

A Newsletter by LifeSpire of Virginia

COMMUNITY MATTERS

July - September 2021



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

LifeSpire
of Virginia
Faith. Wellness. Community.

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From the Editor



As I write this column, I'm awaiting the birth of my second child, a son, to complete my family. By the time you all read this, I am hopeful he will have arrived happy and healthy. It seems appropriate that I face this life-changing experience as our organization also embarks on new beginnings.

At this time last year, we were all adjusting to the chaos and trauma caused by the COVID-19 pandemic. Now, we are coming together once again, learning how important it is to have a support system and feeling grateful for the blessings coming our way that we may have taken for granted before.

As an organization, LifeSpire is flourishing. You'll learn more in these pages about a new initiative to bring home healthcare to our residents that was recently launched with Pinnacle Living; celebrate with us the 100th member of our community-based continuing care program, Lakewood at Home; as well as get an update on the new Hillside Cottages neighborhood at The Culpeper.

For the first time in LifeSpire's more than 70-year history, the organization is navigating an acquisition of a new community in Lynchburg, The Summit. We are excited to welcome The Summit residents and team members into the LifeSpire family.

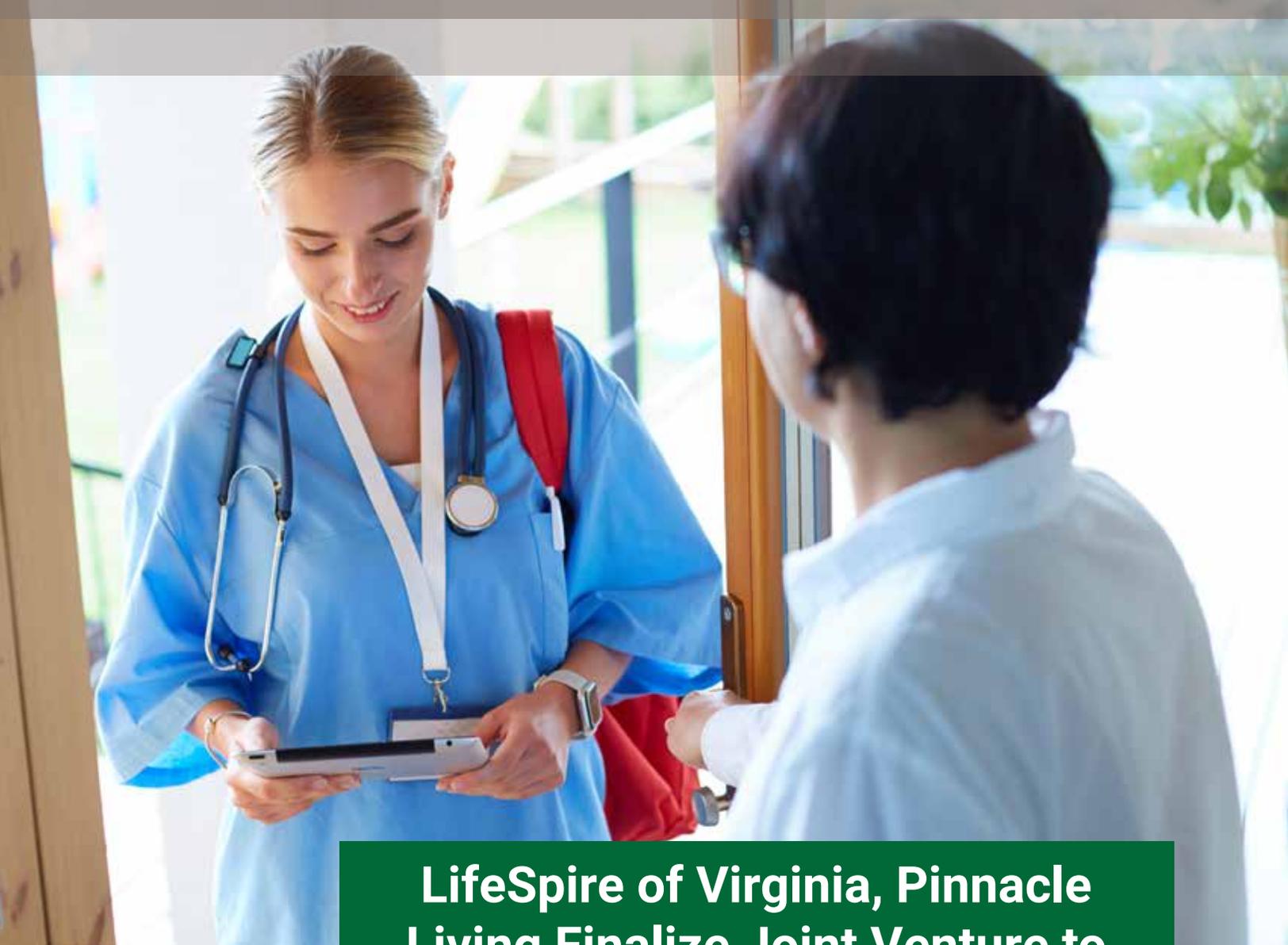
Our residents and team members are also thriving as the Virginia Baptist Homes Foundation recognized its second class of Influencers and awarded more than \$20,000 in college scholarships to deserving recipients as they pursue their career goals in higher education.

As I navigate sleepless nights and parenting two young children, I hope I can hold on to the excitement I feel for the future of our organization, remember how good it felt to hug my fellow team members again and simply celebrate new life – both in my home and here at LifeSpire.

A handwritten signature in black ink that reads "Hillary C. Smith". The signature is written in a cursive style with a small asterisk above the 'i' in "Smith".

Hillary Smith

Corporate Director of Communications



LifeSpire of Virginia, Pinnacle Living Finalize Joint Venture to Provide Home Health Services

LifeSpire of Virginia and Pinnacle Living, both with corporate offices located in Glen Allen, have entered a joint venture agreement to provide home health and other organizational support services. The terms of the agreement created Senior Living Partners of Virginia, LLC (SLP). The newly formed organization will allow both organizations to formally collaborate and expand their mission-focused growth to serve those who currently do not reside

“I am very excited to begin this new collaborative home health organization with Pinnacle Living, a mission-oriented organization, that has the same passion and dedication for quality services as LifeSpire.”

LifeSpire President and CEO Jonathan Cook

inside the walls of a retirement community. SLP has also finalized the purchase of Williamsburg Landing Home Health and has acquired its existing assets, including state and federal home health licenses and certifications. The home health company will operate as Affirmation Home Health.

SLP has hired Jennifer Rauschenburg, OTR, as the Administrator and Director of Clinical Services. Jennifer brings more than 25 years of home health clinical and leadership experience, having served most

recently as Director of Clinical Operations for a large Richmond based home health provider. SLP is currently recruiting for a CEO to lead the new venture.

LifeSpire operates four life plan communities with over 1,400 residents across Virginia and one continuing care retirement community without walls program in Richmond with 104 members: Lakewood Retirement Community located in Richmond, Lakewood at Home also in Richmond, The Chesapeake in Newport News, The Glebe in Roanoke and The Culpeper located in Culpeper. LifeSpire employs 850 team members.

“I am very excited to begin this new collaborative home health organization with Pinnacle Living, a mission-oriented organization, that has the same passion and dedication for quality services as LifeSpire.” Jonathan Cook LifeSpire President and CEO

Pinnacle Living operates five life plan communities with 1,100 residents in Virginia: Cedarfield and Hermitage Richmond in the greater Richmond area, WindsorMeade Williamsburg, Hermitage Northern Virginia in Alexandria and Hermitage Roanoke. Pinnacle Living employs more than 865 team members.

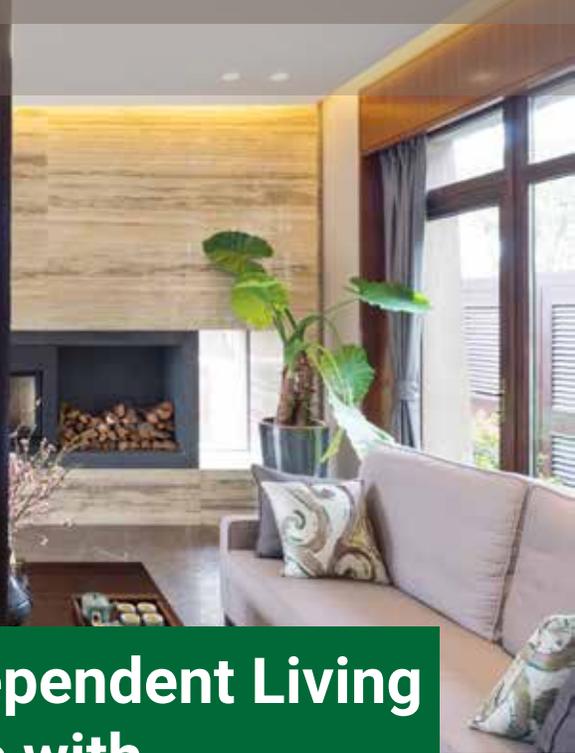
“This new joint venture will allow Pinnacle Living to collaborate with a leading mid-Atlantic senior living organization and focus on the growth of our mission beyond the campuses we currently operate.” Christopher Henderson, Pinnacle Living CEO

SLP’s home health division will initially provide home health services in the greater Richmond, Newport News and Williamsburg areas. ■

“This new joint venture will allow Pinnacle Living to collaborate with a leading mid-Atlantic senior living organization and focus on the growth of our mission beyond the campuses we currently operate.”

Pinnacle Living CEO Christopher Henderson





LifeSpire Equips Independent Living Residences with Smart Home Technology

When it comes to gadgets, Claire and Bob Rosenbaum are the go-to residents at Lakewood.

“We use all of the gadgets, all of the time. I have two Amazon Fire TV Sticks that we use; voice control is great,” she said. “We have time-controlled lights on the front and back porches, a Wyze Scale and two robot vacuum cleaners.”



So, when LifeSpire’s information technology team needed residents to test the organization’s new LifeSmart Connected Home Kit, President and CEO Jonathan Cook did not hesitate to recommend the Rosenbaums.

“I was quite interested because I already was using an Amazon Echo in my cottage and I just like technology. I was already familiar with some of it and had been using computers for more than 40 years,” Claire explained.

The kits consist of one eight-inch Amazon Echo Show—a smart speaker with a touchscreen and Alexa the company’s virtual assistant; three Wyze smart outlets—power receptacles that plug into traditional electrical outlets, allowing control to whatever is plugged into it from a smartphone app or with voice control; three Wyze smart bulbs—an internet-capable lightbulb that allows lighting to be customized, scheduled and controlled remotely; one Nest learning thermostat—an electronic, programmable and self-learning Wi-Fi-enabled thermostat that optimizes heating and cooling of homes and businesses to conserve energy; one Nest temperature sensor that will tell the paired thermostat what temperature it is in the room where it’s placed to control when the system turns on and off; one Ring Doorbell Pro—a smart doorbell that contains a high-definition camera, a motion sensor and a microphone and speaker for two-way audio communication; and one Ring Doorbell transformer that provides power to the smart doorbell.

“I could see that there would be many benefits to residents if some of these newer items were available,” Claire said. “In my cottage for the testing phase we installed the Ring doorbell on the front door, a Wyze camera on the porch, several smart plugs, smart light bulbs

and an Echo Show in the kitchen. I wrote my thoughts about each of them and sent them to Jonathan.”

LifeSpire’s Vice President of Information Technology Robert Wilbanks said the concept and planning to integrate smart home technology into independent living residences began in 2019. He said the idea further bolsters LifeSpire’s mission to empower residents with choices in purposeful living.

“We recognize the benefits of smart home technology and see the growing adoption rates,” Wilbanks said. “From experience we saw the advantages of having these features made life better for ourselves and our residents.”

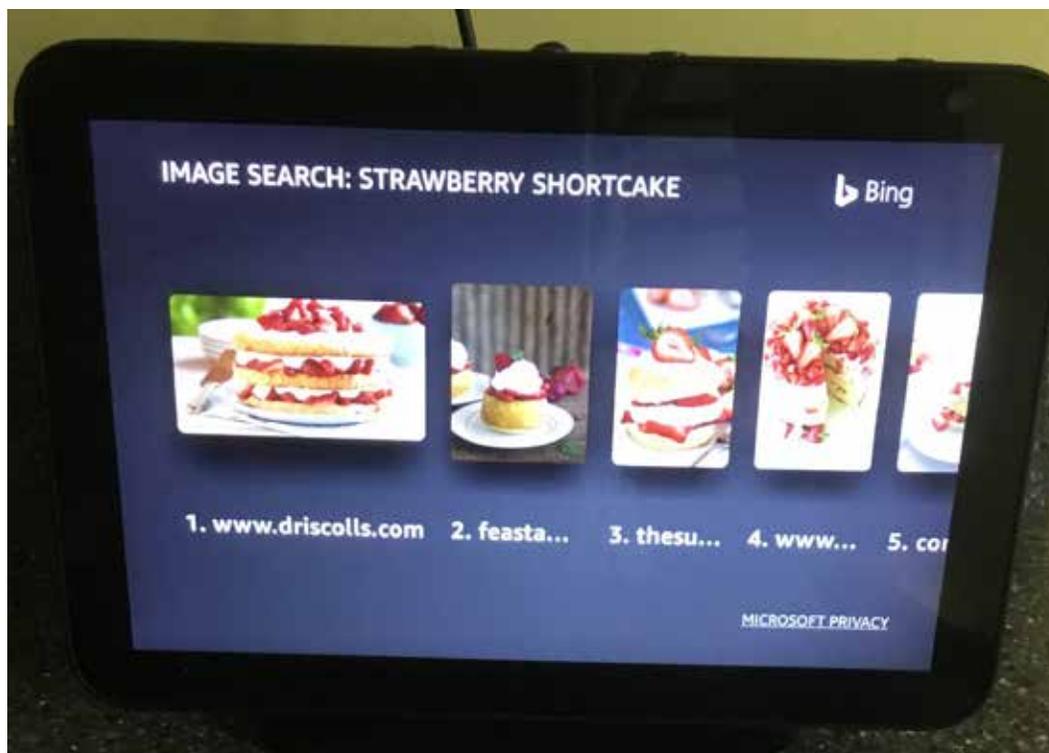
Any newly signed independent living residents in 2021 in all LifeSpire communities will have the option to adopt the LifeSmart technology. Wilbanks said the kits will be adapted as new technology comes out.

“Our long-term goal is to get to one platform for all of the technology, but we are doing testing now. Some residents don’t want all of the gadgets so we’re working toward a more on-demand approach,” he said.

For Claire and Bob, the long-term goal is to learn as much as possible about the new technology and continue adding more and more gadgets as they become available.



“I think the safety benefits of seeing who is at the door can’t be overstated. Being able to walk into a room and ask for the lamp to go on, especially if you have a disability, is lifesaving,” she explained. “As time goes on, and more and more residents have the kits, more will be able to stay in their homes much longer than if they were not equipped with these devices. It’s a wonderful thing, and life is good!” ■



The VBH Foundation Names Its 2021 Influencer Award Recipients



The Virginia Baptist Homes Foundation **Influencer Award** honors a champion at each of LifeSpire's four communities who causes a positive effect on the organization's mission to enhance the lives of their friends and neighbors. Influencers embody the core values of the communities through their spirit, engagement and generosity.

The Foundation is pleased to announce this year's recipients:

- **Diane Bittner, The Chesapeake**
- **Carole Edwards, The Glebe**
- **Jane Scott, The Culpeper**
- **Phyllis Wilson, Lakewood**

Diane Bittner was born on October 9, 1946 and raised in Pittsburgh. She met her husband Edwin there and they were married in June of 1967. They have a daughter Lisa and a son Mark and four grandchildren. She moved to Virginia in November of 1981 when her husband, Ed, took a position at Newport News Shipbuilding.

Diane moved to The Chesapeake in April 2016. Since then, she has jumped into the community, seeking ways to be involved. She served on the Wellness Committee, she helps to organize monthly Wine Club events, and has served on the Resident Council—one year as vice president, one year as president, and is currently on the board as past president. Eager to stay involved at the leadership level, she also serves on the Resident Advisory Committee and shares quarterly LifeSpire updates with fellow residents. Diane also was active in the Yorktown Courtyard Refurbishment project and is part of a Resident Tech Assistance Group to help residents with computer issues.

For more information about our influencers,
visit: www.bit.ly/LifeSpire

During the COVID-19 crisis, her skills were particularly useful to The Chesapeake community. She helped people navigate the isolation and quarantine of the pandemic by using technology to connect with one another and with their loved ones. The Resident Council was involved in a phone tree,

calling residents to see if there was anything they needed. When the vaccine became available, Diane helped to set up and manage the vaccine clinics.

When asked how she hoped to influence others, she said, "Hopefully being able to communicate with the residents through technology assistance has influenced them to explore what is available, widening their world around them."

Carole Edwards was born in July of 1938 in Staten Island, N.Y. Carole, after teaching high school and piano in her own studio for about 30 years, moved to Smith Mountain Lake. Carole toured the country, visiting 24 retirement communities before deciding on The Glebe in 2000.

Carole became a charter member of the Executive Committee of the Residents' Council, from which she recently retired. As a big fundraiser, Carole encouraged residents to contribute toward the purchase of a grand piano, the saltwater pool and to purchase memorial bricks for the gazebo garden. Carole currently serves as facilitator of the prayer group, is a member of the Spiritual Life Committee, Resident Advisory Committee, a sponsor of the Short Game Golf Tournament, leads a Sing-A-Long in assisted living and visits residents in the licensed areas.

“Carole Edwards and Friends,” the longest running piano ensemble group in the country, will present its 49th consecutive annual week of concerts in April 2022, marking the 17th year of performances at The Glebe. Started in N.Y. in 1974, this group helps raise money for local charities as it selects a different group each year to which attendees voluntarily contribute.

Carole is a high-spirited influencer to all she meets, through her charitable efforts, cheerful presence, committed participation in the community and the ever-present smile on her face. May her influence inspire others to offer their own talents to the Glebe community.

Jane Scott was born in Loudoun County, Va. on March 16, 1938, where she grew up on a dairy farm. She met her husband, David, at State 4-H Short Course in Blacksburg. After graduating college, she taught high school math. David's business brought them to Culpeper, where they went on to rear three children: Ed, Susan, and Rachel Ann.

For many years, she taught Red Cross swimming lessons, was a 4-H leader and served on the Culpeper County Library Board. Jane started serving as a floor volunteer at Culpeper Hospital where she continues to volunteer as a member of the Culpeper Hospital Auxiliary, assisting the floor nurses for more than 40 years.

Jane moved to The Culpeper in 2016 after David's passing. She became active within the community, joining bible study, trips and still volunteering at the hospital. When the pandemic hit in March 2020, the Centers for Disease Control and Prevention issued a recommendation for all individuals to wear cloth face coverings. Jane's immediate concern was for her daughter, Rachel Ann, who lives at the Mary Louise Kelly Home—a community 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. In one weekend, 91 masks were complete and delivered. Word got out at The Culpeper about Jane's sewing masks, and from there, she was asked for masks. Jane shared her talent by providing masks to the Culpeper Senior Center, The Culpeper team, residents, friends and family businesses. Jane made an astonishing 750 masks.

As this year's Influencer, Jane is recognized at The Culpeper as a great supporter of the mission, and gives freely her gifts of time, talent, and treasure. When asked where Jane draws her influence from, there was no hesitation in her response: faith, family and friends.



Diane Bittner



Carole Edwards



Jane Scott



Phyllis Wilson

Continued on next page

Originally from Kingsport, Tenn., Phyllis Wilson was born January 31, 1934. Ever since she was very small, Phyllis wanted to be a nurse. After moving to Richmond, Phyllis worked at St. Mary's Hospital, then for the Henrico County Health Department and Procter & Gamble. For most of her career, she was a physical therapy rehabilitation nurse at Sheltering Arms.

After finding a home in the Lakewood community, Phyllis especially wanted to make it feel like home to new residents. She invites singles and new residents to join in at the community table for her building, to make sure no one is left out.

Phyllis has macular degeneration, and she knew that her sight would continue to get worse over time. She found others in the community that had the same challenges and formed a support group. Speakers come to Lakewood from all over the state to share with the group their experiences and expertise.

Phyllis greets everyone she meets at Lakewood with a smile, and even the canine members of the community can expect a treat from her if they happen to meet. She said helping people in her community keeps her going and wakes her up in the morning. The Lakewood team is honored and pleased to have Phyllis be the unofficial welcome wagon for the community, and her ongoing influence is to spread light and love to everyone.

Each of these remarkable women have received nominations from both fellow residents and team members that clearly demonstrated their love for their community, friends and family. The Foundation will celebrate each Influencer at an appreciation event at each community later this year. For more information about each of the Foundation's 2021 Influencers, visit <https://lifespireliving.org/give/influencer-awards/>. Sponsorships are available to join the online journal. All proceeds will benefit the benevolent need across the organization.

Like a tree cannot grow without the influence of the sun, the Virginia Baptist Homes Foundation cannot grow without the support and generosity of its influencers and supporters. In 2020, the Foundation provided more than \$1.1 million in financial subsidies to 57 residents across all LifeSpire communities. The Foundation team is honored to continue the promise made over 70 years ago by Dr. JT Edwards to support seniors with a caring, compassionate place to call home. ■



Lakewood at Home Welcomes Its 100th Member



On June 1, just 27 months after launching the program, the Lakewood at Home team welcomed its 99th and 100th members. Lakewood at Home's Executive Director Tammy Mackey said the milestone is an accomplishment that brings excitement and satisfaction as goals are reached and surpassed.

"We were confident from our launch that the Lakewood at Home program would reach this level, but based on the startup experience of other programs around the nation and our actuarial budget, it was anticipated that it would take at least four years to achieve this goal," Mackey said. "Gratitude is the overwhelming feeling that I have at this point."

It is that same gratitude that members of the program said they feel. Gary Grove said when he learned about Lakewood at Home, he realized it was exactly what he was looking for.

"The primary reason I was interested is that I didn't want either of my two daughters to have to hold my hand as I go through my declining years. I wanted the comfort and reassurance that I'd be cared for. I've got that. I'm just delighted and very comfortable with it," he said.

Mackey said other members continually echo Grove's sentiment: they are thankful for the peace of mind.

"They are thankful to have a plan in place. They are relieved that they will not have to



worry about being a burden to their family and friends. They don't have to wonder about where they may end up if they need skilled nursing care. They are thankful that a devastating stroke or a decade of Alzheimer's won't cause them to spend down all of the hard-earned assets they hoped to bequeath to their children and grandchildren," she said. "With a phone call or text, our mem-

bers can get in touch with their personal care coordinator and have the advocacy, support, knowledge and resources of our program available to them."

The success of the program is directly related to the comprehensive and innovative nature of the program itself. While Mackey said it has a wonderful team who contributes daily in critical ways, the program is successful because it offers people what they were looking for, but in many cases didn't even know existed.

Research has shown that most older adults prefer to stay at home and age in place. Research has also shown that most older adults will need some type of long-term care as they age. Lakewood at Home is a program that allows members to stay at home, know that they will have quality care provided to them if and when they need it and have financial protection against the rising costs of long-term care whether at home or in a long-term care community.

"Having my kids here is helpful, but they have their things to do too. My comfort is if I need something, I can call and my daughters don't have to be running by to take care of me," said Grove. "How quick the response, how efficient, marvelous contractors: Lakewood at Home is everything I expected it to be, but I didn't expect to need." ■

LifeSpire, VBH Foundation Award \$22,000 in College Scholarships

LifeSpire of Virginia and the Virginia Baptist Homes (VBH) Foundation are pleased to announce the 2021 scholarship recipients. A total of \$22,000 was awarded to 22 deserving individuals. The scholarships are funded by the Employee Education Fund.

The fund provides financial assistance for deserving team members to obtain higher education, as well as updated training and specialized skillsets.

Support is awarded with grants in two categories:

- Tuition Reimbursement toward a degree, continuing education or certification that is not covered by the community budget
- College Scholarships for college-age team members, team member's children and grandchildren

“LifeSpire is committed to residents’ wellbeing and health; contentment and engagement; independence and safety. To fulfill that promise, we depend on the talent and dedication of our team members. These scholarships and tuition reimbursements are designed to keep our team members engaged and growing in their profession,” said VBH Foundation Vice President Jodi Leonard. “Ultimately, the impact extends to our residents because knowledgeable, content team members deliver the ultimate in care, service and hospitality.”

The VBH Foundation’s Employee Education Fund provides awards on an annual basis. The fund relies on the generosity of donors for sustainability. The LifeSpire team is grateful for the kindness of residents, families and colleagues who give to the Foundation to assist team members financially with scholarships and crisis awards.



The Chesapeake

Michael Delva Felix, Security

Ullanda Walker, Nursing

Jack Yatsko, son of Donna Yatsko, Social Worker

The Culpeper

Jordan Hicks, grandson of Debbie Seaman, Culinary Services

Wyatt Hicks, grandson of Debbie Seaman, Culinary Services

Armani Hoffman, Culinary Services

Capone Hoffman, Culinary Services

Kaitlyn Shifflett, granddaughter of Rada Nicody, Culinary Services

Prakash Tamang, Culinary Services

Kendall Trout, daughter of Kelly Trout, Programming

Lakewood

Amina Alic, daughter of Revda Alic, Environmental Services

Belmir Alic, son of Revda Alic, Environmental Services

Anmanat Boparai, son of Pearl Kaux, Security

Emily Carpenter, daughter of Alice Carpenter, Resident Services

Jeena Yousef, daughter of Hala Youssef, Environmental Services

Karishma Vahora, daughter of Hamidaben Vahora, Environmental Services

The Glebe

Brennan Corell, Culinary Services

Hazel Haggerty, Culinary Services

Christopher Hall, son of Cheryl Hall, Nursing

Cody Hatter, grandson of Joyce Horton, Culinary Services

Allison Martin, Programming

Sophie Rakes, Culinary Services





Mother Daughter Duo Team Up to Care for Lakewood Residents

When it comes to family tradition, Coco Burns and Jameka Williams have it all figured out. The mother daughter duo has been providing top-notch care to the residents at Lakewood, side-by-side, for the past three years. Jameka also spent time in culinary services from 2011–2013 while pursuing her nursing certification.

“My original position at Lakewood was a licensed practical nurse in 2019. I became a registered nurse in 2020,” Jameka said.

“And, I’m a certified nursing assistant and I started my career at Lakewood in 1989,” said Coco.

It is the family environment at Lakewood that keeps these caregivers coming back year after year. Jameka also enlisted her husband, Henry, as a fellow team member. He joined the culinary services team in 2015.

“Lakewood feels like one big family,” Coco explained.

Another aspect of life that the family members share is a drive and desire to help others.

Jameka decided at an early age that she wanted to follow in her mother’s footsteps.

“I love making the residents feel loved and cared about while they’re in my care,” Coco said.

“My mother is a part of my inspiration in becoming a nurse. I love bringing joy to a

patient’s life in their time of need,” Jameka said. “I like working around my mother because I know she’s a great team player and I can trust her.” ■

“I love making the residents feel loved and cared about while they’re in my care...”

Coco Burns

LifeSpire to Assume Ownership of The Summit

LifeSpire of Virginia is pleased to announce that it signed a purchase agreement on July 21 to assume ownership of The Summit, a life plan community in Lynchburg, from Centra Health. Centra's decision to sell The Summit created an opportunity for the entire LifeSpire organization to broaden its presence, expand its mission and serve a new market.



“We’re excited to welcome The Summit into the LifeSpire family. The Lynchburg region shares our strong Christian heritage and The Summit’s faith-based roots are well aligned with LifeSpire’s history of serving seniors since 1945. We welcome residents of all faiths and we honor and respect diversity,” said LifeSpire’s President and CEO Jonathan Cook. “The LifeSpire team looks forward to engaging with the Lynchburg community and The Summit’s residents and team members as we expand our mission of empowering individuals with choices in purposeful living.”



LifeSpire will own and manage The Summit’s independent living and assisted living neighborhoods as well as an undeveloped 75-acre parcel of land surrounding the community’s lake which will allow for future growth. The Summit’s nursing home is being acquired by Cascade Capital and will be operated by Hill Valley Healthcare. LifeSpire and Hill Valley Healthcare have entered into a Cooperation Agreement that provides guaranteed access to skilled nursing care for residents of The Summit.

The addition of The Summit to the LifeSpire family of communities reflects one of LifeSpire’s strategic goals to increase scale through smart growth as the organization strives to deliver best-in-class programs, services and care to all LifeSpire residents.

“Our leadership team is looking forward to working with and learning from The Summit’s team as the community is integrated into the LifeSpire family,” said Cook. “We plan to build



on The Summit’s success with added operational efficiencies, management expertise and new opportunities for career growth.”

Centra will continue to own and operate The Summit until closing, which is expected to occur in the fall of 2021. ■



The Culpeper Welcomes Hillside Cottage Residents

It was around 8 o'clock at night when the doorbell rang at Anne and Bob Yeaman's new Hillside Cottage. They had about 12 family members and friends over celebrating their move into their new home. They weren't expecting more guests, so when they opened the front door, they were surprised to find a nurse carrying two bags of medical supplies.

"She said the community had received an alert that we were having a medical emergency. We weren't that we were aware of," Bob said. "As it turned out our two-year old granddaughter had pulled the emergency cord in the bathroom and someone was right there to assist us. It's a cute story now, but it gave us such a sense of security to know someone would be right there to help if we had a problem."



It is that sense of security that drew the Yeamans to The Culpeper. Bob's father lived at the community, just two miles down the road from their home and they became quite familiar with what they call the heart of the place.

"I'd slip in late at night to talk with him," said Bob. "I saw how he was treated, how he felt here and it was with love. You can tell the team members care and that makes you feel good."

So, when the time came to decide their future plans it was an easy choice, especially after meeting The Culpeper's Marketing Director Rose Wallace.

"She took us out, walked us all over the land here and we picked our spot and then we began the process. We had five to six choices for floorplans and the one we chose is 1,700 square feet and we liked how the rooms were arranged—everywhere you look we have a view. We knew we needed to have that porch because we had one at our home before, and so we added a room and it has glass sides, makes a very open space with tall ceilings."

Rose was also influential in Doug and Peggy Kyle's decision to move into a Hillside Cottage. As they said, she can sell ice to an Eskimo.

"My mother was here 10 years ago, and she was a very independent person, but she did need help. They let her think she was running the whole organization out here. I figured if we ever got to that

point, I'd have no problem moving there," Doug said. "A year ago, we decided we'd get on the list. Then we met Rose. Next thing I know I'm signing big checks. It all seemed to fit in really well."

And, according to Peggy, they haven't looked back. She said she loves her new home and knows they made the right decision to move.

"I feel like I'm on vacation every morning," she said. "We've always lived in town, so we're not used to waking up to cornfields and that view!"

As for living in town, the Kyles also lived just two miles from The Culpeper and have known the Yeamans for 50 years, along with the Cunninghams, also neighbors in the Hillside Cottage neighborhood. Getting to know the other residents and the sense of family at the community is just one more benefit of moving in for both couples.

"One of the best parts of living here is the friendliness of everybody, both residents and the team. If you stand around and look like you're lost, people say 'What can we help you with?'" Doug commented.

"We probably know a third of the people here because we've been here so long. We walk our dog and ride our bikes and we always see people we know. The people who work here have been so very helpful, it's like a family, couldn't ask for them to be any nicer," Anne said.

The Kyles and the Yeamans are just two of the newest residents to move into the Hillside Cottages. So far, 16 of the 25 cottages planned in the first phase of construction are sold with six occupied.

The Culpeper's leadership team announced the expansion of its independent living options back in July 2020. The project will include 25 cottages with an additional 11 cottages possible in future phases. The cottages range in size from approximately 1,200 square feet to 1,800 square feet.

"We went through the five plans, and we picked out one that fit better to get the sunroom. Peggy is big into scrapbooking and we turned our back porch into a sunroom, and she has a beautiful view of the mountains and she does her scrapbooking," Doug said. "I manage all the construction here, in my own mind, and the cottage we picked has one of the largest front porches and allows me to bug people walking down the street."

Each of the Hillside Cottages are outfitted with LifeSmart, LifeSpire's connected home kits. Residents will also be able to enjoy the neighborhood's outdoor living space, The Overlook, which includes a fire pit, gas grills, restrooms, an outdoor kitchen and scenic views of the mountains. ■

"I feel like I'm on vacation every morning. We've always lived in town, so we're not used to waking up to cornfields and that view!"

Peggy Kyle





LifeSpire, VBH Foundation Create Life Planning Handbook

As a network of life plan communities, LifeSpire provides seniors with a range of living options and care levels. Most residents move into the independent living neighborhoods, with access to a wealth of services and amenities designed to help make their lives and lifestyles fulfilling, healthy and engaging. Many LifeSpire residents are planners and know how to make a smart choice for the future. For those who are not or those who want a bit of a checklist to help them along the way, the Virginia Baptist Homes Foundation will be rolling out a new handbook in Fall 2021 to interested residents and families.

The “My Life Planning” handbook was created by the Foundation’s team in partnership with LifeSpire’s Vice President of Clinical Services Paula Bolton to guide residents through the next steps of moving through the continuum of care. Bolton said the tool affirms the organization’s mission to empower individuals with choices in purposeful living.

The handbook will be a place to store important documents, note preferences and individualized needs as it relates to future care and give space to make legacy intentions known.

“This is a planning tool to assist our residents and their families in making decisions for the future,” said VBH Foundation Vice President Jodi Leonard. “Planning for end of life is

Continued on page 18

Support Passions Well Into the Future

Most everyone has something they are passionate about. It may be passion for a special place, a cause that's near and dear or a charitable organization.

Planned gifts support of these passions, like the Virginia Baptist Homes Foundation, even after your lifetime. These gifts also receive tax benefits.



Popular Planned Gifts

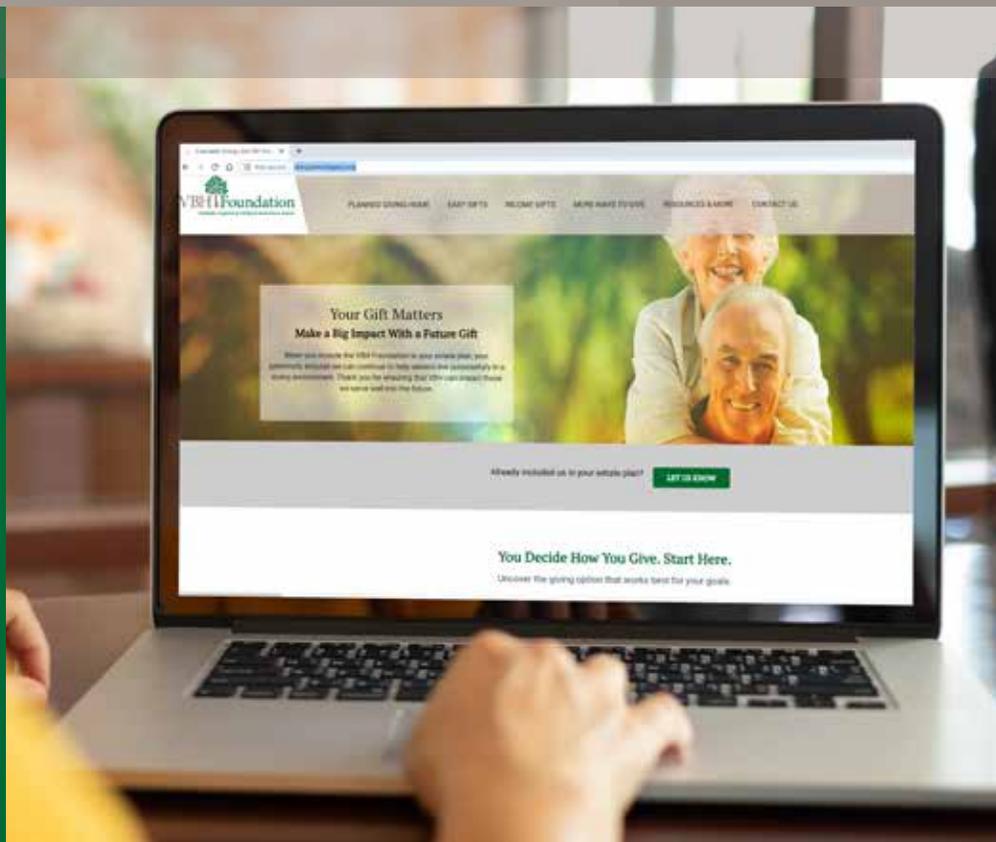
- Include a gift to the VBH Foundation in a will or living trust.
 - Benefits: Retain control of assets and have the flexibility to make changes at any time.
- Name the VBH Foundation as a beneficiary of a retirement account.
 - Benefit: These assets pass to us tax-free, allowing us to use the entire amount to support our benevolent mission. If passed to a loved one, they would have to pay income tax when distributions are made from the account.
- Transfer appreciated stock to the VBH Foundation.
 - Benefit: Qualify for a federal income tax charitable deduction based on the current fair market value of the securities and are exempt from paying capital gains tax on any increase in their value.
- Create a life income gift.
 - Benefits: Depending on the type of gift chosen, stable income for life can be received or for a period of up to 20 years. The donor may also qualify for a federal income tax charitable deduction in the year the gift is made.

Need Help Making a Planned Gift?

There are many ways to ensure support for the VBH Foundation continues for years to come. Contact Jodi Leonard, vice president, at (804) 521-9213 or jleonard@vbh.org today to learn more about planned giving, or for help finding the perfect gift. ■

Legacy Giving

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



not an easy subject but having these directives in place will help your family tremendously when it comes time for decision-making.”

The first section in the book, titled “My Life Story,” includes a questionnaire designed to provide LifeSpire team members with information that will allow each resident to receive individualized care for their needs and preferences. For instance, a resident can specify desired routines and favorite activities.

“Some of these questions are sensitive or personal in nature and helps us focus on our commitment to honor these lifelong preferences should a resident need assistance in a higher level of care. Being aware of past experiences helps us to offer support and services that are responsive to residents’ wishes and goals,” said Bolton.



The next section includes forms that are important to have in case of a health event or to have on file as a resident moves through the continuum of care.

These forms include:

- **Do Not Resuscitate Order:** Advises medical professionals on a resident’s wishes regarding life-prolonging procedures.
- **Advanced Directive for Healthcare:** A legal document that contains instructions for medical treatment as well as the name of a resident’s healthcare agent.
- **Durable Power of Attorney:** A legal document that allows a resident to appoint an agent to act on their behalf should they become unable to act or respond on their own behalf.
- **Organ Donation:** If a resident’s wishes include donating organs to another individual in need, the enclosed form can be used to register.

Section three includes a questionnaire a resident may use to detail his or her final wishes. Here, a resident may outline vital statistics, celebration instructions, final disposition, obituary information, a place to list documents and personal papers, insurance information and family and friends who a resident wishes to be informed of their passing.

“Having your wishes known in advance is an added gift to your loved ones and will allow them time to emotionally heal without the added pressures of figuring out what’s next,” said Leonard.

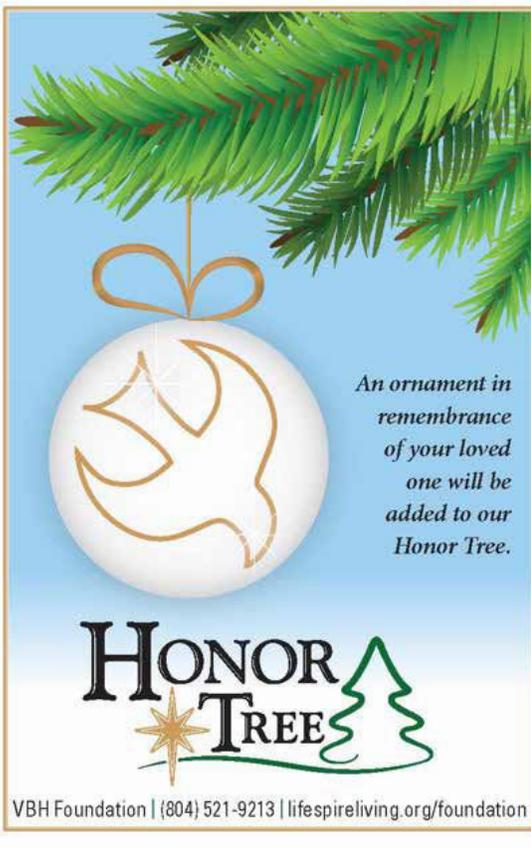
The final section, the Estate Planning Binder, will help residents organize their estate, making a difficult time much easier for loved ones. The binder includes a series of reflective questions, emergency information, health information, insurance coverage, bank accounts, retirement plans, assets, a bill tracker, credit cards and loans, passwords and a section to record how a resident wishes for their assets to be distributed after their lifetime.

“This tool is not mandatory, but we recommend that you take some time to read through these important documents. This guide is yours alone to refer to at your own pace. If you choose to complete any of the forms, we recommend you provide a copy to your family,” Bolton said. “We are here to answer any questions you may have.”

For additional information or to receive a handbook, please reach out to VBH Foundation Vice President Jodi Leonard at 804.521.9213. ■

“Having your wishes known in advance is an added gift to your loved ones and will allow them time to emotionally heal without the added pressures of figuring out what’s next.”

Vice President, Jodi Leonard



The holiday season is just around the corner. As a reminder, the VBH Foundation will be sponsoring an Honor Tree in each LifeSpire 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 Jodi Leonard at 804.521.9213.



Smart Giving From Your IRA: A Tax-Saving Way to Help the VBH Foundation

Make a difference today and save on taxes. It's possible when you support the VBH Foundation through your IRA.

A Special Opportunity for Those 70½ Years Old and Older

A donor can give any amount—up to a maximum of \$100,000—per year from an IRA directly to a qualified charity, such as the VBH Foundation, without having to pay income taxes on the money. Gifts of any value, \$100,000 or less, are eligible for this benefit and a donor can feel good knowing that the gift is making a difference at LifeSpire of Virginia communities.

This popular gift option is commonly called the IRA charitable rollover, but a donor may also see it referred to as a qualified charitable distribution, or QCD for short.

Why Consider This Gift?

- The gift will be put to use today, allowing a donor to see the difference the donation is making.
- Beginning in the year a donor turns 72, the gift can satisfy all or part of the required minimum distribution (RMD).
- The donor pays no income taxes on the gift. The transfer generates neither taxable income nor a tax deduction, so there is a benefit even if a donor does not itemize deductions.
- Since the gift doesn't count as income, it can reduce the donor's annual income level. This may help lower Medicare premiums and decrease the amount of Social Security that is subject to tax.

For Those 59½ Years Old or Older

If a donor is at least 59½ years old, a distribution can be taken with a gift made from an IRA without penalty. If deductions are itemized, a charitable deduction can be taken for a gift.

At Any Age

No matter a donor's age, VBH Foundation can be designated as the beneficiary of all or a percentage of an IRA and it will pass tax-free after the donor's lifetime. It's simple, a donor just needs to contact their IRA administrator for a change-of-beneficiary form or download a form from the provider's website.

Tip: It's critical to let the Foundation know of the gift because many popular retirement plan administrators assume no obligation to notify a charity of the designation. The administrator also will not monitor whether gift designations are followed. The Foundation's team would love to talk to donors about their intentions to ensure that they are followed.

Next Steps

1. Contact VBH Foundation Vice President Jodi Leonard at 804.521.9213 or jleonard@vbh.org to discuss using an IRA to support LifeSpire's mission.
2. Visit our Legacy Giving webpage at <https://vbh.planmylegacy.org/> to learn more about giving options and take advantage of free downloads and resources. ■





3961 Stillman Parkway
Glen Allen, Virginia 23060

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



The Culpeper
Culpeper



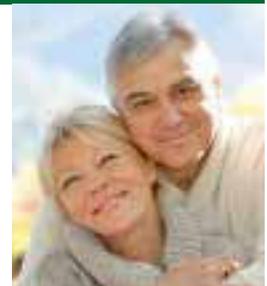
The Chesapeake
Newport News



The Glebe
Daleville



Lakewood
Richmond



Lakewood at Home
Richmond

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 five communities offers comfortable apartments and cottages in beautiful, inviting settings while our 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.

