

— THE —  
*Bridge*  
FALL 2023







Pam Arbogast and Eugene Counts work on some container gardening projects outside of an entrance to Assisted Living.

# From the President

Dear Friends,

It's been a busy summer here at Bridgewater Retirement Community, and I am thrilled to share some of the highlights with you!

One of the most significant developments over the summer was the awarding of our inaugural round of Impact Grants by the BRC Foundation in July. These grants are a direct result of the generous contributions made to last year's LiveWell Campaign, and they are now poised to bring to life a range of exciting new projects and programs that will positively impact residents across our entire campus. The LiveWell Campaign continues to be a shining example of the collective power of our community coming together to make a real difference in the lives of our residents.

We also recently celebrated BRC Week, an annual opportunity to express appreciation to the team members who make BRC what it is. BRC has a long history of providing meaningful service to the residents, families, and visitors who cross the many thresholds of our campus. When I receive a note, call, visit, or I'm out in the greater community and individuals tell me they are truly blessed to be a part of our thriving community, I am nothing but proud. I celebrate our team for their perseverance in being present for our community, for their compassion shown to our residents, for being good stewards of their time and our facilities, and for their involvement in new and innovative programs.

And, of course, The Crist Farm Walking Trails have just recently opened to the public! The photos of the trails here in *The Bridge* are beautiful, but I hope you'll find time to come visit them in-person. These trails are a wonderful addition to our campus, offering a peaceful space for reflection, exercise, and connection with nature. We look forward to welcoming you to explore them at your leisure.

In this issue of *The Bridge*, we'll catch you up to speed on all the latest news out of BRC. You'll get to know BRC Foundation Board Member Beverly Eye and team member Jessica Covell, learn about our Meals on Wheels outreach initiative, the recent Senior Prom, our monthly Farmers' Market, and more!

I want to express my heartfelt appreciation for your ongoing support and engagement with Bridgewater Retirement Community. It is your involvement and commitment that continues to shape BRC into the vibrant and caring community it is today. As we embrace the fall season, I hope you find moments of warmth, connection, and renewal.

Thank you for being an essential part of our BRC family, and I look forward to sharing more exciting updates with you in the coming months.

With thanks,



Rodney D. Alderfer  
President | Bridgewater Retirement Community



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# News in Brief

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## BRC Foundation Awards Impact Grants

In July, the BRC Foundation announced the inaugural round of Innovation Grants funded by the Energized Life Fund, Work Well Fund, and Community Outreach Fund.

### Farmers' Market

BRC has partnered with Cavalier Produce to launch a seasonal farmers' market on campus featuring fresh, local produce throughout the summer.

### Virtual Golf

Adding to our current line-up of fitness classes and opportunities, an indoor golf simulator provides a new opportunity to engage our residents and team members.

### Technology Support & Education Specialist

This grant creates a new position to lead, support, maintain, and coordinate technology education related to Wellzesta and other on-campus technologies.

### BRC Storyteller Pilot Program

This program will test the idea that sharing the stories of residents, team members, and the community itself will engender pride, enhance our sense of community, and spark joy.

### Community Outreach Programs

This award supports current programs such as the bi-monthly VPAS Café, a monthly Brethren Area Pastors lunch meeting, and regular volunteer programs and projects coordinated by BRC's Community Connections Team.

### Senior Prom

This year's prom will feature a new theme and continue to bring energy and engagement to residents on all levels of living through dancing, food, music, and fun.

### Speakers Series

For this year's speaker series, BRC hopes to attract higher-profile speakers, better include residents from the nursing households, and record the presentations to be shared on social media channels.

### Opening Minds Through Art (OMA)

Designed to provide creative expression and social engagement opportunities, this program allows residents living with dementia to express themselves creatively.

### Tovertafel

New "magic tables" in Memory Support are packed with interactive games specifically designed for seniors living with dementia. They increase positive emotions, promote stronger social bonds, and activate cognitive, physical, and sensory stimulation.

### Virtual Fitness with Spiro100

The addition of a virtual fitness program will add variety and opportunity for self-led fitness instruction and small groups.





## New Billiards Hall Open

The previous ArtWerks building got a full rehab and has now reopened as a billiards hall. The space features two beautiful pool tables, an attractive lounge area, game tables, and more!

## Wellness Garden

With mixed-terrain accessible pathways, sensory stimulation, and relaxation areas, the garden will enhance the recovery process for BRC Therapy clients.

It's also just a nice place to enjoy the outdoors.

We celebrated the opening of the garden in September with a morning sound bath, walking tours, and fitness activities throughout the day!



## Getting to know Beverly Eye

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**B**everly Eye joined the BRC Foundation's board earlier this year and brings a wealth of knowledge and experience from her career in education, training, and development at Sentara. We sat down to pick her brain about her experience as a new board member and her perception of BRC. This conversation has been edited for length and clarity.

### **Tell us about your background and history.**

I'm originally from Highland County, specifically the small town of Blue Grass, Virginia. Following graduation, I attended James Madison University to pursue a career in nursing. I began my 38-year career at RMH as a staff nurse and later progressed to work in nursing administration, staff development, and hospital education. My career in healthcare was unique and I am so appreciative of the opportunity to work in a variety of different leadership roles.

After much deliberation, I decided to retire in 2021. One of the main reasons was to assist my family with childcare for my four young grandchildren. There were many challenges at that time due to Covid and I was fortunate to be able to assist with childcare as needed. And I must add that this opportunity was a blessing and I have been busy!

### **How did your journey with the BRC Foundation begin?**

I was recruited by Matt Robinson, current Foundation Board member and chair. I facilitated a team-building workshop for another

organization that he was involved with, and I assumed he remembered my work from that event. I was very honored to be asked to join the Foundation Board. I have lived in Bridgewater for over 30 years, so I am somewhat familiar with BRC. However, I have been pleasantly surprised and impressed with everything that I've experienced since joining the Foundation Board including the efforts in strategic planning to all the programs designed to enhance quality of life for residents and team members.

### **The BRC Foundation supports a variety of important initiatives. What aspects of the Foundation's work resonate with you?**

There are so many wonderful programs at BRC such as The Live Well Campaign. These funds support programs and information that enhance wellness and engagement for residents. Also, the Work Well Fund is focused on team members and provides opportunities for professional development. Employee recognition and engagement has always been a focus of my work.

### **What's a moment from your time on the board that you consider a highlight?**

Working with the Foundation Board team has been very rewarding. Members are very passionate about their work, and they have been so welcoming.

One particular highlight was attending the annual Evening of Gratitude celebration. It was a fun-filled event with a cabaret theme.





My observation was that all involved enjoyed the entertainment, activities, and interactions. The goal was to thank donors, and I feel certain that was accomplished in a fun and positive way. I also enjoyed attending this year's Founders Day events, specifically the presentation on "ageism" by Dr. Tracey Gendron.

**Every board member brings a unique set of skills to the table. What strengths and insights do you believe you've brought to the BRC Foundation's board?**

As I mentioned, my career in healthcare was focused on training and development. I bring knowledge and experience related to nursing, employee engagement, team building, project management, event planning, and customer service. In addition, I have always been very passionate about supporting new team members and have developed and coordinated several mentoring programs.

**Given that background, what do you think of BRC's recent efforts to launch Culture University, our team member development center?**

The key to success in any organization is an engaged workforce. If team members feel

appreciated and supported, they are more likely to provide the same compassion and support to residents and colleagues. The healthcare job market is tough, and it's important to have creative and innovative recruitment and retention strategies. I think Culture University is an excellent example of providing a learning and supporting environment where team members can thrive.

**Looking forward, are there any upcoming projects or initiatives that particularly excite you?**

I am very excited about the projects related to outdoor spaces including the wellness garden and new walking trails. It's wonderful that the funds raised by the Foundation go to support projects that benefit both the community and BRC. I am also impressed with the discussions related to green spaces and environmental sustainability. It will be interesting to see what actions are taken related to these topics.

**If you had the opportunity to sit down with a potential donor to the BRC Foundation, What would you tell them about BRC?**

I've actually had this opportunity. I remember sharing how beautiful the community is and most importantly, how impressed I am with programs related to enhancing healthy living for residents and team members. While touring the community with board members during my orientation, I experienced a caring family atmosphere as I observed team members engaging with residents—the enthusiasm, compassion, the professionalism—it was incredible! And now that I am better informed about BRC, I will be sure to mention all the awards including Best Retirement Community in Virginia, the Best in the Valley awards, and the recognition in the *U.S. News and World Report*. I am definitely honored to be a part of this dynamic organization through my participation on the Foundation Board.







# May I Have this Dance?

'Dazzling' Senior Prom shines new light on BRC residents

By Dawn Medley

You could say it was a “light bulb” moment. Or more accurately, thousands of tiny twinkling light bulbs.

Assisted Living Coordinator Cameron Tolley and Director of Resident Services Candise Enoch had been brainstorming about how to brighten residents' lives with a set of string lights that they found in storage on BRC's campus.

When the pair made a connection with the newly created Energized Life Fund—a product of the BRC Foundation's successful LiveWell fundraising campaign—one idea started to shine.

“A full-scale prom seemed like a great way to bring energy to our community,” said Enoch. “We knew we wanted to create anticipation and excitement for people at all levels of living.”



## Planning for accessibility

During months of regular meetings, Enoch and Tolley worked as part of a handful of team members from various departments to map out hundreds of details that would bring to life the magical evening event.

The cross-campus committee thoughtfully removed as many obstacles as possible and created an event that was accessible to any interested resident.

“We were aware that there are many residents who didn't go to a prom when they were young, for various reasons”

— Tammy Jordan,  
Foundation Executive Assistant

“We didn't want anyone to feel like they couldn't come because they didn't have the right clothes, so we asked for formal wear donations, and then invited residents to go ‘shopping’ to find a dress or suit,” committee member Sandy Counts explained.

The committee also worked to ensure that the event was as inviting for those who didn't attend a prom during their teenage years as it was for those reliving their high school dances.





“We were aware that there are many residents who didn’t go to a prom when they were young, for various reasons,” said Foundation Executive Assistant Tammy Jordan.

“We wanted everyone to feel welcome and excited about being part of a memorable night,” said Jordan, who also served on the planning committee.

Planners were careful to consider the extra space needed to maneuver wheelchairs and other mobility assistive equipment when designing the dance floor and seating area in the main venue.

Residents began to buzz weeks ahead of the prom as posters, online posts on BRC’s social calendars, and word of mouth introduced information to the community.

“It became the event we were looking forward to, and we were not going to let anything get in the way of that appointment,” said Independent Living resident Mike Chumbley.

### **Dance of their dreams**

During the afternoon prior to the dance, team members were spotted helping residents with buttons and ties, applying makeup, and getting hairstyles “just right.”

One of the most touching aspects for Jordan was seeing and hearing about adult

children meeting their parents with flowers, corsages, and smiles.

“It was a sweet glimpse of family role reversal, seeing them walking their parents to the event and taking pictures of them dressed up, like they might have done during the childrens’ proms,” she said.

And as twilight approached on May 19, the BRC Hollywood Stars Senior Prom was finally unveiled, featuring the committee’s treasured twinkle lights.

“We were absolutely dazzled when we came downstairs and through Maple Terrace,” said Sally Chumbley. “That feeling carried throughout the entire evening.”

The Chumbleys were particularly eager for the opportunity to dance the night away. They were not disappointed when the live band, Sold Out of Winchester, played many of their favorite songs during a nonstop



2-hour session. Many other couples—with varying levels of mobility—joined them in spending much of the event on the dance floor.

Senior leadership team members were recruited to play the roles of classic Hollywood stars such as Doris Day, Jerry Lee Lewis, and Elizabeth Taylor. President Rodney Alderfer debuted as none other than John Wayne.

Additional activities were set up in the lobby for those who wanted a break from the music. A caricature artist provided participants with one-of-a-kind souvenirs, professional prom photos were taken, and board games provided a chance to connect and relax.

“There wasn’t a single thing that was missing. There were so many team members on duty that you felt really cared for. They infused so much energy into the event that it gave us energy on the dance floor,” Mike Chumbley added.

Committee member Sarah Lutz loved seeing familiar residents “in a new light.”

“It was a lot of work, but seeing them dressed up, dancing, and just having a great time was more than worth it,” said Lutz, who works with Nursing residents as household coordinator for Harmony House.

## Future funding

The night provided a unique setting for Independent Living resident Joyce Grove to enjoy a special evening with her husband, Sid, then a Memory Support resident. While she realizes that funding research and building projects is important, Grove recognizes



the value of investing in “fun, life-enhancing activities for residents.”

“It was a really special moment,” she said. “I’ve told many people that I’d love to see it become an annual event.”

After piloting the initial event in-house, positive feedback encouraged the team to think about expanding to a wider audience.

Tolley envisions holding another prom where seniors from neighboring retirement communities are invited to join BRC residents in the revelry.

Staffed by BRC team members and attended by more than 100 residents at no cost, the prom was the first project supported by the new Energized Life Fund. The fund was created to enhance the quality of life for residents across the board, from Independent and Assisted Living to Nursing and Memory Support. Several proposals are under consideration for future support, according to Tammy Jordan.

“The response to the LiveWell Campaign exceeded our expectations,” she said.

“The campaign generated great community conversations, and we are thrilled to be looking toward more programs that will benefit from the fund.”





## Farmers' Market Brings Fresh and Local Produce to Campus

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It was a hot and humid morning, but the summer heat couldn't stop a crowd from gathering around the Oasis for the first-ever BRC Farmers' Market. The crowd, made up of a mix of team members and residents from all levels of living, was buzzing positively.

The biggest smile on display was easy to spot. Laura Spicer, director of resident wellbeing and engagement, has been on a mission alongside Jessica Shickel, registered dietician, to make fresh, local produce more accessible on campus. And the market was one tangible way that mission was being accomplished.

"The whole idea began with a discussion with the dining team and Action Pact," Laura shared. Action Pact is the consultant firm which helped BRC launch the innovative nursing household model and continues to engage with BRC to expand household culture throughout all levels of living. "We were looking at ways to bring fresh, local produce to residents on campus and exploring how that could be done successfully."

But Laura and Jessica knew that just hosting the market wouldn't be enough. They envisioned an experience that would bring together all levels of living for a shared community experience.



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“ We were looking at ways to bring fresh, local produce to residents on campus and exploring how that could be done successfully.”

— Laura Spicer,  
Director of Resident Wellbeing and  
Engagement

To make this vision a reality, they applied for an Innovation Grant through the BRC Foundation, which allowed residents in Assisted Living, Memory Support, and Nursing Households to receive spending money for their purchases at the market. This not only made fresh produce accessible but also empowered residents to take an active part in the market experience.

The market, which BRC hosted monthly in July, August, and September, featured five local vendors. Cavalier Produce, a local woman-owned company specializing in farm-to-table wholesale produce, was instrumental in providing BRC with fresh produce. Other vendors included Raw Mountain Honey from Folks Run, Harmony Harvest Farm from Weyers Cave, Harvest Table from Dayton, and Bluestone Vineyard from Bridgewater.

The market offered more than just shopping; it aimed to be an interactive experience. The dining team took the lead in crafting food demos that highlighted the products available at the market. This provided residents with an opportunity to delve into



culinary creativity and discover ways to maximize the use of the fresh ingredients they were acquiring. In the debut market in July, they presented delightful fresh yogurt parfaits. Come August, a refreshing watermelon feta salad stole the show. Then, at the September market, a delectable apple bread pudding took center stage.

Partnering with Cavalier Produce allowed BRC to purchase the produce wholesale. “Much of the produce dining purchases comes from Cavalier,” Laura said. “They are similar to a local food hub in that they source and house local food and produce items to distribute to restaurants and work with food service providers. So we went through their offerings each week, and then we were able to actually promote where each item was from.”

Crucially, any unsold produce at the market found a purpose. The dining team incorporated these unused items into meals throughout the rest of the week, minimizing waste and maximizing the benefits of the market.

This year’s Farmers’ Markets were a celebration of community, sustainability, and the joy of fresh, local produce. And they just may have been the start of a new tradition. Laura and Jessica have already begun planning for next year’s markets. The future of these markets holds the promise of more vibrant, community-building experiences, embracing the beauty of fresh and local food and experiences.





For the wide sky and the blessed sun,

For the everlasting hills  
And the never-resting winds,

For trees and the common grass underfoot.

We thank you for our senses  
By which we hear the songs of birds,

And see the splendor of the summer fields,  
And taste of the autumn fruits,

And rejoice in the feel of the snow,  
And smell the breath of the spring.

Grant us a heart wide open  
to all this beauty.

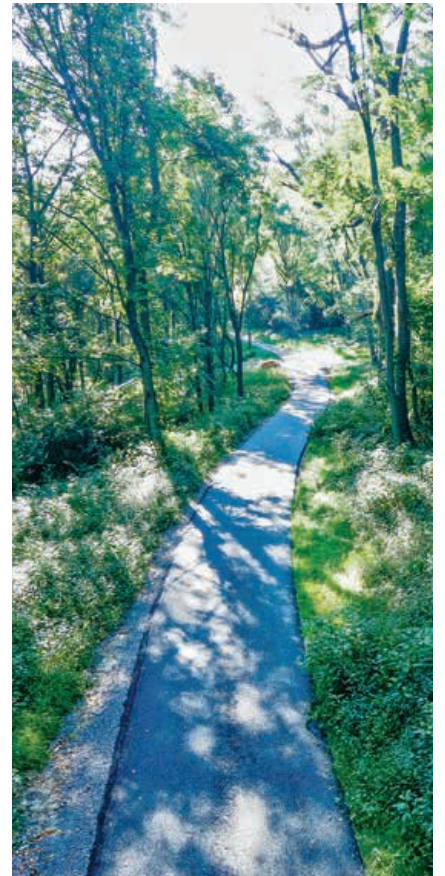
*-from "Thanksgiving Day Prayer"  
by Walter Rauschenbusch*



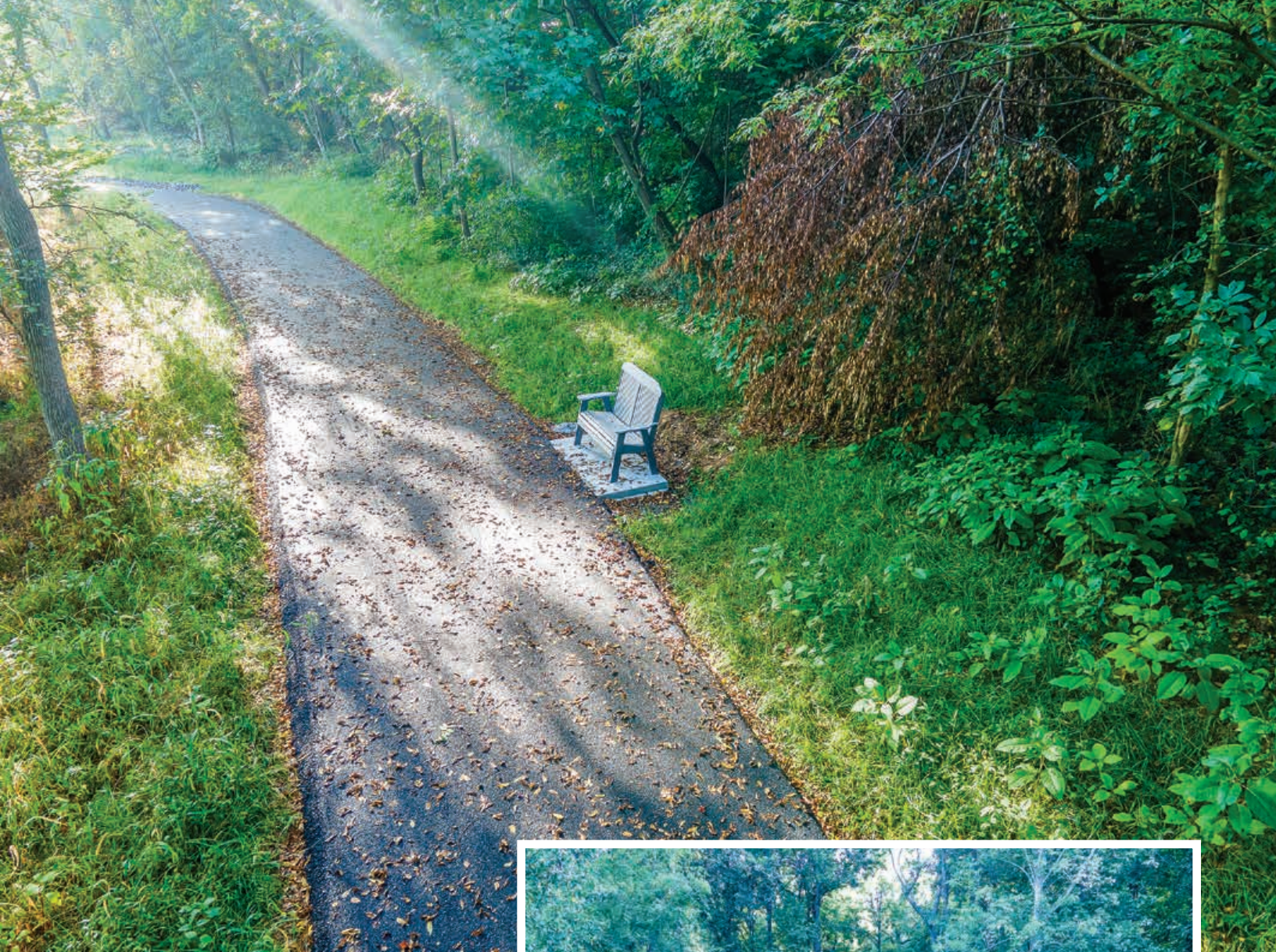
# Step into the CRIST FARM WALKING TRAILS











The Crist Farm Walking Trails opened in early October. The trails feature over 1.2 miles of paved accessible walkways, gravel paths, a labyrinth, and multiple destinations and outlooks. They were made possible by gifts to the BRC Foundation by Paige and Ann Will and Edgar and Kathy Simmons. BRC partnered with Monteverde Engineering and Design Studio to develop the site plan and Momentum Earthworks for construction. Future plans include additional plantings and the full rehabilitation of the native wildflower meadow.







# Meet BRC’s Bag Lady: Jessica Covell

TEAM MEMBER *Spotlight*

Jessica Covell is known around campus for being a changemaker. In addition to her role working with families who are moving to Assisted Living and Memory Support, she also serves on the Community Connections Team, works occasional shifts as a CNA or Med-Aide, and is pursuing certification as a licensed nursing home administrator.

But she might now be best known as BRC’s recycled bag lady.

Earlier this year, Jessica observed a notable absence at BRC—a recycling program. She pitched a recycling project to the Community Connections Team. The original concept was straightforward: collect bags for a brief period around Earth Day.

But the results exceeded all expectations.

“It was incredibly successful,” Jessica says. “In just two weeks, we collected an astonishing amount—over forty pounds—of plastic. That’s when I realized that we could maybe take it a step further and participate in the NexTrex program.”

NexTrex sponsors local recycling programs in communities across the country—from schools and civic organizations to churches and senior living communities. When an organization collects more than 500 pounds of soft film plastics in a 6-month span, they award a Trex® furniture bench to the community.

NexTrex sent three collection bins which Jessica placed strategically around campus before





In just two weeks, we collected an astonishing amount—over forty pounds—of plastic.”

— Jessica Covell

hitting the pavement to start spreading the word. She shared information on both Workplace and Wellzesta for team members and residents, but the biggest impact came from working directly with the dining team.

“I started working with the dining team because they had a significant amount of plastic film coming in—plastic film around cans, palettes, cereal bags, bread bags, and such. I knew that the amount of plastic they were disposing of was substantial,” she says. “So, I started talking with our dining operations manager to make sure that they were on board, and we could set up a good system for them. And then attended all of their safety meetings for a month so that I could talk to the entire dining team about what we were doing and how it would work.”

Jessica visits each collection bin approximately once a week, weighs the bags, and prepares them for delivery to the official drop-off locations for the NexTrex program. Candise Enoch, Director of Resident Services, willingly offered her team to help with the delivery.

“I felt like our resident services team was already out and around Harrisonburg every day

transporting residents to appointments,” Candise says. “So, it was easy enough to add that drop off to our routine.”

As Jessica spearheaded this recycling endeavor, she discovered a newfound awareness of her own consumption of plastic. “It’s been surprising how much plastic I use personally. When I think about all the things that the program will accept—from the bubble wrap envelopes that Amazon delivers to my produce bags or the plastic that surrounds furniture—it’s been surprising to me how much plastic I use. It has made me significantly more mindful of it,” she says.

The question of whether BRC will collect enough to secure a Trex® bench is already answered—and well ahead of schedule. As of the end of September, the goal had been surpassed, thanks to the enthusiastic response from the BRC community.

Jessica attributes this achievement to a team that’s always ready to embrace a challenge. “It’s so great to be part of a team that says ‘yes.’ It’s been exciting to make different connections with the residents,” Jessica says. “One resident who volunteers at the Green Valley Book Fair brought me over 20 pounds of plastic wrap from there. It was exciting that the Resident Services team volunteered—they just jumped on board when they heard what we were doing. Even some people that pass by will see the bins that are full, and they’ll empty out the bin and ask where to bring it for me. So it’s just really great to work for an organization that has the type of people who want to be involved, want to support, and want to help.”

The plan is to continue the recycling program in 2024, with Jessica collaborating with Laura Powell, Director of Volunteer Services, to establish a resident committee that can provide ongoing support for the project.

“Jessica is not afraid of a challenge,” says Candise Enoch. “I’ve noticed that about her. When she sees something that she wants to do, she does it. And when she goes for it ... it’s full steam ahead.”





# Delivering Hope and Connection, One Meal at a Time

## BRC Takes Over the Bridgewater Meals on Wheels Route

By Dawn Medley

“We all thrive when we have purpose.”

Joyce Nussbaum is pretty fond of that phrase. It’s probably because she has the opportunity to witness it in action on a daily basis as Valley Program for Aging Services director of senior services for Harrisonburg and Rockingham County.

For a little more than a year, the organization—widely known as VPAS—has been giving Bridgewater Retirement Community residents and team members

new purpose, as drivers and deliverers on one of its critical Meals on Wheels routes throughout the Central Shenandoah Valley.

“Our organizations have a common goal, to help people age well ‘in community,’” Nussbaum added. “That could be in their home, with family or friends, or in a residential setting like BRC.”

### From Goal to ‘Go’

BRC Director of Volunteer Services Laura Powell recognized that similar objective right away. She made an immediate connection







with the well-established food delivery program while on her first-ever Meals on Wheels run on Community Champions Day in March 2022.

During a conversation with the VPAS staff member she rode alongside, Powell realized that the organization needed more than just a one-time boost.

“They were still struggling to find consistent volunteers post-Covid,” Powell explained. “Our Community Connections group was the perfect place to start to plug into their need.”

Led by Powell, team members and residents involved in Community Connections work to strengthen BRC’s relationships with organizations off campus. The group plans monthly activities, including service projects, educational sessions, and donation drives that are open to participation by everyone at BRC.

It wasn’t long before Powell had coordinated with VPAS to take responsibility for the weekly Meals on Wheels route through Bridgewater. Response was strong to the initial sign-up circulated via Wellzesta and Workplace—BRC’s digital message platforms—and residents and team members headed out on their first official delivery runs in May 2022.

Independent Living resident Julian Fisher has been on the schedule at least once a month since BRC took over the route.

“I was familiar with the program before moving to BRC; now I’m retired and I don’t have much going on, so I’m glad to do it. I love to do it, actually,” said Fisher, who eagerly fills in when another volunteer has something come up.

After his retirement in 2004, Fisher joined his wife, Joann, in the sizable Meals on Wheels effort at their church, First United Methodist in Timberville. The Fishers went on a few delivery runs together early in the BRC program, and Julian carries on his wife’s legacy now that she is a resident in Memory Support and is unable to accompany him.

“I’m always ready to go,” he said.

In contrast, team member Sandy Counts didn’t have any prior experience with Meals on Wheels when she signed up for her first outing in early 2023.

“I had heard my colleagues talking about how much they liked doing it, and it was appealing as a way to get up from my desk and into the community for a little while,” said Counts, who has worked at BRC for nearly seven years and now serves as executive assistant to the vice president of Independent and Assisted Living.

Counts, who tries to fit a Meals on Wheels run into her schedule every six

[Continued on next page]



## MEALS ON WHEELS [continued]

to eight weeks, considers it a blessing to be encouraged to spend time during the workday being involved in the community surrounding BRC.

“Opportunities like these enrich my experience as a team member,” said Counts. “The biggest benefit for me is getting to spend quality time with the residents who go on deliveries along with me. I love how they generously share their life stories, travels, and family details—that is how we make meaningful connections.”

### More than Meals

The route serviced by BRC has been in operation through VPAS since 1976, and currently averages 10-15 homebound customers, according to VPAS Nutritional Coordinator Laura Wilson. BRC delivers each Wednesday, and another local organization sees the same customers every Monday to ensure that they have meals for the entire week.

VPAS manages 17 Meals on Wheels routes in Harrisonburg/Rockingham County, totaling more than 850 individual meals per week, Wilson added. An additional 73 customers receive frozen meals each week because they are not close enough to a regular route to get their food within two hours of it being picked up, which is an important safety guideline.

“You can see why we really depend on a large volunteer force,” she said.

Of course, Meals on Wheels couldn’t operate without the meals themselves. Since 2019, VPAS has fostered yet another local partnership, contracting with A Bowl of Good in Harrisonburg to provide the

## VPAS Celebrates 50 Years of Service

Valley Program for Aging Services (VPAS) is gearing up in 2024 to celebrate a half century of providing programs and services for seniors and their caregivers in the Central Shenandoah Valley. Volunteers and donors are a critical part of carrying out the organization’s mission, “to empower those 60 years and older with the resources and opportunities they need to lead engaged lives.”

multitude of food needed to sustain the program. Specializing in healthful, hearty, locally-sourced dishes since 2005, A Bowl of Good has also helped VPAS raise funds to support the area Meals on Wheels program.

BRC’s relationship with VPAS has deepened beyond its Meals on Wheels runs to include biweekly social wellness programs called VPAS Cafés, and BRC has sponsored VPAS Caregiver Conferences. When VPAS employees learned that BRC is collecting plastic bags to make a recycled bench for campus, they began contributing to the effort.

“Just knowing what is happening at BRC has opened up many opportunities,” Nussbaum said.

“Having a local partner who is interested in helping us assist people who want to live in their homes as long as possible, but also being there if someone makes the choice to move into a senior living community—that is a really important relationship for the aging population in our area,” she added.

That is the kind of ongoing effort that gives everyone involved an unmistakable purpose.





Paige Landes scored the first tournament victory at the new billiards hall and took home a homemade pie!



# HONOR ROLL OF DONORS

## Non-Tributes

May 1, 2023 – August 30, 2023

Anonymous Donors  
Stanley & Karen Abbot  
Judith Miller Allen  
Robert & Linda Alley  
Robert & Beverly Armbruster  
Bob & Mary Atkins  
Martha Barlow  
Beaver Creek Church  
Laten Bechtel  
David & Janet Bollinger  
Ruth D. Boyers  
Bridgewater Church of the Brethren  
Bridgewater Home Auxiliary  
Mary Ann Brown  
W. Richard Brown & Kathleen Siker  
Louise R. Burtner  
Calvary Church of the Brethren  
Campbell Print Center  
Betty Caricofe  
Cedar Grove Church of the Brethren

Dianna Chandler  
Sally Jane Conner  
Glenn Alexander Costie  
Gary & Susan Creasy  
Terence H. Crowgey  
Robert & Lois Emswiler  
Julian & Joann Fisher  
Flat Rock Church of the Brethren  
Wallace & Virginia Flatgaard  
James & Ann Flora  
Lelia Lightner Galvin  
Donald & Elaine Gentry  
Susan & Mike Del Grosso  
Judy Henneberger  
Alice Lee Hopkins  
Michael Hostetter & Nancy Cherniss  
Sharon Hottel  
Bob Jochen & Chris Smith  
Clayton & Marsha Justice  
Nancy Still Keplinger  
Doris M. MacDaniel  
Ralph & Alice MacPhail  
Madison Church of the Brethren  
Laura S. Mapp  
Herman and Janet Mason Families

John & Peggy Mason  
Marion & Joan Mason  
Roger & Sharon McCafferty  
George & Juanita Mendenhall  
Mill Creek Church of the Brethren  
Janet Carter Miller  
Barry & Connie Minnick  
Sherry L. Mongold  
Katharine Moore  
Mount Bethel Church of the Brethren  
Barbara K. Moyers  
Mt. Zion Church of the Brethren - Broadway  
Alice Suzanne Nalker  
Darlene Newman  
D. Jean Petre  
Larry & Linda Powell  
Nan Powell  
Edmund & Deborah Price  
Joseph & Becky Puffenbarger  
Charles R. Raisner  
William & Virginia Reinhold  
Robert L. & Carol Kim Retka  
Martin J. Ritchie  
William & Tammie Rodgers  
Round Hill Church of the Brethren



## Fun at the Fair

Assisted Living, Memory Support, and Nursing Household residents enjoyed a trip to the 75th annual Rockingham County Fair on Seniors' Day!



Blaine & Judy Ryman  
 Susan Schuckman  
 John H. & Faye T. Sellers  
 Shickel Corporation  
 Helen Shiflet  
 Elwood & Barbara Shrader  
 Sign Pro  
 Edgar & Kathy Simmons  
 Smith Creek Church of the Brethren  
 Staunton Church of the Brethren  
 Penny Tate  
 Timberville Church of the Brethren  
 Valley Pike Church of the Brethren  
 Frederick & Joyce Wampler  
 Priscilla Wakeman Wampler  
 Dr. Robert & Mabel Weiss  
 Tom & Marnie Wheatley  
 John & Gene White  
 Larry & Amy White  
 Ray & Ann Wine  
 Merv & Mary Wunderlich  
 Fred & Katherine Zimmerman

## Tributes

May 1, 2023 – August 30, 2023

### In Honor of

**Danny Ritchie**  
 Blue Ridge Mtn Dulcimer Players

**Martha Arey**  
 Thomas and Joy Daggy

**Russ and Brenda Barb**  
 Virginia MacNaughton

**Sam Thacker**  
 Thomas and Joy Daggy

### In Memory of

**Alice H. Suter, Marion H. Suter,  
 James O. Stepp, Donna M. Wilson**  
 Janet S. Stepp

**Dorothy K. Wampler**  
 Gina L. Wampler

**Evelyn Shenk**  
 Jonathan Shenk M.D.

**Frank Fuller**  
 Doris M. MacDaniel

**J. B. and Louise S. Minnich**  
 Saraona F. Minnich

**Polly Thomason**  
 Doris M. MacDaniel

**Ruth Hume Taylor**  
 David and Constance Taylor

**Sharon Culbertson**  
 Doris M. MacDaniel

**Swannie Smith Colvard**  
 Michael and Gail Hunt

**Dr. J. H. Caricofe**  
 Richard and Margaret Wurst

**Samuel Dagen**  
 Doris M. MacDaniel  
 Richard and Margaret Wurst

**Ellis Harsh**  
 Darrell and Gloria Bachman

**Mary Ellen Wampler**  
 Beverly S. Miller

**George Thacker**  
 Kaye T. Koplin

**Howard Michael**  
 Julian & Joann Fisher

**Auburn Boyers**  
 Bridgewater Village Residents' Association

**Ann Daggett**  
 Bridgewater Village Residents' Association

**Louise T. Vakil**  
 Bridgewater Village Residents' Association

**Lucile H. Vaughn**  
 Bridgewater Village Residents' Association

**Kay M. Bowman**  
 Rufus and Elaine Huffman

**Stanley H. Suter**  
 Janet S. Stepp

**Edith Swecker**  
 Beverly and Terry Eye

▣ Team Member  
 † Deceased

Become a



**Funds donated to the BRC Foundation do a lot more than support the basic operations of Bridgewater Retirement Community.**

By choosing to become a monthly donor, your contributions:

- **Help to ensure that residents who outlive their financial resources are never asked to leave their homes.**
- **Purchase needed equipment and vehicles.**
- **Assist in the development of spiritual life programs and activities.**
- **Support resident programs in our nursing households like day trips to the beach.**

Consider becoming a BRC Energizer today. Your generosity makes a difference.

BRC deeply appreciates the contributions of each donor. We have made every effort to make this list complete and accurate. If you notice a mistake or omission, please accept our apologies and contact us at **540-828-2652**.





## A Trip to the Museum

IL residents made an excursion up to the Museum of the Shenandoah Valley to explore an exhibit featuring the bucolic paintings of John Chumley and Sean Kenney's Nature Connects® Made with LEGO® Bricks in the Glen Burnie Gardens.





THE *Bridge* is made possible by the work of the following BRC team members and contractors.

**Editor** | Jeremy Douylliez

**Advisory Committee** | Carrie Budd, Amanda Harpine, Michelle Hartman, Laura Powell, Laura Spicer, Missy Stover, and Cameron Tolley

**Writers** | Jeremy Douylliez and Dawn Medley

**Art and Design** | Dustin Blyer

**Photography** | Dustin Blyer, Scott Clark, Jeremy Douylliez, Amy Minnick, Sera Petras, and Tom Wheatley

**Special thanks to** | Sandy Counts, Jessica Covell, Candise Enoch, Beverly Eye, Julian Fisher, Tammy Jordan, and Joyce Nussbaum.

The *Bridge* committee would love your feedback! Email your thoughts on this edition to [communicate@brcliving.org](mailto:communicate@brcliving.org).

## BRIDGEWATER RETIREMENT COMMUNITY

holds memberships in the following organizations which help us to better serve you.



*Yes!* I want to support the  BRC Foundation!

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Enclosed is \$ \_\_\_\_\_ (Your contribution is tax deductible)

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Your gift to BRC Foundation will bring joy to our residents and enhance their daily lives.

**Thank You!**

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Contact us: [cbudd@brcliving.org](mailto:cbudd@brcliving.org) | [foundation@brcliving.org](mailto:foundation@brcliving.org)



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## Support BRC, decrease your RMDs, and gain income for life!

By choosing a Charitable Gift Annuity with the BRC Foundation, you align your financial goals with our mission to enhance wellness, purposeful living, and community engagement. Together, we create a brighter future, one that is guided by your generosity and commitment.

The SECURE Act 2.0 allows individuals with traditional IRAs to make a one-time transfer of up to \$50,000 from their IRA to a Charitable Gift Annuity. Doing this allows you to realize the taxes from this withdraw over your lifetime instead of all at once **and** generates yearly income for life. If you wish to support the mission of BRC and this sounds like something that would benefit you, please call Carrie Budd in BRC Foundation at **540-828-2509** or email her at [cbudd@brcliving.org](mailto:cbudd@brcliving.org).