

A Newsletter by LifeSpire of Virginia

COMMUNITY MATTERS

April - June 2021



2020
Annual Report Edition

FIVE COMMUNITIES.
ONE VISION. WHERE
FAITH, WELLNESS AND
COMMUNITY FLOURISH

LifeSpire
of Virginia
Faith. Wellness. Community.

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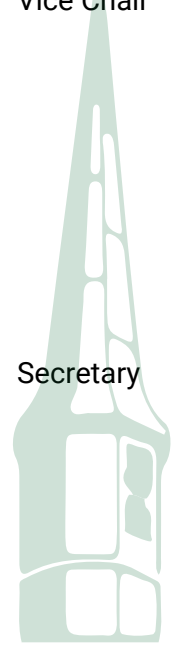
COMMUNITY MATTERS
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From Our President

2020 was an eventful year across the globe. From a senior living standpoint, residents, their loved ones, and community team members faced challenges that public health officials never previously imagined.



At LifeSpire, team members worked hard to keep up with the ever-changing safety precautions as our residents dealt with social isolation. Even with the challenging regulatory environment the organization endured through the pandemic, LifeSpire thrived by putting our residents' and team members' safety above all.

In the summer, The Culpeper and Lakewood launched expansion projects. *Sitework began in July on 25 new independent living homes—the Hillside Cottages—with an additional 11 cottages possible in future phases. The cottages feature smart home technology and a neighborhood outdoor living space called The Overlook.*

Nineteen new cottages were announced at Lakewood, with construction beginning this summer. Each cottage will have its own outdoor living space. The design is a pocket neighborhood—an innovative concept in the senior living industry made up of small groups of cottages centered around a central courtyard to promote social opportunities.

On top of these two expansion projects, construction crews began extensive renovations at Lakewood. Lakewood's Amelia-Echo buildings—part of the 1977 original construction—are being altered to match the aesthetic of the buildings built in the 2019 expansion. The Main Street area opened, featuring additional dining, shopping and activity opportunities. At The Chesapeake, ongoing renovations focused on the common areas, including dining venues, the clinic, the fitness center and the pool and added a relaxation room. In partnership with our Board of Trustees, the leadership team determined that by increasing scale, efficiencies, and through right-sizing and excellent operations, the organization can address increased regulations, reductions of federal reimbursement and inflation.

Despite the pandemic, LifeSpire managed a net gain for independent living across the company, with 79 total households moving into

Continued on next page

April - June 2021

residences in 2020, filling all 78 vacancies plus one. Lakewood at Home, LifeSpire's community-based continuing care program, continued to grow and welcomed its hundredth member. Late last year, LifeSpire and senior living provider Pinnacle Living launched a joint venture agreement to provide home health services and possibly hospice care in the future. The company formed under this agreement is called Affirmation Home Health and it will provide these services in the greater Richmond, Newport News and Williamsburg areas.

It is hard to believe that the organization was able to accomplish all that amid a global health crisis. I am proud that LifeSpire didn't have to lay off any team members due to COVID-19. *The organization awarded 74 front-line team members \$18,500 in bonuses for going above and beyond through our COVID Care Recognition Program.*

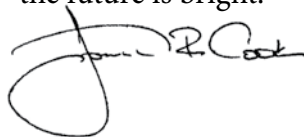
LifeSpire also provided more than \$73,000 of meals and nearly \$10,000 in care packages to community team members.

For 2020, the Virginia Baptist Homes Foundation disbursed \$21,000 across all four communities through its employee crisis fund. The Foundation disbursed an additional

\$5,500 for COVID-19 provisional requests. LifeSpire's leadership team granted any team member who tested positive for COVID-19 additional paid sick leave for the self-quarantine period, months before the government mandated that this occur.

To further ensure that LifeSpire is an employer of choice, the organization underwent a detailed audit of its pay practices. The goal was to line compensation practices with market-based pay standards. Market research shows that the organization leads in its immediate area from a competitive standpoint and moves pay practices more quickly and is more progressive than other providers. For the first time ever, the organization also 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.

As we continue to see a return to normalcy, I am invigorated by LifeSpire's residents and team members, who persevered in the last year, proving that together we can accomplish anything. I am optimistic that with strong vaccination rates, and knowledge around treatment, the worst days of the pandemic are behind us and that the future is bright.



Jonathan Cook
President and CEO

LifeSpire also provided more than \$73,000 of meals and nearly \$10,000 in care packages to community team members.

The Chesapeake Provides Transitional Housing for Team Members in Need



In February, LifeSpire of Virginia announced the purchase of a private home adjacent to The Chesapeake. The house is being used to assist team members who are in need. In the past when homes like this were purchased, they were torn down to expand the community. This time, Executive Director David Loop launched the “Fresh Start” program to help team members with transitional housing.

The Chesapeake’s team became aware that several dedicated team members were homeless. David came up with the idea to use the recently purchased house for this team member to offer a fresh start and ensure employment and income. The program evolved to provide team members in need with up to three months of housing while they work on a plan to become financially independent.

“Any senior living community that is challenged to hire excellent people to maintain a high-quality workforce to serve their residents has to be creative,” Loop said. “When I heard that first, second, third time of a team member living in their car or needing a place to go, we put forth a plan.”

Resident Cindy Hogan said her first reaction to the news of the program was, “Fantastic, what do you need?” She and many residents at The Chesapeake donated furniture and volunteered to clean and decorate—making the house a home.

“People need to help each other, and if you can’t do that then why bother living?” Hogan said.

Additionally, LifeSpire is offering all team members a financial wellness program called Momentum on Up, which is offered by SunTrust, now Truist. If team members complete the course within the first six months of employment, they receive a \$100 bonus.

“This program gives somebody the opportunity to look past what’s going on right now in their life, to not have to worry about a mortgage or rent, to use food vouchers to take up three meals for the next day. Our team members have our support. We’re going to provide them with all the resources that they need to be successful,” said Assisted Living Administrator Damien Polewczak.

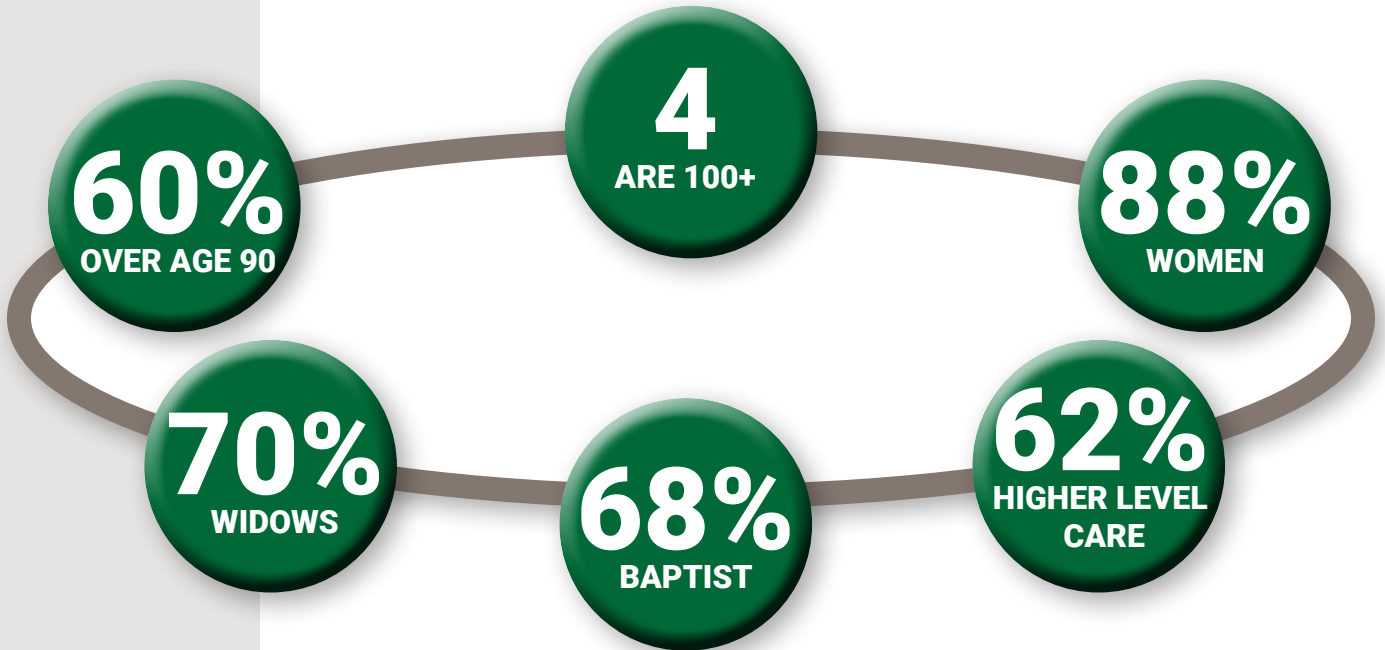
The Chesapeake was honored by LeadingAge Virginia—an association of not-for-profit life plan communities—during its annual awards gala held in August. The Chesapeake was selected as the recipient of the 2020 Workplace Excellence Award which recognizes a community that demonstrates investment in their team members and workplace environment for the delivery of quality care and services; demonstrates innovation in workforce development practices.

“I am so proud of The Chesapeake team for putting our mission—empowering individuals with choices in purposeful living—into action,” said LifeSpire President and CEO Jonathan Cook. ■



2020 Benevolence Stats

Throughout LifeSpire's 70-year history, generous donors have supported many residents who, through no fault of their own, outlived their financial resources. In 2020, 58 residents were provided financial subsidies.

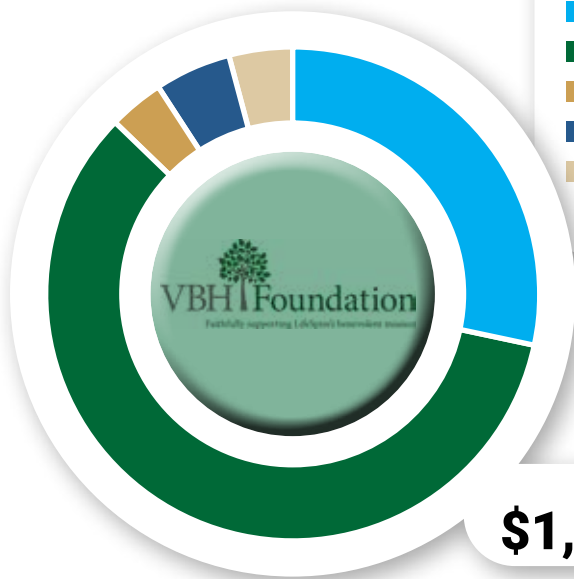


\$1,149,658

in benevolent assistance provided in 2020

Community	\$ Awarded	# Residents	Percentage
Lakewood	\$687,851	31	53%
Chesapeake	\$93,808	5	9%
Culpeper	\$263,420	14	24%
Glebe	\$127,971	8	14%

2020 Fundraising Results



Estates & Trusts	\$418,670
Individuals	\$1,031,088
Businesses	\$40,069
Churches	\$76,462
Associations, Foundations & Organizations	\$51,667
TOTAL	\$1,617,955

TOTAL
\$1,617,955

957

donors provided support for benevolence and special projects

Donor Circle	No. Donors	Total Gift Amount
\$1 to \$999	828	\$134,327
\$1,000 to \$9,999	107	\$245,400
\$10,000 to \$49,999	17	\$305,591
\$50,000 to \$99,999	2	\$126,102
\$100,000+	3	\$806,535



Turkey Time: LifeSpire Team Members Hand Out Turkeys

On December 9, 15 and 16, members of the LifeSpire team braved the cold temperatures, snow, rain and, of course, sunshine to distribute turkeys to every LifeSpire team member.

In total, 356 gobblers were given to each and every member of the team at Lakewood, 200 at The Glebe, 288 at The Chesapeake and 196 at The Culpeper. The Virginia Baptist Homes Foundation coordinated the onsite delivery with Sysco Virginia and Sysco Hampton Roads and several team members were standing by to receive the boxes of the Jennie-O turkeys.



VBH Foundation Vice President Jodi Leonard said the experience was extremely rewarding.

“Our community team members had a challenging year. What an honor it was to thank them in person for their dedicated, compassionate care for all of our residents. I hope that this small gesture of gratitude relays the enormous appreciation LifeSpire and the VBH Foundation have for their servant leadership.”

Community teams took that servant leadership to another level. When resident services team members at The Culpeper realized that there were some extra turkeys left over, they snapped into action. Resident Services Director Pat Ballard said the team donated 17 turkeys to an outreach program called Saint Joseph’s Table housed at Precious Blood Catholic Church in Culpeper.

“The church operates the program twice a week to offer food to anyone in need. They serve multiple families each week on Wednesday and Saturday,” Ballard said. “During COVID, the demand for food, dry goods and groceries became even greater. So, with having accessibility to the extra turkeys I felt it was an extension of our mission in giving to others and serving seniors and their families.”

Similarly, the Lakewood culinary services team donated 128 turkeys to Feed More in Richmond. The organization collects, prepares and distributes food across 29 counties and five cities, providing neighbors who face hunger with one of the most basic necessities: nourishment. The Glebe’s team donated nearly 500 pounds of extra turkeys to Feeding Southwest Virginia in Salem. The food bank provides food or meals to those in need within a of 26-county, nine-city region.

At The Chesapeake, the culinary services team worked with community leadership to identify team members with significant needs. The extra turkeys there were given to those team members. ■





Handcrafted from the Heart: LifeSpire Residents Give Back Despite Pandemic Restrictions

Anne da Costa loves to sew. She is well-known around The Glebe's campus for her superior talent behind a sewing machine. So, as the severity of the COVID-19 pandemic became more and more apparent, nurses and team members at the community knew who to turn to for protection.

"The clinic nurse asked me to sew her a mask and then someone else saw it and before I knew it, I was making them for everyone who asked," she said.

In fact, in just a few days she made 18 masks and cut out the fabric for another 30 more. Executive Director Ellen D'Ardenne received one of the handcrafted masks, and she said it warmed her heart and brought tears to her eyes.

"The residents know I love chickens. As you can see, my mask has chickens all over it," she said. "The fabric, the hands that sew them, the smiles they provide to the team to have something so special made just for them: Wow!"

Similarly, when the Centers for Disease Control and Prevention issued a recommendation for all individuals to wear cloth face coverings, Culpeper resident Jane Scott's concern wasn't for herself. Instead, her mind automatically went to her daughter, Rachel Ann, who lives at the Mary Louise Kelly Home—a group home for adults with developmental disabilities provided through Hope Tree Family Services. Upon hearing there was a need for masks at the home, Jane took up her needle and thread and enlisted the help of some friends.

"The fabric, the hands that sew them, the smiles they provide to the team to have something so special made just for them: Wow!"

"Family members and friends began to ask for them. Our son, Ed, voiced a need for the employees at his company, EcoSeptix Alliance. Then, Hospice of the Piedmont called for masks to use in their work," Scott said. "Another Culpeper organization is waiting in the wings."

Together, she and fellow Culpeper residents Bess Brooks, Peggy Blank, Judy Maxfield, and Joan Blackwell along with friends in the community Pamela Dolgan and Norma Allen have made dozens of masks.

Continued on next page

“We turned out 91 for the group home. They shared with other Hope Tree homes. We completed close to another 100,” she said.

When team members at Hope Tree received the package of masks, they were overwhelmed by the mask-makers generosity. Theresa Carneal sent an email to Scott because she was too emotional to call.

“I was expecting 10 masks, not this amount,” said Carneal. “This is so fabulous; we don’t know how to thank you for this. THANK YOU! THANK YOU! THANK YOU!!”

Scott said she continued cutting and stitching masks for as long as there was a need and she had the materials.

These are just two examples of how residents who live in LifeSpire communities continued to give back despite the pandemic. Many residents were unable to volunteer at local organizations in the ways in which they typically would. But that didn’t stop them from using their talents to help those in need.



Lakewood resident Laura Hedrick has been working with a group of people at Richmond’s First Baptist Church to make sleeping bags for the homeless out of donated material for nearly 20 years. 2020 was no exception. She worked with three other Lakewood residents to keep the sleeping bags coming.

“During COVID, as soon as I could leave Lakewood without having to quarantine, I went down to the church, got fabric from my supply and brought it to my apartment. I made about 65 heavy and 65 light squares. When it was possible, I worked with another church member to layer and pin the sleeping bags. We did this in a large room wearing masks,” Hedrick said. “I delivered about half of the pinned sleeping bags to another church member who sewed in the cording and tied the knots for them at her home. I delivered three each visit and took back the three she had just finished. Because of COVID she put her finished ones on her front step, and I left the new ones on the step.”

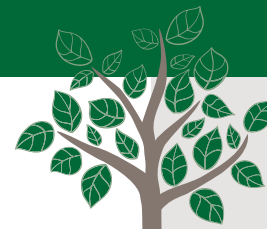


Also at The Glebe, a resident-led knitting group called Spinning Threads kept busy throughout the pandemic by handmaking dozens of hats for donation to Roanoke Memorial Hospital. The tiny hats were created for babies in the neonatal intensive care unit.

“The residents want to lend a hand. This gives them a way to feel like they are contributing to the community’s health and wellness,” D’Ardenne said. “They are why we do what we do every day. I love them and can’t imagine being anywhere else.” ■



J.T. Edwards Society



J.T. Edwards Society Leaving a Legacy of Benevolence

as of December 31, 2020

In January 1946 Dr. James T. Edwards, pastor of Culpeper Baptist Church, introduced the idea of establishing a home for senior adults to live out their retirement years. Over 70 years later, his vision continues to thrive and expand.

The J.T. Edwards Society was established in 1996 to honor those who support Dr. Edwards' legacy through any form of planned giving, including bequests, charitable gift annuities, charitable remainder trusts or gifts of life insurance. These gifts provide the Foundation with the ability to plan for the future success of this ministry.

JTE Society members extend a lifetime of support through gifts, volunteer hours and membership. Like Dr. Edwards, these visionary individuals are leaving their own legacy for future residents and the Foundation is proud to honor them through membership in this society.

Marjorie Arnold
Barbara J. Begor
Martha A. Bledsoe
Ruth Bokun
Curtis and Dee Brooking
Jacquelyn K. Brooks
Bert and Rose Browning
Montgomery Cale
Jeannette Cantrell
Floyd T. Clark, Jr.
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Carolyn Coffman
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LaVora M. Sprinkle
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Presley and Gladys Thompson
Violet C. Varner
Robert and Julia Weikle
Jacquelin A. Werb
Romona P. Williams
12 Anonymous Donors

J.T. Edwards Society Legacy Gifts

In 2020, 40 donors made their ultimate gift to LifeSpire through estate planning. Some created a trust that provides income every year to support benevolence and our communities. Others gave through bequests. These generous expressions of faith humble the LifeSpire team. While their passing saddens us, we remember the way they lived—with love and kindness for others.

Hatcher Broadus and Therma Valentine
Baxter Living Trust
William Hirst Bell and Annie Lee Bell
Memorial Fund

Inez Duff Bishop Charitable Trust
Ira C. and Bertha Johns Hopkins & Nancy
Hopkins Bryan Fund
Alma P. Bryan Trust

Estate of Jean P. Coots
Culpeper Endowment Fund
The Estate of Helene Eccher
Alton Carlton Elder Trust

Continued on next page

John W. and Ruth B. Elmore Trust
 David J. & Edith Evans Trust
 Stanford L. Fellers, Jr. Memorial Trust
 Estate of Jacquelyn D. Gilbert
 Mr. and Mrs. R. E. Graves Trust
 Edward Russell Gray Memorial Fund
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 J. Robert Stiff Memorial Trust
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 James T. Tunstall Trust
 Georgia T. Witt Fund

2020 Annual Donors

Sincere appreciation to every donor. Whether your gift provided comfort and security to seniors in need through benevolence, or supported a special project or employee fund, you made a difference and touched the lives of the entire LifeSpire family.

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Patricia Brown	Delilah Copenhaver
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Kelsey Camire	Pat Dabney
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Elizabeth B. Cartwright	Joan D. Dawson
John and Kay Cary	S. Wallace and Bonnie
Gloria Caskey	Dawson
R. Scott and Jill Cave	Vera DeFreitas

Lakewood Donates Nearly 100 Pounds of Acorns to Feed Baby Bears



In October, Lakewood residents and team members took a road trip to Farmville, Va. to drop off acorns that were donated by community members throughout the fall months.

Lakewood Program Manager Courtney Harver organized the donation drive.

“We were looking for a project that would benefit the community and I remembered back to my college days at Longwood University collecting acorns for the Virginia Department of Forestry through Clean Virginia Waterways,” Courtney said. “I reached out, and the group informed me that they were supporting a new project this year of collecting acorns to feed baby bears.”

A forester came to Lakewood and presented on acorns and gave residents tips on where to locate them. The forester asked that participants collect as many whole acorns without holes as possible and place them in paper bags or cardboard boxes.

In total, Lakewood community members collected 90 pounds of acorns. The bear food was loaded into a Lakewood bus and a small group of collectors took a trip to Farmville to make the donation.

Clean Virginia Waterways at Longwood University ultimately gave the acorns to The Wildlife Center of Virginia. In early 2020, the center admitted seven infant bear cubs—ranging in age from two to four weeks-old—from several locations throughout the state. The young bears were cared for by the center until Spring 2021 before being released at the time when they would begin naturally dispersing from their mothers.

The Glebe Adopts Local Service Dog to Provide Therapy to Residents

In November, residents and team members alike in Daleville got a little something extra to be thankful for. The Glebe adopted an eight-week old miniature Australian shepherd from a breeder near Blacksburg to be a therapy dog for the community.

The dog, who the team decided to name Max, became the Glebe's latest resident on Thanksgiving Day 2020. Max will most likely be around 17 pounds full grown. He is now seven months old and weighs approximately 14 pounds.

"There are so many individuals who feel a connection with a dog that may not get in other ways throughout the course of their day," said Executive Director Ellen D'Ardenne. "We did research surrounding breeds that were easy to train, devoted, and easy to handle. Thus, we found Max, the second smartest breed to the border collie."

Max has a base camp in the administrative office. He is enrolled at the Field of Dreams Dog Training program in Vinton, Va., and has completed the initial puppy course and started the teenager training in April. Currently, he comes to The Glebe three days a week.

"We most recently started to get Max familiar with walkers and canes. Food motivates, so we

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Olivia Johnson	Linda Lowery
	LeaAnn Lozaw

have learned that when you start to get puppies use to something new, such as a wheelchair, you put cooked chicken on the foot rests so they associate it with a reward instead of fear," said D'Ardenne.



The residents are enjoying getting to know Max as well. He visits a different area each day he is in the community, goes door to door for one on one visits, tricks and treats. He is taken on extensive walks around the community by independent living care takers. D'Ardenne said the response to the adoption has been very supportive and loving.

"The residents in assisted living have really bonded with Max and look forward to the weekly visits. There are several independent living residents who have a routine with Max every day he comes to the community. He visits residents in apartments who may have lost their pet or just need a warm and loving fur buddy. Team members come and take him for outside adventure on lunch breaks or just stop in to have a lift during a stressful day," she said. "Max is a truly a blessing and a joy to so many. How can anyone hold onto a stressful day when they are in the presence of his undivided attention, snuggles, and an occasional lick on the nose?"



Lakewood Partners with Cristo Rey Richmond High School



In October, LifeSpire of Virginia announced its partnership with Cristo Rey Richmond High School—a Catholic learning community that educates young people of limited economic means to become men and women of faith, purpose and service. The partnership includes a corporate work study program where Lakewood employs students from the school.

Tenth grade students work in partnership with Lakewood team members on business projects. Ninth grade students are taking a business literacy course to be ready for professional roles in the fall. Special assemblies and events are being held virtually to continue relationship building and skill development for both grades.

Through a rigorous college preparatory curriculum, integrated with a relevant work study experience, students will graduate ready to succeed in college and in life.



- | | |
|--|-----------------------------------|
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2020 Influencers

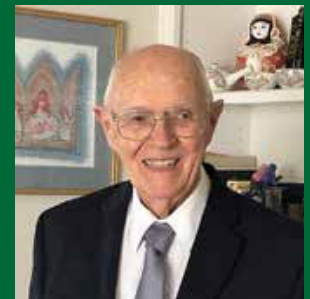
In 2020, the Virginia Baptist Homes Foundation (VBHF) introduced the Influencer Award as a way to recognize and honor a champion at each of our four communities who causes a positive effect on our mission to enhance the lives of their friends and neighbors. Influencers embody the core values of our communities through their spirit, their engagement and their generosity.

Like a tree cannot grow without the influence of the sun, VBHF cannot grow without the support and generosity of our influencers and supporters. Together we are building vibrant places to live where faith, wellness and community flourish.

Congratulations again to our inaugural honorees! We invite you to visit <https://lifespireliving.org/give/influencer-awards/> as we will soon be announcing our 2021 Influencers.



Dr. Edith B. Ellis,
Lakewood



Dr. Jesse W. Hughes, Jr.,
The Chesapeake



Rev. Dr. Guy D. Mattox, Jr.,
The Culpeper



Pamela Renga,
The Glebe

Kevin Smith	Ruth Tergesen	Aiden Welling
Michael and Susan Smith	Gregory Thagard	Lori Welty
Ruth and Herman Smith	Amy Thomas	William Wenger
John Smithey	Elizabeth R. Thomas	John Wenrich
Charles and Shirley Smoot	Tatiana Thomas	Ann Wentworth
Michael Snoddy	William and Susan Thomas	Ellis and Phyllis West
Henry and Jeanne Snowa	Jacob Thompson	Aaron West
James and Jean Snowa	Jerline Thompson	Thomas West
Sherman and Julie Snyder	Danielle Thruston	Elizabeth Westbrook
Terri Snyder	Manjit and Satinder Toor	Sally Wheat
Layla Somers	Jesus Torres	James and Janet White
H.J. and Mary South	Ann Trenga	Sandra Whitehead
Carla Spence	Marion Trice	Wanda Whittle
Robert and Mary Spencer	William and Nancy Trimble	Martha Whorton
Joseph and Martha Spichek	Kelly Trout	Paul and Joan Wicker
Robert and Joyce Spiers	Mary and Steve Tuck	Robert Wilbanks
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Lewis Spivey	Katheryn Tyler	Michael H. and Pamela S. Williams
Douglas and Sebastiana Springmann	Phillip and Robbye Unger	Justice Williams
Myriam Springuel	Helen Valin	Susan L. Williams
Barbara Stanley	Elizabeth Vance	JoAnne Williamson
Claude and Karen Stanley	Marguerite Verlander	Elizabeth Wilson
Virginia Stay	Eunice Vick	Geraldine Wilson
Gerald and Anna Steele	Sallie Vick	Geraldine R. Wilson
Joseph Stemmler	Arlicia Wade	Nancye Wilson
Ned and Susan Stephenson	Frank and Heidi Wagner	Phyllis T. Wilson
Noralee M. Stephenson	Ronald Walczak	Nellie Wiltshire
Helen Stevens	Mikayla Walker	Nancy Wingfield
Elizabeth A. Stevenson	Sandra Wallace	Hillary Winkelman
Marilyn Stewart	Leo F. Walsh and Madalene Hardison	C. H. Wisenbaker, III
Michael and Laura Stewart	Julie G. Walton	Barbara Witter
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Joseph and Mary Strup	Kathryn Washburn	Robert and Martha Wright
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Antioch Baptist Church	Greenwood Baptist Church	Rodgers Chapel Baptist Church
Bagby Memorial Baptist Church	High Point Baptist Church	Rosedale Baptist Church
Baptist General Association of Virginia	Hillcrest Baptist Church, Danville	Salem Baptist Church
Black Creek Baptist Church, Franklin	Hillcrest Baptist Church, Ridgeway	Samaria Baptist Church
Braddock Baptist Church	Mattaponi Baptist Church	Sandy Ridge Baptist Church
Bundys Chapel Baptist Church	Melville Avenue Baptist Church	Sedley Baptist Church
Burdette Baptist Church	Mill Creek Baptist Church	Shadowlawn Church
Calverton Baptist Church	Millfield Baptist Church	Southern Baptist Conservatives of Virginia
Carmi Baptist Church	Mount Tabor Baptist Church	Stevensburg Baptist Church
Cedar Baptist Church	Mountain Plain Baptist Church	Tsena Commocko Baptist Church
Crooked Oak Baptist Church	Mountain View Baptist Church, Catawba	Union Chapel Baptist Church, Clarksville
Culpeper Baptist Church	Mountain View Baptist Church, Meadowview	Union Hill Baptist Church
Derbyshire Baptist Church	Nelson Baptist Church	Victoria Baptist Church
Dundas Baptist Church	Newsoms Baptist Church	Washington Baptist Church
Elk Creek Baptist Church, Mineral	North Roanoke Baptist Church	Waterford Baptist Church
Enon Baptist Church	Pine Grove Missionary Baptist Church	Waverly Baptist Church
Fairport Baptist Church	Plantation Road Baptist Church	
First Baptist Church, Martinsburg	Providence Baptist Church, Henry	
First Baptist Church, Richmond	River Road Church, Baptist	
Greenville Baptist Church		

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AVAVRS	Daleville/Fincastle Lions Foundation	Residents' Council of The Glebe
Baptist Ministers' Relief Fund of Virginia	The Glebe	Robert E. Rosette Fund
The Anne and Latane Brugh Fund	Herman L. Horn Elementary Retirees	William R. and Mary K. Small Fund
Herbert and Annie Carlton Foundation	Ralph & Peggy Jones Giving Fund	George C. Stuckey Fund of The Community Foundation
The Chesapeake	Lakewood	1 anonymous donor
The Culpeper	Russell Reames Sunday School Class	

Every effort has been made to ensure that each donor is included correctly. If you made a gift in 2020 and your name has been omitted or listed incorrectly, please accept our sincere apology and contact us at (804) 521-9213 so we may accurately acknowledge your gift.



Lakewood Residents, Team Members Shave Their Heads for Cancer Research

In early 2020, Karla Adair, Lakewood’s independent living program coordinator, was preparing to have a bone marrow transplant. Around the same time, LifeSpire’s Vice President of Marketing Peter Robinson learned his infant son, Johnny, was diagnosed with a rare form of cancer. The two unrelated yet equally traumatic and trying circumstances ended up bringing more than a hundred people together in March to raise thousands of dollars for cancer research.

Like many patients facing chemotherapy, Karla was anxious about losing her hair. Resident Services Director Sally San Soucie knew of an organization she had worked with in the past called the St. Baldrick’s Foundation—a volunteer and donor powered charity committed to supporting the most promising research to find cures for childhood cancers and give survivors long and healthy lives. Each year, thousands of volunteers organize fundraisers, like the organization’s signature head-shaving events, to raise money to support life-saving childhood cancer research.



“I mentioned hosting an event at Lakewood so Karla could shave her head in advance for a good cause and told her I would shave mine in solidarity with her,” Sally said. She lit up with excitement and got started with the planning!”

The Lakewood team worked together to publicize the event to help Karla make something positive out of her own dire situation. Residents and team members were invited to join in shaving. Going into the March event, 10 people pre-registered as shaves. Resident Ann

Peterson was the first in line.

“I wanted to do something in support of Karla. I didn’t even have to think about it hard. The minute the word came out that it was something I could do I just said, ‘I’m going to do it!’”

Resident Rebecca Moak wasn’t so sure. She told Karla she’d wear a wig or a turban in solidarity instead, but as the event approached, she changed her mind.

“I realized that shaving my head paled in comparison to what Karla faced and what she would be fighting for an unknown time. I made a pro-con list. The pros beat out the cons. I told my husband that I was thinking about participating in the head shaving event. He said he was too. Together, we signed up as shavees,” she said.

The stylists at Lakewood’s Shear Style Salon agreed to volunteer their time for this event, as did two singing groups including, appropriately, a barbershop quartet. More than 100 people were in attendance for the standing room only event. Sally says the energy in the room built as donations began coming in.

“Then people in the crowd started volunteering to be shavees; it really was like a revival! In the end, 10 people spontaneously had their heads shaved that day,” Sally said.

Like the number of shavees, the donations doubled and eventually more than quadrupled.

The original team fundraising goal was \$2,500 and by the end of the event more than \$13,500 was donated including \$8,000 donated during the event itself.

“It was one of the most remarkable things in which I have been involved. To see how many team members were participating; to see folks who made that last minute decision to shave their heads; to see the amount of donations go up and up,” said Edie Ellis, a resident and shavee, “Tears, laughter and joy, all rolled into one event. I would absolutely do it again!”

Rebecca and Ann agreed that they too would do it again. As it turned out, it was one of the last big events that was held at the community in 2020 due to the pandemic. Looking back, Edie said it seemed like the perfect event to hold prior to entering the life-altering experience of the pandemic.

“It was a real camaraderie around those who did it. We realized the next week, that was sort of the last hurrah and it was terrific. We’d see each other around and just see how each other was doing with it,” Ann said.

“I am so thankful we were able to do it. One of my neighbors shaved her head. When I walked my dog, she would sometimes come out on her patio. We would smile at each other’s newly shorn locks and agree that it had been the perfect time to shave our head! We certainly didn’t have to worry about missing appointments with a hair stylist,” Edie laughed.

Johnny’s cancer symptoms are held at bay by an experimental drug. Now nearing age two, he’s an active, happy boy keeping mom and dad on their toes. ■



“Tears, laughter and joy, all rolled into one event. I would absolutely do it again!”


Edie Ellis



Karla Adair’s bone marrow transplant was completed as planned in April 2020 and she celebrated her rebirthday on April 23, 2021. Sadly, after a hard-fought battle, Karla passed away in May 2021. A memorial service was held in June at Lakewood where family, friends, residents and team members toasted her.

Giving Back to Our Communities


Social accountability is the extent to which a non-profit organization responds to the needs of the community surrounding it. In 2020, the VBH Foundation provided nearly \$1.2 million in financial support to residents who outlived their financial resources through no fault of their own. LifeSpire’s home office and the Foundation gave 91 team member hours and \$5,200 to various causes. Team member gifts included \$34,131 to the Foundation’s four funds—benevolence, crisis, education and spiritual life.



donated 128 team member hours, 1,329 resident hours and \$27,420 to charitable causes and public interests in 2020.



donated 15 team member hours, 1,775 resident hours and \$14,479 to charitable causes and public interests in 2020.

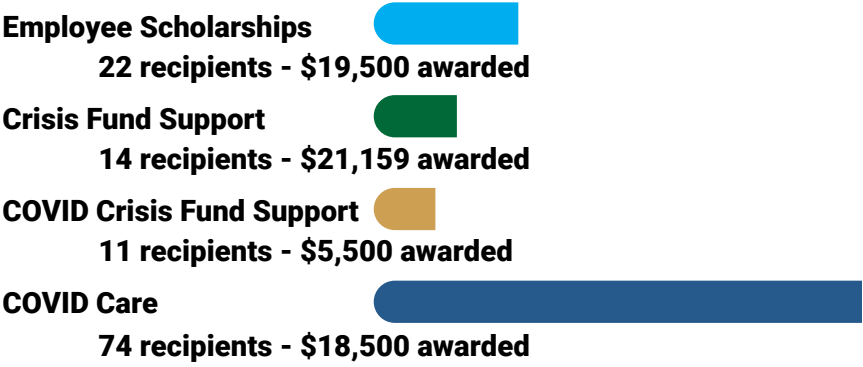


donated 9 team member hours and \$2,448 to charitable causes and public interests in 2020.



donated \$1,300 to charitable causes and public interests in 2020.

Supporting Team Members – by the Numbers



Tribute Giving



Gifts received in honor and in memory of loved ones are wonderful expression of compassion and understanding. We celebrate those who were remembered in this special, meaningful way.

IN HONOR OF

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Karla Adair
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Louise S. Batten
Robbie P. Beasley
Jane A. Berkeley
Evelyn L. Blake
Margaret L. Blank
Ruth Bokun
Martha J. Bradshaw
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Vicky L. Chung
Carolyn R. Coffman
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Edith B. Ellis
Alma H. Fernald
Dona C. Flint

John Garnett
The Glebe Staff
The Glebe Memory Care Staff
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Roxanne Hamm
Madalene Hardison
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Lillian C. Harwood
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Peyton G. Jefferson
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Marilyn E. Smith
Kenneth G. Stultz
Mike Tessieri
Joyce H. Tysinger
Ella Waldrop
Scott Waldrop
Leo F. Walsh
Julie G. Walton
Jean M. Ward
Margaret R. Webb
Jacquelin A. Werb
Betty S. Wheat
Will E. White
Dorothy K. Ziegler

IN MEMORY OF

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Erma B. Anderson
Marjorie Arnold
Evelyn T. Atkins
Anne R. Bailey
Paris E. Bain
Bobby Bankard
Mabel C. Bass
Betty Jo Bates
Clarence L. Batten
Willard Bauserman
Doris M. Beach
Pauline M. Beasley
Helen Bickley

Frederic T. Bockoven
W. F. Boldridge
Mary. C. Boldridge
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Thank You!!

While the pandemic certainly brought challenges each day, the one thing that remained constant was the overflowing generosity and care that was demonstrated in numerous ways by the greater community, friends and family members. It was so touching to see the outpouring of love to LifeSpire residents and team members. While much needed masks and personal protective equipment were donated, the organization was also the recipient of unconventional gifts that brightened days. Words of encouragement were written in chalk to view from the windows. Cards and handwritten notes, too numerous to count, flooded community mailboxes. Meals, snacks and treats were dropped off daily. Students from Collegiate School and Virginia Commonwealth University became pen pals to residents. Dancers from a local studio recorded their holiday performance to be viewed virtually, instead of coming in person to perform. The LifeSpire team thanks each and every one of these generous donors for sharing the love!



LifeSpire Summarized

Consolidated Balance Sheet	Dec. 31, 2020	Dec. 31, 2019
Current Assets	\$ 50,622,216	\$ 72,128,870
Investments	60,148,802	48,303,633
Beneficial Interests in Perpetual Trusts	10,065,000	9,476,108
Assets Whose Use Is Limited	13,995,371	9,217,331
Property, Plant and Equipment	214,314,522	212,939,021
Other Assets	353,246	402,537
Total Assets	\$ 349,499,157	\$352,467,500
Current Liabilities	\$ 28,027,736	\$ 23,500,568
Advanced Fee Refund Liabilities, Less Current Portion	34,820,980	32,019,882
Deferred Revenue from Advance Fees	104,821,589	105,185,671
Annuities Payable	395,997	443,619
Liabilities Under Interest Rate Swap Agreements	4,758,785	2,511,314
Lease Payable, Less Current Portion	1,251,163	1,463,205
Long-Term Debt, Less Current Portion	201,879,678	216,526,417
Net Assets (Deficit)	(\$26,456,771)	(\$29,183,176)
Statements of Operations and Changes in Assets	Dec. 31, 2020	Dec. 31, 2019
Revenues, Gains and Other Support	\$ 63,081,876	\$ 54,054,687
Residential Services, Including Amortization of Deferred Revenue from Advance Fees of \$12,826,450 and \$11,992,916 in 2019 and 2018, Respectively		
Health Care Services	23,695,404	23,552,048
Net Assets Released from Restrictions Used for Operations	645,458	100,375
Gifts and Donations	2,593,820	309,917
Investment Income	2,727,469	5,035,669
Other	2,447,881	2,133,113
Total Revenue, Gains, and Other Support	\$95,191,908	\$85,185,809

Financial Statements

	Dec. 31, 2020	Dec. 31, 2019
Operating Expenses		
Salaries, Wages and Professional Fees	\$44,043,526	\$41,711,494
Provisions for Depreciation and Amortization	15,358,107	12,548,285
Interest	9,034,011	6,681,859
Other	25,261,403	23,388,533
Total Operating Expenses	\$93,697,047	\$84,330,171
Operating Income	\$1,494,861	\$855,638
Non-Operating Income (Loss)		
Change in Value of Investments	2,489,467	4,073,227
Change in Value of Interest Rate Swap Agreements	(2,247,471)	(1,948,705)
Total Non-Operating Income (Loss)	241,996	2,124,522
Excess (Deficit) of Revenues, Gains, and Other Support Over (Under) Expenses	1,736,857	2,980,160
Other Changes in Net Assets without Donor Restrictions:		
Net Assets Released from Restrictions for Acquisition of Property, Plant and Equipment	20,850	608,392
Increase in Net Assets without Donor Restrictions	1,757,707	3,588,552
Purpose Restricted Net Assets with Donor Restrictions		
Gifts, Grants and Bequests	1,120,409	311,699
Change in Value of Annuity Obligations	(74,295)	\$69,489
Change in Present Value of Perpetual Trust Funds	588,892	1,217,917
Net Assets Released from Restrictions	(666,308)	(708,767)
Increase (Decrease) in Net Assets with Donor Restrictions	968,698	890,338
INCREASE (DECREASE) IN NET ASSETS	2,726,405	4,478,890
Net Assets (Deficit) - Beginning of Year	(29,183,176)	(33,662,066)
Net Assets (Deficit) - End Of Year	(\$26,456,771)	(\$29,183,176)

2020 Annual Report Edition



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