidarity and tribute. She rides with groups such as Rolling Thunder, following their motto: "Never leave anyone behind." Her commitment extends beyond the joy of the ride to honor those who have served; she has escorted caskets from planes to funeral homes for service personnel and maintained the flag line for funerals. Her dedication to veterans' rides, fundraising events, rides for at-risk youth and toy rides reflects her giving nature and commitment to various causes.

2023 INFLUENCERS EVENT SUMMARY

In 2020, the Virginia Baptist Homes Foundation introduced the Influencer Award, which honors a champion at each of our communities who creates a positive effect on our mission to enhance the lives of their friends and neighbors. Influencers embrace the core values of our communities through their spirit, their engagement and their generosity. Since its inception, we have honored 13 individuals with this recognition. In 2023, LifeSpire and VBHF were delighted to honor a new class of Influencers:

- *Rex Hogan* at The Chesapeake
- *Curtis Brooking* at The Culpeper
- *Bill Overstreet* at The Glebe
- *Sally & Jim Barrett* at Lakewood
- *Bob Johnson* at The Summit

The various communities honored their Influencers in special ways meaningful to each honoree. The Culpeper held “A Night in Japan” Gratitude Gala with dinner, music and dancing. The Chesapeake and The Glebe each celebrated their Influencer with a small dinner for the honoree and their special guests, followed by dessert receptions open to the whole community.



Lakewood celebrated the Foundation’s first Influencer couple with a community-wide program and dessert reception. Attendees at the event were encouraged to bring nonperishable food that was donated in the Barrett’s honor to the local food bank. At The Summit, the entire community came together to enjoy a four-course dinner, music and program in honor of Mr. Johnson. All five communities paid tribute to their Influencers and used the occasions to celebrate their volunteers and supporters.

In 2023, the VBH Foundation provided \$1,244,795 in benevolent assistance to 43 residents across all LifeSpire of Virginia communities, providing peace of mind and compassionate care to those in need. Throughout LifeSpire’s nearly 80-year history, benevolence has been the heart of everything we do.

The VBH Foundation thanks all who participated in planning and producing these Influencer events, including sponsors, volunteers and donors. To all six of the 2023 Influencers, thank you for who you are and all you do for your communities and for us. To learn more about the Influencers and why they were nominated and selected, go to www.lifespireliving.org/give/influencer-awards.





HIGHEST RATES IN 16 YEARS:

Charitable Gift Annuity

It's the best time in a long time to consider the gift that pays you: a charitable gift annuity.

Payout rates went up again January 1, 2024, and are higher than they have been in 16 years. Seize the moment by considering this amazing gift that provides you with stable, regular income—regardless of the economy.

After your lifetime, the remaining amount becomes part of your legacy at the Virginia Baptist Homes Foundation, allowing us to thrive far into the future.

How it works



With a gift annuity, you make a donation using cash, marketable securities or other assets, and we, in turn, pay you a fixed amount for life. You'll receive reliable, predictable payments for your lifetime (and the lifetime of a loved one, if you choose).

Example



Barbara, 72, transfers \$25,000 in exchange for a charitable gift annuity. She will receive annual payments of \$1,650, at a rate of 6.6%.



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. For more information, visit our website: <http://vbh.planmylegacy.org>



GIFT ANNUITY RATE CHARTS

One Recipient

Age	Annuity Rate
70	6.3%
75	7.0%
80	8.1%
85	9.1%
90+	10.1%

Two Recipients

Age	Annuity Rate
70/75	5.8%
75/80	6.5%
80/85	7.3%
85/90	8.7%
90/95+	9.9%

ADDITIONAL BENEFITS

With this gift, you'll also enjoy:

- A partial income tax charitable deduction for your gift when you itemize.
- Part of each payment being income tax-free throughout your estimated life expectancy.

TIP!

You Have Funding Options Give Appreciated Assets

Funding a gift annuity with appreciated assets, such as securities, will not only provide you with reliable payments for life and allow you to support our mission, but it can offer financial benefits. You will receive a federal income tax charitable deduction (when you itemize) in the year the gift is made and eliminate part of the capital gains tax you would have paid if selling the securities. And if you have stocks that produce low-yield dividends, you may be able to increase your income.

GIVE

Give From Your IRA

If you are 70½ or older, you can make a one-time election for a qualified charitable distribution of up to \$53,000 (without being taxed) from your IRA to fund a gift annuity (special rules apply with this option).

PERSONALIZE

Request Your Personalized Example

We would be happy to send you a free, no-obligation calculation showing you the increased benefits you can receive from a gift annuity. Your personalized calculation will include your potential income tax charitable deduction and our annual payments to you for life. Contact Jodi Leonard at (804) 521-9213 or jleonard@vbh.org to create your own legacy, or visit <https://vbh.planmylegacy.org/charitable-gift-annuities> to learn more and calculate your benefits by inputting a few details.



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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 Lakewood at Home 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.



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