

# PANORAMA

SPRING | SUMMER 2022

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The  
SUMMIT



# Healthcare at Home

## Wellness clinic keeps residents healthy

**B**ecause health and wellness are critical to a high-quality of life in retirement, The Summit partnered with Premiere Geriatric Solutions to create a wellness clinic to help residents live their best life.

The wellness clinic includes Administrator Lisa Watson, RN; Bradley Goad, MD; Alyssa Huston, FNP; and Alina Dinwiddie, LPN.



Lisa Watson, RN



Alina Dinwiddie, LPN



Alyssa Huston, FNP



Dr. Goad serves as medical director, overseeing the care for residents. Alina manages the clinic Monday through Friday, 9 a.m. to 3 p.m. “We have an awesome team here at The Summit,” Alina said. “We all work together to help residents monitor their health.”

During clinic hours, residents can stop in or make an appointment for routine care, like blood pressure or blood sugar checks, and often, just to talk. “I like that I get to meet all the residents, hear their stories, and help take care of them,” Alina said.

Alina works closely with Alyssa, a family nurse practitioner, to coordinate additional screenings and tests. The result is a well-rounded clinic close to home.

“I think it’s helpful for the residents to get the care they need on a weekly basis,” Alyssa said. “I’m here so I can get lab work, tests and help manage their conditions.”

Alyssa and Alina also work closely with the team in Assisted Living to coordinate care. “I love the geriatric population. Being in their 60s, 70s, 80s and even far beyond, quality of life is so important and routine care makes that even better,” Alyssa said.

Above, The Summit's nursing team includes Kim Mason, LPN; Alyssa Huston, FNP; Assisted Living Administrator Lisa Watson, RN; Alina Dinwiddie, LPN; and April Ruff, RN. Below, Lisa, Alyssa and Alina discuss patient care inside the wellness clinic.



*“Things were set up for our comfort and I’m just really glad to be here to be able to have a new tree for my husband and to have an apple to put on it.” — Liz Hodges*



## *Apple of their eye*

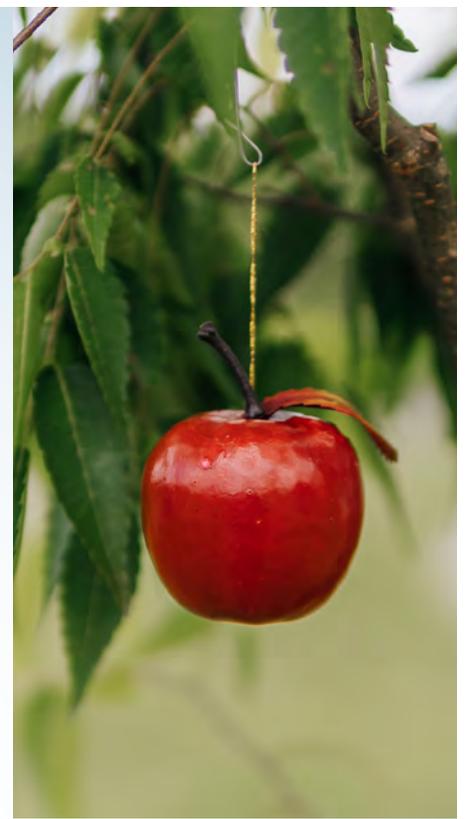
### Residents honor friend with tree planting

A plastic red apple hangs from a newly planted tree in Liz Hodges’ yard. The tree—and the apple—a memorial to her husband, Bill, a master gardener at The Summit, who passed away last year.

Bill, who spent four years at Cornell University in hopes of becoming an orchardist, jokingly called himself a “failed fruit farmer,” making a career in the insurance business. He spent retirement making the Life Plan Community’s campus greener and more vibrant.

In April, residents and team members gathered to plant a tree in Bill’s memory in the yard he and Liz worked together. It will grow across from the community garden he loved.





Liz and Ken Burger, The Summit's first executive director, placed some dirt from "under the Summit lake before there was a lake" inside the hole. After team members placed the tree in the ground, residents took turns covering the new planting with dirt, remembering a dear friend with each scoop.

Ken said Bill urged him to plant an orchard in the garden. "I'm so glad I said yes and he planned that," Ken said. "He planned the sitting area along the trail behind The Summit."

Bill was devoted to improving the place he called home for many years. "He loved taking God's creation and enhancing it," Ken said. "What a great guy he was."

Liz placed the plastic apple in the tree—a fitting tribute to a man with a green thumb and a great sense of humor. "After four years of education to raise them and 20 years of trying, I thought he ought to have a really rosy apple in his tree," Liz said.

A plaque beside the tree honors Bill as "the original master gardener at The Summit" for his 16 years of harvesting fruit and friendship.

"Things were set up for our comfort and our growth and I'm just really glad to be here to be able to have a new tree for my husband and to have an apple to put on it," Liz said.





# Derby Day

Residents of The Summit break out their best hats, enjoy mint juleps and take in the Kentucky Derby together during a special dinner.



# Meet Your Neighbor Patricia Brammer



**P**at Brammer is hard to miss. Clad in a leather Harley Davidson jacket, the 80-year-old sits comfortably on her three-wheeled motorcycle, ready for the next adventure.

“I have just always had a fascination with motors and cars and speed. I’m just an adrenaline junky, I guess you could say,” Pat said.

Pat moved to The Summit last fall after living alone in Myrtle Beach, S.C. a few years after losing her husband to Alzheimer’s. One night, she realized she wasn’t happy and wanted a change.

Her daughter, who lives near The Summit, introduced Pat to Life Plan Communities. “I wasn’t ready for that,” Pat said. “She told me, ‘Mom, it’s not like what you think.’”

Mom and daughter spent a weekend looking at communities before visiting The Summit. “The minute we pulled into The Summit and took a drive around the back and saw the scenery and I came

inside and met the people, I said, ‘I want to live here. This is where I’ll be.’”

Shortly after moving in, Pat spent an evening out and didn’t eat in the dining bistro. The dining team called her apartment to make sure she was taken care of, readying her a to-go meal. “Just look at how they take care of the little things,” she said.

Pat is home. “The people here are so attentive and friendly. I think it’s a very wonderful place to live.”



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*With a new lease on life, Pat shows no signs of slowing down. “I learned to ride horses in my 20s, to ski in my 40s and to ride motorcycles in my 50s so age is just a number.”*

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# *Summer Picnic*

Residents of The Summit Assisted Living took in the first taste of summer with a picnic beside the beautiful Summit Lake.



# Labor of Love

## Resident makes benches for Summit campus

**W**ayne Greenlaw knows the trail by heart. He helped create it after all. He and other residents worked hard to clear a path behind The Summit Lake and create a beautiful trail.

Shortly after completing the work, Wayne built benches from extra construction materials. The time's come for new ones so Wayne spends many hours inside a small shop, preparing sturdy benches to place around the lake and campus.

"I'm doing that just to help out and for people to sit down and enjoy the atmosphere. The lake is enjoyable. I was able to help develop the backside of the lake."

Inside the shop, Wayne measures twice and cuts once. Each bench takes time. He carefully sands each down. Wayne plans to build six benches, hoping residents will find rest and relaxation on them for years to come.

*"It's just my giving back to the community that I love so much. It's a pleasure to build them."*

Wayne lives in a lakeside home with his wife, Karen. They enjoy the scenic beauty and the amazing friendships.

"I really enjoy the wonderful people. This place really has special friends," Wayne said.

Karen, who spends mornings walking the campus, agrees. "The atmosphere here is upbeat and warm and friendly. It's a lovely place to live. I'm so glad we didn't wait any longer to move."





# Advantage Club offers access to life inside The Summit



Jim Pollock reels in a small-mouth bass, takes it off the hook and tosses it back into The Summit Lake. He's used to the routine.

"The day after I moved here, I went fishing and I've liked it every time since," he said.

Access to The Summit Lake is one of the perks that Advantage Club members receive, along with priority status to move to The Summit.

Advantage Club members also enjoy many other benefits, including access to wellness programs, common areas, complimentary meals in the dining bistro and exclusive Advantage Club Mixers.

Becoming an Advantage Club member is a terrific way to enjoy many of the benefits of The Summit—and meet your future neighbors—while waiting for a space to open up at the Life Plan Community.

Call Marketing Director Brenda Dixon at 434.582.1500 to join today.

# LifeSpire honors resident with Influencer Award

Virginia Marshburn—the first resident to walk through The Summit’s doors—will receive The Virginia Baptist Homes (VBH) Foundation Influencer Award this fall.

The Virginia Baptist Homes (VBH) Foundation Influencer Award is given to a champion of the Foundation from each of LifeSpire’s communities who causes a positive effect in its mission to enhance the lives of residents at LifeSpire. Influencers embody the core values of the communities through their spirit, engagement and generosity.

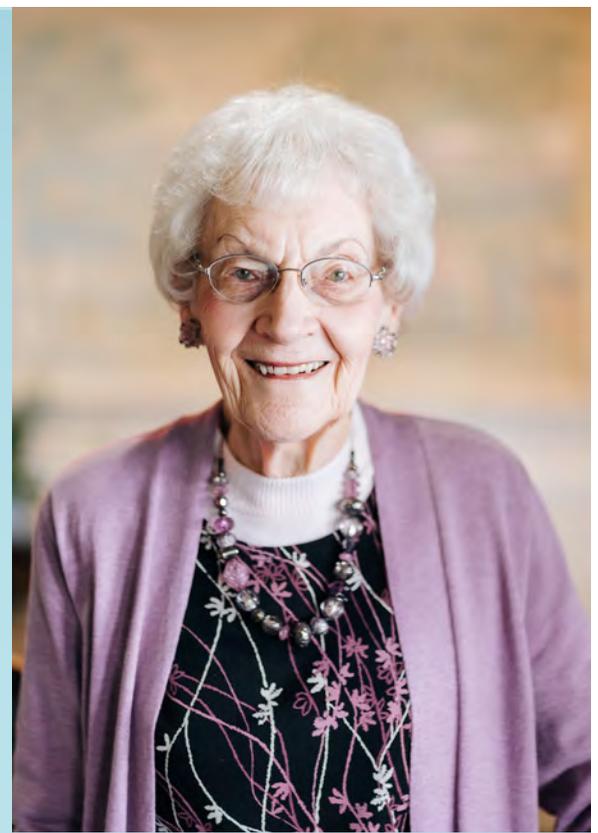
The Influencer Awards recognize the outstanding service of individuals whose efforts take many forms, including volunteer time, charitable giving and pro bono support.

A retired teacher, Virginia and her husband, Rev. Earl Marshburn, spent their married life serving churches in Virginia and Maryland and raising two daughters.

After her husband passed away, Virginia moved into The Summit when it opened in 2003, becoming a fixture of the Life Plan Community.

Virginia serves on the Welcoming Committee, greeting new residents to the community. She also serves on the Spiritual Life Committee. She is active in the Prayer Group, sending cards of encouragement to those that need it.

Virginia is most proud of her family, and she enjoys visiting and keeping up with her daughters and her four grandchildren and her six



great-grandchildren. She is proud and honored to be The Summit’s first Influencer.

Virginia looks forward to continuing to encourage and influence the residents and team members of The Summit with her life and her ongoing participation in the community.

## Resident Art Show

The walls outside the dining bistro are brighter thanks to original artwork contributed by residents of The Summit.



# The SUMMIT

A Life Plan Community

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