

Community Matters



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LifeSpire
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LifeSpireLiving.org

October - December 2020

CONTENTS

Golfers Support Benevolence at The Glebe	04
Lakewood Dedicates Library to Resident Ann R. Smith	06
The Glebe Dedicates Blake Hill on Namesake's 100th Birthday	08
A LifeSpire Pause	09
LifeSpire Installs Temperature Screening Terminals	10
A New Normal: Pandemic Progress	11
Fitch Rates LifeSpire 'BBB'	13
The Glebe Improves CNA Turnover Rates With 30/40 Program	13
Protecting Digital Assets	14
2020 VBHF Holiday Checklist, Honor Tree Reminder	15



From the Editor



As I make my holiday to-do lists, it's incredibly hard to believe that 2020 is coming to an end. But when I reflect on the year that has passed, it often seems like a lifetime in just the last 11 months. It has been a year full of turmoil and difficulty for many, not just in communities like LifeSpire's, but for countless families across the world.

In the face of a devastating global pandemic, our residents, their families and team members have been forced to pivot from the year they expected to something that looks a lot different than anyone could have ever anticipated. They have weathered quarantines, masks and baseline COVID-19 testing. They have shifted from in-person to virtual visits, communal dining and group activities to socially distant gatherings or via our internal television channels.

I know it has been tough, but despite it all, what I see is an extended community and family that is thriving. Since March, less than 3% of all LifeSpire residents—an average of 1,349 people—and team members—a total of 1,064 team members—have experienced a positive case of COVID-19 as of November 6. Of course, a single case of this devastating virus is incredibly difficult for the person experiencing it, their family members and the dedicated team members who are working hard to prevent further exposure, but this is a number I am proud to report. Our communities made it to this point through the commitment of each and every member of the extended LifeSpire community.

Thank you to the dedicated clinical team members who have worked tirelessly to keep up with the ever-changing infection control guidelines, to the environmental services team members who keep our communities pristine and to our residents and their family members for adjusting to these wearisome times with a smile.

—Hillary Smith



COMMUNITY MATTERS

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LifeSpire of Virginia operates five unique life plan communities throughout Virginia: The Culpeper in Culpeper, The Glebe in Daleville, The Chesapeake in Newport News, Lakewood in Richmond and Lakewood At Home.

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

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Golfers Support Benevolence at The Glebe

The 3rd annual Glebe Memorial Green Short Game and Cornhole Tournament was held September 30 – October 3. Over the course of the event, 12 teams played 18 holes to raise money for The Glebe Endowed Fund for Benevolence.

The Virginia Baptist Homes (VBH) Foundation team was thrilled that participants raised a total of \$7,600. Gifts to this fund are invested and grown, with a portion of the earnings used to support the current benevolent need at The Glebe. This year, the Foundation is on target to provide more than \$110,000 to residents in need at the community.

“The tournament is the brainchild of resident Pam Renga. After donating the funds to install the putting green in 2018, she’s committed to raising the additional support for benevolent needs through her passion for golf,” said VBH Foundation Vice President Jodi Leonard. “Thank you to Pam and her committee who worked tirelessly this year to make the event a success, considering the challenges presented by the ongoing pandemic.”

A virtual awards ceremony was held October 3. The winners are as follows:

Short Game Golf

- **First Place: John King Team**
- **Second Place: Ed Huntley Team**
- **Third Place: Vernon Jamieson Team**

Cornhole

- **First Place: Ray Lunsford & Leon Jennings**
- **Second Place: Marcia Akers & Dan Lynch**
- **Third Place: Larry Fischbach & John Zuraw**

This year’s tournament was dedicated to Rev. John Coffey, a Glebe resident who passed away in March. The Foundation team appreciates the Coffey family for their participation and for treating the entire community to an ice cream social.

“John started planning the teams he wanted to sponsor in February! He was a great supporter of this fundraiser for endowed benevolence. He was the best sounding board for creative ideas and encourager of diverse discussions a friend could have.” said event coordinator and Glebe resident Pam Renga.

Short Game Golf Winners

Cornhole Winners

Photos by Ivy Renga

First Place



Joel Turner, Osby and Brenda Harby and John King

Ray Lunsford and Leon Jennings

Second Place



Byron Dickson, Ed Huntley, Hugh Martin and Ron Miller

Marcia Akers and Dan Lynch

Third Place



Vernon Jamieson, Dale Weaver, Jerry Steele and Victor Slate

Larry Fischbach and John Zuraw



Lakewood Dedicates Library to Resident Ann R. Smith

"I don't know anything about libraries, but you learn a lot when you do something like this," said resident Ann Smith, the namesake of the new library center.

When asked why she embarked on the project, Ann said simply, "I wanted to read the bestsellers and, at the time, Lakewood had none of them."

When she started, Ann had 80 books in a temporary space. Now the Ann R. Smith Library Center, located in the newly renovated Main Street area, has more than 1,400 books including the large-print collection that was donated by Ann. She calls it a read-for-fun library consisting mainly of bestsellers and books by popular authors.

On October 8, dozens gathered in the new space for a dedication ceremony, champagne toast and

hors d'oeuvres. Ann said having the library named in her honor was a very humbling experience.

"I certainly didn't expect this when I started, but it really is my baby. I'm here every single day," she said.

Ann served Henrico County as an elementary school teacher for several decades at Bethlehem/Charles M. Johnson Elementary School. She has given both her time and financial support to enrich the lives of her family, county and Lakewood.

"I had never read a book cover to cover until I retired," Ann said. "I found that I love to read. I'm reading 15-18 books a month. I read a lot of them before I put them down here."



She isn't the only one taking advantage of the new library. In fact, so many people are using it Ann had to enlist the help of more than 30 volunteers. In addition to the library center itself, Lakewood recently opened a new solarium in the Main Street area where library patrons can enjoy the books they have selected.

"We are so grateful to Ann who spends countless hours in the library ordering, processing, organizing and shelving books for the enjoyment of residents and team members," said Virginia Baptist Home Foundation Vice President Jodi Leonard. "She is one who sees a need and steps in to fulfill it with her generous donation of time, work and resources."

The library is located in the breezeway adjacent to the newly expanded Café 1900 seating area. With an open concept and no doors, Lakewood residents can come to enjoy a good book any hour of the day or night.



The Chesapeake Breaks Ground on Health & Memory Care Courtyard

On August 25, The Chesapeake's team hosted a blessing and groundbreaking ceremony for the Health & Memory Care Courtyard. The space offers a serene and secure place for residents and their families to enjoy the outdoors in a peaceful, enclosed setting.



During the ceremony, Chaplain Uwe Scharf delivered a blessing of the courtyard which features flowering trees, seasonal flowers and shaded areas to create a natural setting while still maintaining a protected area. VBH Foundation Vice President Jodi Leonard delivered remarks thanking those who have donated to get the project started.

A key feature of the courtyard is walkway bricks that offer a special way to make a permanent tribute in honor of a loved one, while investing in the LifeSpire of Virginia mission—to ensure seniors enjoy a loving, welcoming community with quality care, security and peace of mind through their lifetime. Special friends and loved ones can be honored with a tribute brick in the courtyard.

Those who have dedicated bricks or who have donated to get the project started were invited to break ground at the ceremony. A grand opening and blessing for the new space is expected in the coming months as construction and bricklaying is completed. Opportunities are still available to honor a loved one in the courtyard. Contact Jodi Leonard at (804) 531-9213 or jleonard@vbh.org for more information.





The Glebe Dedicates Blake Hill on Namesake's 100th Birthday



What makes for the perfect gift to celebrate a 100th birthday? For such a milestone, the team at The Glebe decided the best view on campus seemed fitting. On September 8, to commemorate her centennial birthday, The Glebe dedicated Blake Hill to longtime resident Evelyn Blake.

"I told everyone I didn't want to have a birthday party, because I'd already had," Evelyn said, "I would rather take the money and buy plants!"

Evelyn moved to The Glebe in 2006 and, in her 14 years in the community, she has planted thousands of flowers garnering the title of the honorary gardener. It became a personal mission to renovate the stretch of land that now carries her name to make it a beautiful garden and overlook.

"My mother loved plants and I never could understand why she wanted to be out in the hot sun, but I guess I got my green thumb from her. In college, I studied biology and botany and my mother always told me not to use scientific names because she said it sounded like I was trying to show off!"

Now, she's happy to show off the hard work that has come to fruition. Evelyn said she worked six hours a day, six days a week for eight years to complete the terrace walk. Over the years, she had many team members and residents support her project with donations and physical labor.

At her birthday celebration and garden dedication, team members and fellow residents spoke about Evelyn's contributions to the community and all in attendance joined in singing her happy birthday.

"Evelyn is the only person I know who even loves to receive dead flowers," said resident Carole Edwards, "So many people here at The Glebe are inspirational, but Evelyn leads the list."

In thanking Evelyn for her time beautifying the community, resident Rev. Don McKinney said of the space, "A garden is a place to have communion and fellowship with God. A garden is a place to find ourselves when we are feeling lost. A garden is medicine for the soul."

Resident Robert Copenhaver played the bagpipes at the bottom of the Blake Hill while guests approached, and Evelyn cut the ribbon. Robert and his wife, Mimi, contributed funds for the pergolas in the garden. A plaque in honor of Evelyn from the Copenhavers is mounted on the first pergola.

At 100, Evelyn said she still has a lot of work to do and she hopes most of it involves gardening because she prefers being outdoors. When asked the secret to her longevity, she remarked, "Exercise, exercise, exercise, eat a good breakfast and lunch, don't worry too much about the rest."



As 2020 continues to be a stress-filled year for many people, LifeSpire recognizes the benefit of taking a pause. It is well-documented that stress can lead to high blood pressure, a suppressed immune system and can contribute to depression and anxiety. With endless worries in the world, it is important to encourage one another to look for ways to de-stress and support fellow team members, residents, neighbors, families and friends during difficult times.

A Harvard Health article suggests that practicing deep, diaphragmatic breathing can elicit a relaxation response, which can lower blood pressure and even slow the heartbeat. One of the worst things to do while exercising is to hold in a breath. When preparing to have a baby, new moms are trained to deliberately breathe during labor because conscious breathing can increase relaxation and lessen pain during birth.

In hospitals since 2004, a Surgical Time Out (STO) has become a mandatory quality standard by the Joint Commission, a nonprofit organization that accredits more than 22,000 U.S. healthcare organizations and programs. The STO was created to reduce errors in surgical procedures, requiring participants to take a breath, double/triple check the details and then, when all agree, the team moves forward with confidence. When an operating room team pauses together, respect for team members is built, the empowerment of team members is encouraged, while accidents, mistakes and risks are diminished. The team openly seeks opportunities to improve their performance and the patient's safety.

Taking a cue from these examples and best practices, on September 1 at 1 p.m., the LifeSpire team began a monthly LifeSpire Pause across the company. On the first day of the month, community chaplains will help facilitate a 15-minute Pause from work to take a breath, to pray or meditate together, hear a blessing or word of comfort. For the September Pause, Lakewood Chaplain Julie Walton led a group of team members from across

LifeSpire's communities and corporate office in a guided meditation that focused on breathing, learning to value the importance of stopping to breathe and to center in the midst of a busy workday.

She said, "A practice like that isn't meant to make you feel anything in particular. It's an opportunity to carve out a few moments for yourself, to bring yourself back from all the different places your mind has gone through the day... But that practice is also something you can use multiple times in the day, no matter how busy your day is. Taking seven breaths, or you can do 15 breaths, can be a way to catch a moment and bring your awareness back."

A couple of LifeSpire team members commented after the first Pause was offered:

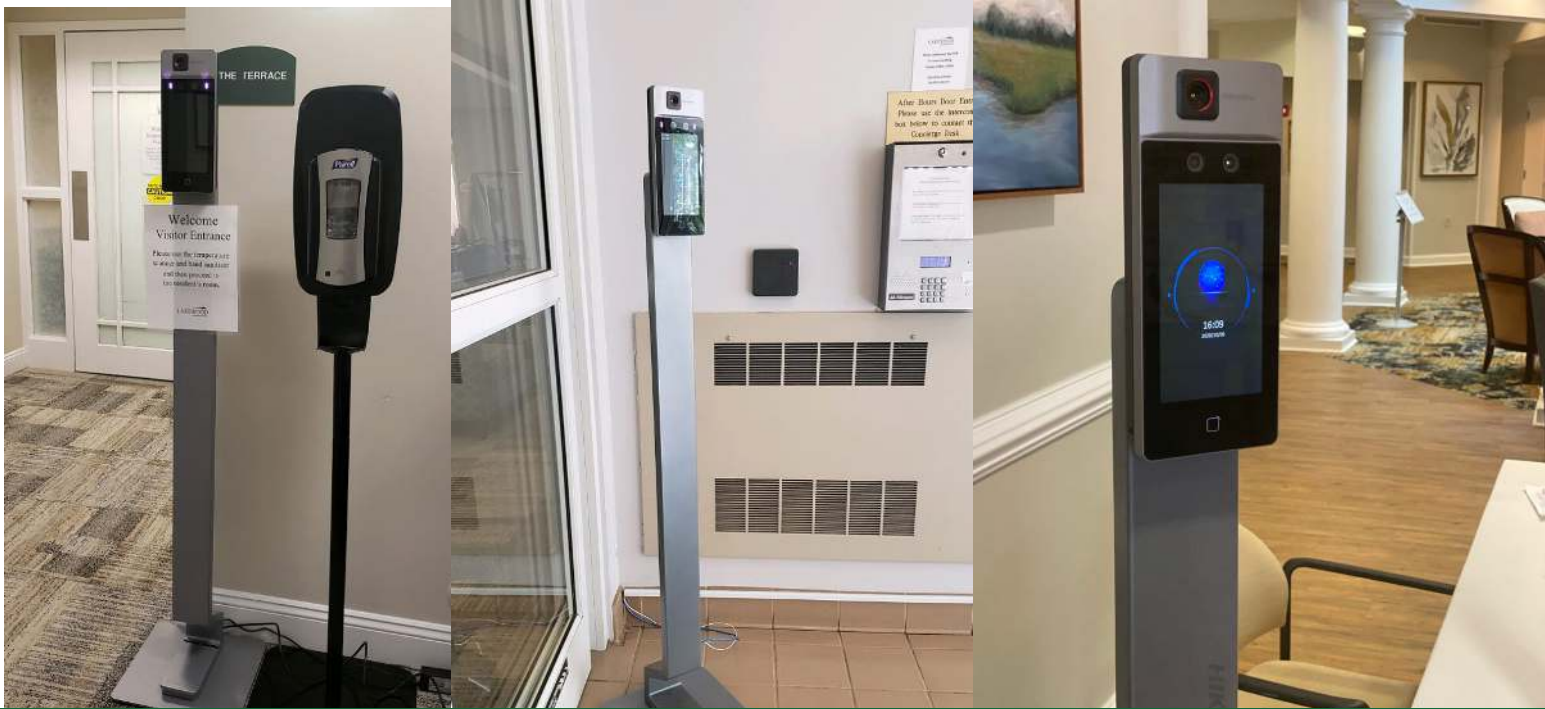
"The LifeSpire Pause was a much-needed moment of peace and reflection in the middle of the workday. I was grateful for the opportunity to participate in such a thoughtful and refreshing moment with the team."
Administrative Assistant Sarah Amick

"The guided mediation gave me the opportunity to reset resulting in a calm state of mind and mood. I felt better focused and centered immediately afterward. Thanks to LifeSpire for offering this and supporting us by incorporating this into our schedule! I'm looking forward to the next one!"

Senior Financial Analyst Layla Somers

On another occasion, Chaplain Julie led participants in a meditation on the topic of "Compassion Fatigue." She encouraged team members in the midst of a busy day and a busy season to find and remember their "why". Why are they engaged in this work together? What brought them here? Remembering and naming these things can help team members focus, de-stress and renew their spirits to be fully present with one another and with community members.

The intention of the Pause is to promote self-care and provide resources to all LifeSpire team members. During challenging times, LifeSpire's chaplains and leadership team seek to provide a measure of spiritual and emotional support. The chaplains and the Foundation team will continue to offer these Pauses monthly, giving team members the opportunity to have a brief but healthy and meaningful opportunity to stop, focus and take a breath.



LifeSpire Installs Temperature Screening Terminals

As an extra step in efforts to safeguard residents, families, team members and visitors, LifeSpire communities have new temperature screening terminals onsite. These devices may be located at main entrances, dining room entrances, corridors of the health services neighborhoods or in other areas of the communities. The device is a tablet, or a small electronic screen, mounted on a stand; the device is very easy to use.

The LifeSpire leadership team requests that as residents or visitors enter these areas equipped with the device, they stop before entering for a temperature check. Signage will be located near the device as a reminder to stop.

This device measures skin-surface temperature with a high accuracy rate—up to plus or minus 0.9 degrees. Stand anywhere from one to six feet away from the screen to have a temperature check. Masks should be worn at all times during the temperature check. A reminder to wear a mask will sound if one is not detected. If a temperature reading is abnormal, an alert will sound. If an alert sounds, residents should return home. Visitors should return to the entrance of the building and notify a team member immediately. Visitors or residents who do not hear an alert may proceed to where they are headed.

The use of this device does not take the place of the current screening process in place when individuals enter the communities; the device is intended to serve as an extra safeguard. In the future, the devices will be used for additional purposes. For example, the device may be able to screen individuals using a series of questions that can be answered by touching the screen or may be able to control the doors to prevent entry if a visitor does not pass the screening. Also, in the future, the device may be programmed to recognize the faces of residents, team members and visitors so that screening information can be saved.

“Early identification of an elevated body temperature allows our teams to evaluate an individual further and provide rapid response. Using a non-contact device may help reduce the risk of spreading infection as it requires minimal handling by a person. This device can quickly measure and display a temperature reading so individuals can be evaluated individually, yet timely, at points of entry to a building or particular room or space, like at our main entrances or at common areas like the dining room. The LifeSpire leadership team feels this technological investment provides additional safety now as well as in the future.”

Paula Bolton
LifeSpire's Vice President of Clinical Services

A New Normal: Pandemic Progress

As the COVID-19 pandemic continues, residents, team members and their families adapt and innovate to ensure that LifeSpire's communities thrive against all odds. By the conclusion of summer, LifeSpire's communities successfully completed state-mandated baseline testing and, as a result, moved forward with the re-opening process in the safest possible way.

Residents were able to visit with family members and friends either in clean rooms, outside or, in some cases, in their rooms and homes. Our resident services team members were able to begin offering socially distanced events both inside and out and the culinary teams reopened many of its venues, welcoming diners once again.

While things have moved towards a new normal, the clinical teams at each LifeSpire community continue to remain vigilant to prevent the spread of COVID-19 into, and within, the communities, which includes a current screening process for all individuals who enter the community. Team members are also being tested based on the positivity rate in the area surround the community.

Finding the balance between keeping residents engaged and active while also ensuring their safety and health has been a difficult but vital task. The smiles seen on faces is a testament to the hard work and dedication of each member of the extended LifeSpire family.



October 5 – 11, LifeSpire's communities celebrated aging and the benefits of active living at any age during Active Aging Week. The weeklong campaign calls attention to the positivity of aging, showcases the capabilities of older adults as fully participating

members of society and spotlights the role models that lead the way. At The Chesapeake, residents took to the pool for some water volleyball. Participants had plenty of laughs and several cheerleaders were on the side watching.



Lakewood residents had a fun-filled week with discovery walks, hilarious trivia, line dancing, an alternative wellness fair and hot air balloon rides sponsored by Chesapeake Bank



The unseasonably warm temperatures made for some perfect afternoons for outdoor dining. At The Culpeper, fall was for foliage and fair food. In early October, independent living residents enjoyed some sunshine, steak and funnel cakes at an afternoon cottage block party.



Meanwhile, residents at The Glebe enjoyed a Souper Fall event overlooking the changing leaves in early November. The culinary team slow-cooked Brunswick stew for all to enjoy.



Getting outside and enjoying some fresh air has been vital throughout the pandemic. The LifeSpire resident services team members kicked it into high gear to ensure residents had plenty of options. In August, several Chesapeake residents set sail for a full day of dolphin watching in Virginia Beach followed by a State Fair event featuring games, face-painting and, of course, food! Glebe residents got to shop for fresh produce throughout the summer months at the weekly Harvest Stand. Lakewood residents hit the road for an afternoon of apple picking at Carter Mountain Orchard in September, line-danced on the terrace in October and participated in the Alzheimer's Association's annual Walk to End Alzheimer's in November.





Fitch Rates LifeSpire 'BBB'

It is with tremendous pride that the LifeSpire of Virginia leadership team announces that for the first time ever, the organization has achieved a financial assessment from Fitch Ratings—an award-winning provider of credit ratings, commentary and research. Fitch assigned a 'BBB' rating to LifeSpire. The rating outlook is stable.

"It is truly an example of teamwork, focus and dedication toward a goal. This rating will allow us to better finance future projects and allow us to continue to reinvest in our assets and keep our communities viable for the years to come." said LifeSpire President and CEO Jonathan Cook. In its report, Fitch cited LifeSpire's strong operating profile with occupancy in each of the communities minimally affected by the coronavirus pandemic. Each community maintains a waitlist for independent living residences. Additionally, the report credited a solid financial profile and low long-term liability as key drivers for the rating.

"Not only will this allow us to borrow or refinance at lower interest rates in the future, representing significant savings for our residents and communities, but it also shows that we are committed to exceptional fiscal stewardship. What is also wonderful is we achieved this rating during the process of adding new resident wellness spaces, adding two memory care neighborhoods at The Glebe and The Culpeper, increasing dining amenities and maintaining five and four-star Centers for Medicare and Medicaid Services ratings in the licensed areas of care."

The Glebe Improves CNA Turnover Rates With 30/40 Program

More than a year ago, The Glebe launched a new program to recruit and retain certified nursing assistants (CNA) at the community. The exclusive benefit offered to CNAs who work in the skilled nursing and memory support areas is called the 30/40 Program. The incentive allows both full- and part-time CNAs to work six hours and get paid for eight.

"We always suffered with staffing," said Stephanie Clower, The Glebe's director of nursing. "Before we began this program, we were spending 40% of our days doing interviews and making sure the residents were taken care of." Stephanie says that is no longer the case. The incentive has decreased turnover rates amongst CNAs.

"The program is so concise that you don't deal with staffing every day. They come in, work their six hours a day, they go home, the next shift comes in and so there's always continuity of care and residents are seeing the same faces every day," she said

To receive the incentive, CNAs must be present and on time for each shift, both scheduled and pick-up. Program participants may not arrive late or leave early for shifts. Those who meet the requirements for the incentive each week will receive an additional two hours of pay per day.

Shifts for CNAs in The Glebe's healthcare center were revised from three eight-hour shifts per day to four six-hour shifts per day: 5:30 a.m. – 11:30 a.m., 11:30 a.m. – 5:30 p.m., 5:30 p.m. – 11:30 p.m. and 11:30 p.m. – 5:30 a.m.

To learn more about the 30/40 program, email glebejobs@theglebe.org.



Protecting Digital Assets

Technology advancements are made faster than people can keep up. From streaming video and social media, to mobile banking and email, many people rely on usernames and passwords to stay up to date with friends, manage finances and relax during downtime.

Keeping track of the growing list of accounts, usernames and passwords can be challenging. Whether it's a specialized app or handwritten notes to organize information, it's important to have a data beneficiary—a trusted person who can access information in its owner's absence.

They may not seem like the most valuable assets to inherit, but passwords are the keys to a digital life. Determine who should be this data beneficiary—a friend or family member, for example—and follow these steps to secure online accounts.

Create a list of digital assets and passwords. Use an online platform with encryption or save them on a flash drive for security. Be sure to update the list whenever passwords change. Make sure to list phone passcodes.

Find a safe place to store this list. If keeping a hard copy, choose a secure location that will be accessible to a data beneficiary.

Make a plan. Determine what should happen with each account and outline the details. Then, include those wishes in a will and living trust.

Take the time to learn more about enhancing personal financial plans, as well as benefiting seniors in need with generosity. Help by including the VBH Foundation or a specific LifeSpire community in wills or estate plans. Visit the VBH Foundation website, vbh.planmylegacy.org, or contact Jodi Leonard at (804) 521-9213 for more information.



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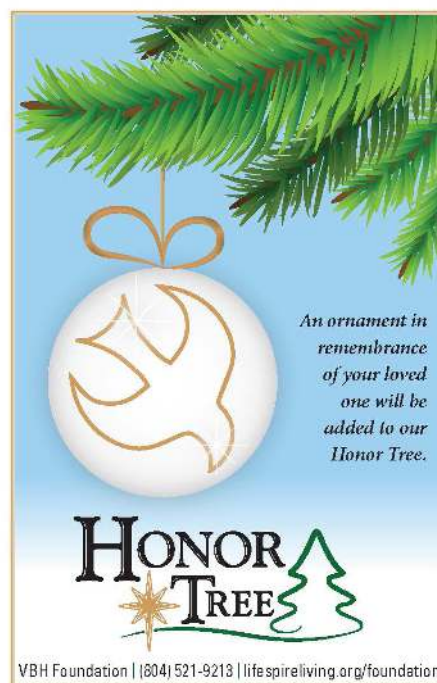


Honor Tree Reminder

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

For more information

Contact VBH Foundation Vice President Jodi Leonard at (804) 521-9213 or visit www.lifespireliving.org/give/honor-tree.





Time to Check End-of-Year Lists!

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

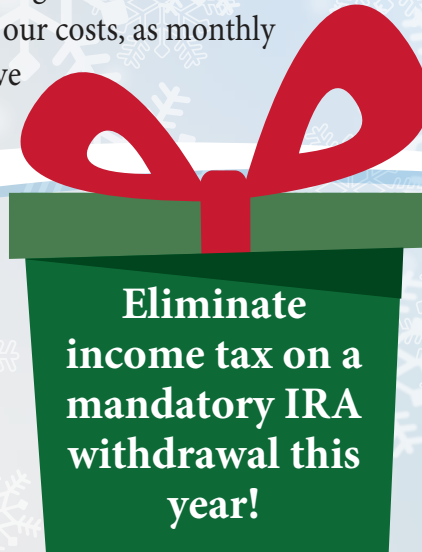
**Make a gift to
the VBH
Foundation!**



**Join our
Monthly
Giving
Circle!**

Make an even bigger impact with a 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 monthly donors will not receive future solicitations.



**Eliminate
income tax on a
mandatory IRA
withdrawal this
year!**

Make a gift to the VBH Foundation directly from an 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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Richmond

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

Whether you enjoy the water or the mountains, the city or a charming small town, LifeSpire of Virginia has a retirement option that's right for you. Each of our four communities offers comfortable apartments and cottages in beautiful, inviting settings while our newly launched Lakewood at Home program provides you with the comfort of aging in your very own home. Regardless of the option or location you choose, our communities provide the peace of mind of continuing care should you or your spouse ever need it. Take advantage of the security of knowing your future is well-planned in an atmosphere where faith, wellness, and community flourish. To learn more, call (804) 521-9214 or visit lifespireliving.org.

