

# THE *Bridge*

FALL | WINTER 2022

*Inspire*  
**THE FUTURE**





Arvella Blair and Doris Waters survey the pumpkin decorating contest at the annual Harvest Festival in October.

# From the President

---

Dear friends,

What an exciting time to be at Bridgewater Retirement Community! As we wrap up the LiveWell Campaign, we are celebrating the many doors opened by your generous gifts.

That's why in this issue, we're inspiring the future! You'll learn about new programs which tease what the well-being focused future at BRC has in store: our just-opened massage studio in Maple Terrace and a new partnership with Augusta Health to bring nutritional wellness education onto campus. You'll also get to know 47-year veteran team member Pam Arbogast and board member Jennifer Shirkey. Plus, you'll learn how you can be involved in the life of our community through volunteer opportunities.


And, of course, we are celebrating the enormous success of the BRC Foundation's LiveWell Campaign. The overwhelming response—the largest fundraising success in our community's history—inspires our vision for what living well in retirement looks like in the 2020s and beyond. And it demonstrates that our community trusts we can get it done.

Your gifts to the LiveWell Campaign are exactly what cultivates "energy for life." They will enliven our campus with programs, enrich the lives of our residents and team members, provide greater opportunities to connect and grow, and even help us expand our positive influence into the greater community.

As we head into the holiday season, I remain ever grateful for your commitment and support. BRC is a better place because of your presence.

Enjoy your holidays!

Yours,



Rodney D. Alderfer  
President | Bridgewater Retirement Community



## Contents

News in Brief .....	4
Resident Corner.....	6
Board Member Spotlight .....	7
Volunteering 101 .....	8
Team Member Spotlight .....	10
The BRC Foundation Wraps Up It's Largest Fundraising Success to Date .....	12
Massage Therapy Studio Brings Relaxation, Recovery In-House .....	16
Taking Ownership of Our Health.....	19
Meet the Artist: Ellen Fairchild-Flugel .....	22
Donor Honor Roll.....	24

# News in Brief

---

## Campus Construction Updates

If you've taken a drive down Virginia Avenue recently, you can't have missed the transformation taking place at Hearthstone Manor and the old Rescue Squad building. Both projects are well on their way to completion. Plus, work continues on design and planning for the new walking trails, with the official groundbreaking scheduled for December 6.





## New Website Coming Soon

BRC's marketing team has been hard at work this year to launch a completely redesigned website. We're getting closer to the finish line, and the new site should launch in early January. We hope you'll love our new look!

## Welcome Back, Andrew!



We are thrilled to welcome Andrew Fillers back to BRC as Director of Dining Services.

Andrew is no stranger, having served as the Food Operations Manager from 2010 until 2014. He left BRC to lead food and housekeeping services at Warm Hearth Village. Then in 2019, he moved to North Carolina to work in hospitals. He is well known throughout the food services industry, having served on the Tennessee state board for the Association of Nutritional & Food Professionals (ANFP) and the ANFP Virginia Board of Directors as State Secretary/Treasurer from 2017 to 2019.

Now he brings that wealth of experience back to BRC along with the skills, passion, and expertise to ensure that BRC's dining experience is exceptional.



## We're purple for the cause! We walk because:

- One in three seniors dies with Alzheimer's or another dementia.
- More than 6 million Americans are living with the disease.
- Between 2000 and 2019, deaths from Alzheimer's disease increased 145%.

Support for the Alzheimer's Association provides care to those facing Alzheimer's AND drives research toward treatment, prevention, and ultimately a cure.



We celebrated our first fire of the season with hot cocoa, cider, and s'mores!

# Resident

## CORNER

---

### Reader's Write: What Inspires Your Hope for the Future?

"There is incredible power in realizing we breathe and live in a world where God ALWAYS provides more possibilities than we can imagine. Our role is to be grateful for the opportunities and trust God's loving presence as we move forward, boldly."

–Merv Wunderlich

"What makes me hopeful for the future is evidence that many creative minds are working on solutions to problems that will improve quality of life for my own and future generations. My granddaughter and her husband are millennials, and they, and hopefully succeeding generations, seem more interested in living with less waste and are less interested in accumulating things. My baby great-granddaughter gives me hope just being alive."

–Rebecca Liskey

"There is so much to hope for, dream of, and wonder about when thinking what the future may hold. We have come through uncertain and complex times but can most often see a glimmer of hope that blesses us. This happened to me several weeks ago while watching a Little League championship baseball game. A young pitcher hit the batter with the ball, and realizing there were no injuries the batter proceeded to first base. The pitcher was so upset he could not wind up into his next pitch. Observing this, the player who got hit slowly walked to the pitcher's mound and gave the pitcher a huge hug. If these boys are any indication of the future, then our hopes and dreams will indeed become reality."

–Joanne Lam

"Young men and women who enlist in our armed forces. They are inspired to serve their country and learn discipline, teamwork, and skills that will be useful in their return to civilian life where they will be prepared to live useful lives."

–Jeff Schleifer

**BRC RESIDENTS:** Would you like to have your original writing featured in the next edition of *The Bridge*? Email [communicate@brcliving.org](mailto:communicate@brcliving.org) to share your ideas!

# Board Member Spotlight

## Jennifer Shirkey

Jennifer Shirkey, Attorney at Law with Flora Pettit in Harrisonburg, joined BRC's operating board last year, but her connections to BRC run deep.

"Our firm has always been a big supporter of BRC," she says. "And we also have family living at BRC. My husband's grandmother is a longtime independent living resident. In more recent years, my mother has been a resident. She was in memory support for a time but is now living in Tranquility House."

Jennifer grew up locally and has lived in the Shenandoah Valley her entire life. "My parents were originally from this area," she says. "My dad graduated from Dayton High School. Mom graduated from Harrisonburg High School. As I grew up, I just stayed in love with the area. And so we never left to go anywhere else."

Jennifer graduated from Turner Ashby High School and continued undergraduate studies at James Madison University. She later studied law at Washington and Lee University in Lexington. She married her high school sweetheart Aaron, an engineer at Merck. Together they have two sons, George and Alexander, and a daughter, Jane.

Jennifer concentrates her practice in estate planning, employee benefits, tax, and business law. In addition to her service on BRC's board, she also serves on the board of the JMU Foundation, is a past president of the Harrisonburg Rotary Club, past chair of The Community Foundation of Harrisonburg and Rockingham County, and a former board member of the Harrisonburg-Rockingham Chamber of Commerce.

"It's been wonderful being part of the board so far," she says. "I have so much connection to and interest in BRC already, and it's such an



Jennifer (left) with her mother Marilyn "Sue" Erdman and siblings.

impressive team. From the administration to the staff and all the other folks that come together to make the community what it is. We are blessed as a board to have such a strong team on the ground."

As BRC enters a new phase of strategic planning, Jennifer is focused on issues like team member retention and the growing demands for senior living in an aging population.

"Our aging population is not decreasing, so it's a challenge for us as a society. How are we going to meet those needs? We need to be extremely conscious of the value of our people, because the real core of how we serve those expanding needs is through them. And so that's our biggest challenge and opportunity: how to ensure that we've got the right relationship with our teams."

"It's wonderful to have options like BRC out there in our community. We have the opportunity to meet the needs of area seniors in such a caring and compassionate way. It's exciting to be part of that, and I so look forward to BRC's bright future."



# Volunteering 101

---

**V**olunteers play an essential role in everyday life at BRC. So much of what we do to engage with residents and support their vitality and independence wouldn't be possible without our amazing volunteer force.

Whether you are a resident, team member, family member, or community member, BRC can connect you with meaningful opportunities to give of your time and talents to serve others.

## Opportunities available through Volunteer Services

BRC's Volunteer Services department manages opportunities with Assisted Living and Nursing Households and coordinates volunteer recruitment, orientation, screening, placements, and recognition.

### Household Friends

Household Friends play a vital role in the life of our nursing households. Volunteers provide assistance during mealtimes and help transport residents to and from the dining rooms, hair appointments, and campus events. With

many residents having limited mobility, volunteering to assist in transporting residents from their households to community activities, Vespers, the beauty shop, and other campus locations is an amazing way you can help residents stay connected and engaged.

Most importantly, our Household Friends visit with residents who may need extra social engagement, providing them with friendship and vital human connection.

### Fitness Buddies

Keeping our residents strong and independent is a primary focus in all levels of living at BRC. Our fitness team does fantastic work focusing on range of motion and strength training to foster independence. Fitness Buddies assist the fitness team in carrying out programs, transporting residents to the gym and activities, participating in the fun, and being residents' best cheerleaders.

### More Than Words

Where words fail, music speaks. Do you have a music talent that you

would be willing to share to enhance the quality of life for BRC's residents? This volunteer opportunity is open to individuals who have a passion for music. Bring in your instrument, play a piano in one of our households, or lend your voice to lead a hymn sing.



### **Rendever Armchair Travel Volunteers**

Ready to go on an adventure? Our new virtual reality headsets put the world at our residents' fingertips! Armchair Travel volunteers assist residents

as they explore ancient cities, drift through the clouds in hot air balloons, or dive underwater to swim with dolphins.

## **Opportunities available through the Bridgewater Home Auxiliary**

The Bridgewater Home Auxiliary is an all-volunteer group dedicated to providing resources to keep BRC's Nursing Household and Assisted Living residents engaged and connected. Since its inception, the Auxiliary has raised over two million dollars through membership drives, fundraising events, retail operations, and more.

### **The ReRun Shoppe**

The ReRun Shoppe sells donated clothing, accessories, household items, books, furniture, and more! Volunteers are needed to serve as cashiers, help sort donations, and pick up donated items.

### **Cottage Gifts**

The Auxiliary's gift shop offers a variety of new merchandise including seasonal items, decorative items, jewelry, snacks, candy, and more. Volunteers are needed for assisting customers, purchasing, assisting with marketing and promotion, entering inventory, and stocking merchandise.

### **Bridgewater Home Quilters**

After a long hiatus, the Bridgewater Home Quilters are back in action at their new location on the lobby level of Garber Atrium. Group quilting takes place on Monday, Wednesday, and Friday at 10:00 am.

## **Opportunities available through the Bridgewater Village Residents Association**

The BVRA is an independent living resident-led association that sponsors various activities and special events throughout the year and raises funds to support the BRC Foundation, Bridgewater Rescue Squad, Bridgewater Volunteer Fire Department, and other local causes.

### **The Village Barn**

The Village Barn is the major service and fundraising activity of the BVRA. The Barn is open on Wednesdays and Saturdays from 9:00-3:00 and offers gently used items for good prices. Volunteers sort, clean, price, shelve, move, dust, purge, and more. Volunteers are welcome to participate as they feel comfortable.

### **May Meadows Library**

The BVRA's library committee maintains BRC's May Meadows Library. Volunteer opportunities include assisting patrons with finding books, reshelving, and being a resource as needed.

## **Opportunities for residents available through Community Partnerships**

BRC's independent living residents can participate in volunteer opportunities sponsored by BRC to engage with our greater community.

[Continued on page 11]

# Team Member Spotlight

## Pam Arbogast

By Kelsey Hartman



Pam is someone who truly inspires me. Her love for our community (and especially our residents) shines through every day when

I see her hustling all over Assisted Living. She is always on the move in the name of service. Pam celebrated 47 years at BRC in June, but you'll discover she wasn't sure she'd be here longer than 6 months when her journey began. Here is her BRC story:

### How did you get started at BRC?

I started working here under C. Dick Stevens, and then I worked for my cousin. After that, Mr. Stevens asked me if I'd like to become the Director of Activities. I didn't have a lot of confidence in myself then, so they offered me the option to work 6 months to see if I enjoyed it and if I felt like it was a good fit. The rest is history! I'm still here doing what I enjoy—and all because others believed I could.

### What was it like when you started?

I used to oversee activities in both the Nursing Households and Assisted Living. We had about 220 residents—we were big. When BRC decided to divide the responsibility for activities between Nursing and Assisted Living and gave me a choice, I choose AL. I thought it would be neat to have this group to do things with. Things have changed over the years. Now we say, "Let's go!" And they say, "Where!?"

Teamwork with other departments makes more things happen easier.

### What are some of the things that have changed most? What has stayed the same?

I think the biggest thing I've seen is changing from a "that's not my job" culture to our present person-first language of "let's work as a team!" We put the residents first and work together, and it's so much better. It's a win for everyone. It's been good thinking out of the box and seeing what happens as people dream and try new things.

### How have you changed during your career here?

I'm more relaxed and have learned to enjoy the moment. I've learned to give of myself with the talents God has given me—to serve the residents to the best of my ability. I treat them as my family each day. I still remember the first resident that really impacted me. I have learned a lot of wisdom from a lot of residents, families, and team members.

### What is one of your best memories of your time at BRC?

Probably my best memory is taking pride in some of my team members who worked for me and have moved on to other careers here: Rhonda Collins, Brian Glick, Mildred Becker (was a volunteer first). I hope I have touched their lives as much as they have mine.

## VOLUNTEERING 101

[continued from page 9]

### Who have been some of the most influential people in your BRC journey?

Mr. Stevens, one of our former administrators. He really believed in me at the beginning and asked me to come join the team in 1975. He's the one that got me started.

Many other team members come to mind who have helped me over the years: Lois Harvey\* (admissions), Sam Shifflett\* (maintenance), Mary Simmons (business office), Nancy Whitmore (beauty shop)—many of them have passed on (\*). \*Tracy Wine (former board member, then a resident of AL) and John Neff (board member). Plus many, many other team members whom I still have special friendships with. Thanks for the memories—I will always cherish our time.

### What advice would you offer to new team members at BRC?

I would tell any new team members to be yourself. Listen with your heart. Do little things to make the residents' days brighter and just love with unconditional love. This is their home, and we are their guests. Remember your words can make or break someone's soul. Sometimes in life you just need a hug—no advice—just a hug to make it better.

### Any final thoughts?

My career here has been my ministry, and I treat residents as I hope someone would one day treat me. The smallest things make people happy—a smile, a hug, a listening ear, and above all just sharing the love of God with them. When I got here, I thought, "this won't last long," as I had never been in a nursing home. I was wrong. 47 years later—my heart has been blessed, and I'm still learning and giving the passion of compassion to others every day here at BRC.

### Higher Education partnerships

- Friends Across Generations: Participate in a semester-long 1:1 engagement opportunity with a local college student.
- Service-Learning Partners: Volunteer alongside a James Madison University or Bridgewater College service-learning student.
- Project Support: Occasionally, higher education classes require their students to interview or survey individuals from the greater community. You can join the Project Support contact list to be contacted when opportunities become available.

### Children's Volunteer Opportunities

Project Read: Participate in a weekly resident reading program with students at John Wayland Elementary School.

### Community Connections

BRC's Community Connections team serves the greater community through monthly service projects, donation drives, and educational opportunities. The team supports many causes, such as Open Doors, Children's Clothing Closet, the Salvation Army, Habitat for Humanity, United Way, Blue Ridge Area Food Bank, and more.

### Meals on Wheels

BRC is proud to support Valley Program for Aging Services with weekly support for the vital Meals on Wheels program. Resident and team member volunteers assist by taking meals to seniors in need living in the Bridgewater/Dayton area.



Interested in volunteering at BRC or with our community partners? Contact Laura Powell to get started!

**(540) 828-2682**  
**lpowell@brcliving.org**



# The BRC Foundation Wraps Up Largest Fundraising Success to Date

---

The LiveWell Campaign is officially the largest fundraising success in BRC's history and is now poised to dramatically expand on-campus programming for residents and team members.

The campaign's key funding priorities included a few brand-new initiatives: the "Energized Life Fund" which supports expanded programming for BRC residents; the "Work Well Fund" which supports education and training programs for team members; and the "Community Outreach Fund" which expands BRC's community outreach and volunteer programs.

The campaign also raised funds to add to established endowments at BRC which support spiritual life programs and ensure residents who exhaust their financial resources can remain in their homes.

The Foundation began quietly fundraising in June 2021 and launched the public campaign in May 2022.

"It was amazing how the process unfolded" says BRC President Rodney Alderfer. "We started out with an ambitious goal of \$2.5 million. We thought the campaign had a great vision—a good opportunity to promote us and support our community. And so, we set a goal that we thought was a stretch goal. And by the time we got around to our public launch, we were already beyond that \$2.5 million and well on our way to a new goal of \$4.5 million!"

All in all, BRC raised a total of \$4.7 million.

The LiveWell Campaign was born from a desire to build on the foundation of person-first culture established in BRC's Nursing Households over the last decade and expand that vision to include Independent and Assisted Living.

[Continued on page 14]



Supporters gathered in October to celebrate the campaign's success with cooking demonstrations, stargazing, flower arranging, yoga, and more.

## FUNDRAISING SUCCESS

[continued]

“We knew that we wanted to make significant enhancements and expansions to our programming,” says Carrie Budd, vice president of the BRC Foundation.

“We want to provide access to meaningful opportunities—things like music and art therapy, lecture series, access to nature. But as a nonprofit, we don’t have a lot of resources to add these more exciting things, so that’s what we decided to raise money for.”

“We want to provide access to meaningful opportunities—things like music and art therapy, lecture series, access to nature. But as a nonprofit, we don’t have a lot of cash on hand to add these more exciting things, so that’s what we decided to raise money for.”

— Carrie Budd

living residents to ask them directly what it means to live a good life.

“We needed their input on the best ways we could invest the money we hoped to raise,”

says Budd. “It gave us so many ideas! When we went out to talk with our donors, we could share specifically what our residents had expressed would be the most impactful.”

Having a clear vision to express to donors was key, because this campaign was a break from previous fundraising efforts.

“Our previous campaigns have mostly been about construction,” says Alderfer.

“It’s a lot easier to raise money for a construction

project where donors can see drawings of the building and visualize the impact. Raising money for an idea is an entirely different approach for us, and we weren’t exactly sure how it would go.”

“Fortunately, our donors were extremely receptive,” says Budd. “We heard them say over and over again how important they felt



At the campaign kick-off in May, Laura Spicer, Ali Snook, and Jessie Shickel shared the Energized Life Fund’s mission and goals with supporters.

To craft a vision for the future that would resonate with residents and donors, the Foundation team knew that they needed to align the fundraising priorities with the aspirations and dreams of BRC’s residents. So they began by hosting a series of community conversations and listening sessions with independent and assisted



Culture University is a key initiative of the Work Well Fund. It's a dedicated space for team member training and professional development programming.

it was for us to be investing money in the future of our programming.”

The impacts of the campaign will be seen sooner rather than later. This December, BRC plans to break ground on a previously announced walking trail expansion. The new trails, which will sit on 20 acres adjacent to Bridgewater’s Oakdale Park, will provide access to several destinations and overlooks, including a labyrinth, outdoor classroom, marsh walk, woodland overlook, and more.

“It’s going to immediately impact residents at all levels of living,” says Budd. “They’ll be able to go out and spend time in nature. We have intentionally focused on being ecologically responsible and are going to create a native plant and wildlife meadow. It’s such a great example of what these new funds will allow us to accomplish. We’re working with the town. We’re working with local environmental groups. We’re working with our residents. And it’s going to benefit everyone!”

The BRC Foundation is also developing an internal grant program that will be used to disperse other campaign funds to projects

aligned with the campaign’s goals and BRC’s strategic plan.

BRC team members will also receive benefits from the campaign’s success.

“We already have several programs for team members,” says Budd. “We have Team Member Relief, a scholarship program, a health and wellness program. We were recently able to launch Culture University. And now this is going to allow us to really expand all of that.”

The Community Outreach Fund will enable BRC to make an even greater impact in the larger community. The Community Connections team has already established good relationships with other nonprofits throughout the region. The new resources will allow BRC to better invest its giving and community support into areas of high need identified by the 2019 Senior Community Needs Assessment.

“This campaign opens up a world of possibilities for what we can do for our residents, our team members, and our greater community,” says Budd. “We’re going to make a tremendous impact, all because of our donors’ generosity.”

# Massage Therapy Studio Brings Relaxation, Recovery In-House

BRC welcomes convenience of newest on-campus wellness service

By Dawn Medley

What's better than getting a massage just down the street from where you live or work? How about getting that same service without leaving your workplace or community?

In partnership with Back on Track massage studio, residents and team members at Bridgewater Retirement Community are now able to access a key component of their personal and professional well-being right on campus.

"As we looked at our wellness culture at BRC, we recognized that massage therapy is an extension of everything that we already offer," said Laura Spicer, director of resident wellbeing and engagement. "It's a vital piece of the puzzle of taking care of yourself."

Hang a few lefts off of the third-floor elevator in Maple Terrace, and you'll find yourself in a common area with comfy seating, puzzles, and reading materials. The welcoming, dome-ceilinged setting also serves as a lobby of sorts for the massage suite—a serene, warmly lit room with meditative background music that awaits clients through a private door.

Back on Track owner Catherine Slagell is thrilled about the opportunity to serve BRC residents and team members and expand her practice, which has been a fixture on Main Street in Bridgewater for 15 years. Several meet-and-greet sessions and presentations by Back on Track staff on

campus have generated interest among new visitors. Combined with previous clients from BRC who transferred to the new location, the studio has developed a steady schedule of appointments since its official opening on August 9.



"It has been a dream of mine for many years to provide massage therapy at BRC," Catherine said.

Citing BRC's growth and its renewed focus following the pandemic on offering in-house wellness services, Laura and Catherine agree that the timing was ideal to add massage to the mix. As an additional impetus, funds from an anonymous grant for team member support allowed BRC to offer team members a voucher for their first massage and helped with converting and furnishing the space.

Soon after she rejoined the BRC team in May 2022, Jodi Morris sought out massage therapy to supplement her routine chiropractic care.

“I have some issues with my back muscles, and the deep tissue massage really helped work those out until I could get back in with my chiropractor,” said Jodi, a member of the Assisted Living fitness support team. “The person who did my massage was interested in what my concerns were and made me feel very comfortable.”

“There has been a shift in healthcare in general to focusing more on preventative care,” Laura explained. “Massage therapy addresses that need for our residents and team members on both a physical and mental/emotional level.”

Catherine explains that her focus for BRC’s residents and team members is on therapeutic massage—which targets deeper layers of muscle and connective tissue called fascia to aid blood and oxygen flow, speeding healing and preventing injury. Of course, the 30- to 90-minute sessions produce the added benefits of relaxation and stress relief.

Consistent massage therapy can often augment physical therapy and exercise programs, specifically for residents in Independent and Assisted Living.

Independent Living resident Helen Shiflet has been a steady client at the original Back on Track location for nearly 15 years. Now, she can simply walk over from home on West Rainbow Drive for her weekly massage.

“Catherine has been wonderful in working on stress points in my neck. She has also become a good friend,” Helen said.

A BRC resident since 2016, Helen recognizes how the massage studio adds to the full complement of services that she utilizes on campus, including the salon, fitness center, and dining venues.



“It’s a true community, and I appreciate every way they strive to meet our needs,” she said.

In this introductory phase, Catherine and her team offer two basic types of massage: Swedish and deep tissue. As the practice grows, she hopes to expand options to include additional techniques that she and her therapists are trained in, such as reflexology, cupping, and hot stone massage.

As a member of the BRC’s business office team, Controller Anne Whitney Flint first learned that massage services were coming to campus during funding discussions that laid the groundwork for the studio.

“Programs like this back up what we have been talking about for several years and throughout the LiveWell Campaign,” Anne Whitney said. “It’s great to see those ideas come to life in tangible offerings on a regular basis.”

Juggling the activities of two young children and a full-time job, Anne Whitney readily admits that she is lax about scheduling self-care on a regular basis, so she didn’t hesitate to set up an appointment for a Swedish massage session while at one of the open houses this summer.

“Having something that I can walk to from my office removes one of my biggest barriers to taking care of myself in an important way,” she said.



# Taking Ownership of Our Health

BRC Food Farmacy participants learn  
the healing power of produce

By Dawn Medley

---

Rain-laden clouds created a dramatic skyline as participants in a new “Food Farmacy” program navigated the footpaths between rows of lettuce, beets, and turnips on a crisp October evening. The group had been learning about and receiving brimming bags of produce from the Allegheny Mountain Institute (AMI) farm at Augusta Health for several weeks as part of the program, but this was the first on-site visit for most of them.

“You can be assured that what you’re eating from this farm is produced with a lot of care and attention,” said AMI Farm Manager Hannah Dorrel, explaining that the organization recently met national standards to be named Certified Naturally Grown.

Food Farmacy was one of the first outreach programs introduced by Augusta Health in partnership with AMI after that organization set up its one-acre plot in 2018. Each 12-part course features weekly nutrition and health presentations by hospital staff, a cooking demonstration, and a selection of farm-fresh ingredients to take home.

“From our ongoing community needs assessments, we were aware that nutrition

and access to healthy food were top concerns in the local area,” said Catherine Hill, health educator in community outreach and partnerships at the hospital.

Initial sessions targeted residents with specific chronic conditions, such as diabetes and heart disease. More recently, the program has invited participants at neighborhood and church sites to engage in more general wellness education. The BRC course is the first in connection with an Independent Living community, and the first held outside of Staunton, Waynesboro, and Augusta County.

“Through the Food Farmacy, the hospital has been able to serve about 100 people, providing them with valuable nutritional information and knowledge about the resources available and the food grown right in their community,” Catherine added.

The basic idea is to build reliance on a diverse, healthy diet for energy, disease prevention, and healing as an alternative—or at least supplement—to prescription medication. It’s a concept that resonates strongly with BRC residents.

[Continued on next page]

## FOOD FARMACY [continued]

A mix of team members and residents quickly filled nearly two dozen slots, and several people are on a waiting list in anticipation of additional offerings, said Laura Spicer, BRC director of resident wellbeing and engagement.

“Looking at diet as a means of preventive care, and as an opportunity to live our best lives, rather than a restriction or limitation. That’s the kind of practical application that people at BRC are ready for,” Laura said.

BRC resident Donna Shiflet has long been an advocate for the health of herself and her husband, Don. By making lifestyle and

---

“We all know that fresh food tastes better, looks better, and keeps longer.

— Donna Shiflet, BRC Resident

diet changes on her own and enrolling in a virtual diabetes education program through Sentara RMH, Donna was recently able to control her blood sugar to move from diabetic level to pre-diabetic. She wants to keep that momentum going.

“I like to call it ‘gentle persuasion,’ You know, making small changes gradually that you can stick to instead of all of a sudden feeling like you’re deprived of something,” she said.

Donna enjoys the in-person Food Farmacy meetings and she is particularly impressed by the freshness and variety of produce supplied each week by AMI.

“We all know that fresh food tastes better, looks better, and keeps longer. Having this bounty each week is just incredible,” she added. A former resident of New Orleans, Donna was delighted to bring gumbo back onto her table after receiving a sampling of okra at one meeting.

For classmate Stephanie Rohrer, the pre-course blood work and health assessment that included weight, measurements, and blood pressure was a “call to action.”

“Seeing that information about myself on paper changed my perspective from a passive learning experience to all-in participation and accountability,” said Stephanie, vice president of human resources.

Students will complete the same evaluations at the end of the program to





identify areas of improvement and create a plan for further progress.

Stephanie also challenged herself to try every piece of produce that she took home. From bok choy and fennel to okra and white turnips, she has introduced several items to her kitchen and found some new favorites.

“I’m really grateful that they give us recipes, storage tips, and ideas for how to use everything,” she said. “I’m excited about how our leadership team can take this information and continue to enhance our focus on healthy eating here on campus.”

Heart attack survivor Donna Andrews explained that the course combined her love of cooking from scratch and a responsibility to stay on top of her ongoing condition and her family history of chronic diseases.

Tips about seasoning dishes with fresh herbs instead of salt and sugar and recognizing when certain produce is in peak season have been very valuable, she said. Donna, who serves as BRC’s payroll and benefits administrator, recently learned how to plant a bulb of the garlic she got in

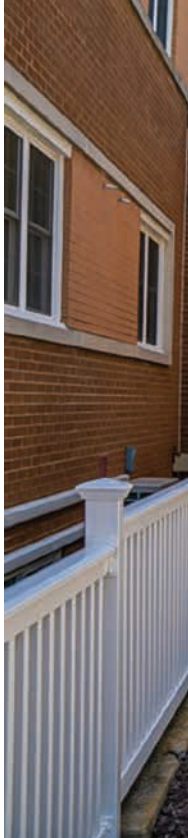
class, and she’s hopeful that she’ll see her own plant sprout next year.

“Instead of taking a pill and continuing to have unhealthy eating habits,” she says, “this class is a journey of taking ownership in our health and opening up our palate to different flavors.”

## FARM FACTS

**BRC Food Farmacy participants receive weekly produce selections from the Allegheny Mountain Institute Farm at Augusta Health.**

- 1-acre plot on the hospital campus in Fishersville
- Average yearly yield: 24,000 pounds of produce
- Crops carry the Certified Naturally Grown distinction, a farmer-friendly standard for growing without relying on synthetic chemicals or GMOs (for farms in the U.S. and Canada)



## Meet the Artist: Ellen Fairchild-Flugel on the Retreat's Copper Sculptures

---

I find metal is such a wonderful material—earthly materials in a permanent form. The beauty of gold, silver, copper, bronze—reflecting light, textures, and shadow fascinates me! Creating relationships and contrasts between natural elements has been a recurring theme in my work. I am inspired by art that instinctually blends visions, history, and sense of place. Having lived on the Shenandoah River for years, I know this energy has a large role in defining my sculptures.

The discipline and craftsmanship required to form metal is challenging, whether forming with hammers and stakes, casting in lost wax, or constructing a form by

soldering. I use any or all of these methods to create unique works of art that explore line, texture, and describe motion and sinuous energy.

In my work, whether jewelry or large sculptures, I often combine different materials to highlight contrasts such as art glass, stone, clay, mosaic, even paper! I work with silver, gold, and bronze, but I especially enjoy copper which captures the energy of the earth with its warmth, energy, and patina. It is malleable, but strong when worked. Sculptures are all hand forged—each hammer blow reflecting the marks of energy, honest... beautiful.

*-Ellen Fairchild-Flugel*



## About the Artist

Ellen holds a Bachelor of Fine Arts with a Metal & Ceramics emphasis from Virginia Commonwealth University.

She is the past owner of Papillon Custom Jewelry in Old Town Petersburg, VA and Cobb Lane, Birmingham, AL. She has taught metal working and jewelry at the University of Alabama and has exhibited her work in the U.S. and Germany and has shown in the Valley for years.

In addition to working on commissions, and participating in shows, she is an artist/member at OASIS Fine Art & Craft in Harrisonburg, is the lead artist for Woodstock Community Mosaic project, and is the artist curator at Muse Vineyards.

# HONOR ROLL OF DONORS

## *Non-Tributes*

June 1, 2022 – October 31, 2022

### Anonymous Donors

Stanley & Karen Abbot  
 Frank & Joyce Aigner  
 Judith Miller Allen  
 Robert & Linda Alley  
 Robert & Beverly Armbruster  
 Bob & Mary Atkins  
 Donald & LaVonne Bailey  
 Chloia R. Barker Estate  
 Beaver Creek Church  
 James & Anita Beckman  
 Norman Benner  
 Mary Lou Berkey  
 Lawrence Blade  
 Charles & Arvella Blair  
 Bruce & Nancy Bowman  
 Rev. Auburn & Ruth Boyers  
 Martha Bradfield  
 Nancy R. Bradfield  
 Bridgewater Church of the Brethren  
 W. Richard Brown & Kathleen Siker  
 Louise R. Burtner  
 Cedar Run Church of the Brethren  
 Charlottesville Church of the Brethren  
 City National Bank  
 Jessica Collins Fisher  
 Krista Cople  
 Glenn Alexander Costie  
 Samuel & Nancy Dagen  
 Lucy R. Deyerle †  
 Rev. Wendell & Sonya Eller  
 Robert & Lois Emswiler  
 Thomas F. Endress  
 Fonda H. Erdman  
 Kaye Estep  
 L. Kathryn Evans  
 Glen Eye  
 Farmers & Merchants Bank  
 Richard & Janean Fawley  
 Julian & Joanne Fisher  
 Flora Pettit  
 James & Ann Flora  
 Theodore & Mary Beth Flory  
 Forest Chapel Church of the Brethren  
 Donald & Polly Fravel  
 Forrest L. Frazier  
 T.C. & Barb Frye  
 Robert & Corinne Gaines

Donald & Elaine Gentry  
 J.D. & Becky Glick  
 Mary Martha Good Estate  
 Paul Graham  
 Sue Overman  
 Mary Hall  
 Judy Henneberger  
 Gloria R. Horne  
 Michael Hostetter & Nancy Cherniss  
 Dwight & Carolyn Houff  
 Nancy & Tim Hulings  
 JMU Community Service Learning  
 Bob Jochen & Chris Smith  
 J. Robert & Patricia Johnson  
 Clayton & Marsha Justice  
 Alexandra Kanya  
 Nancy Still Keplinger  
 J. Kenneth & Linda Kline  
 Landes Heating & Air Conditioning  
 Craig & Theresa Landes  
 Paige Landes  
 James & Julie Leitner  
 Wayne & Ann Lentz  
 James & Vivian Longenecker  
 Doris M. MacDaniel  
 Ralph & Alice MacPhail  
 Madison Church of the Brethren  
 Laura S. Mapp  
 Steve & Claire Martindale  
 Herman & Janet Mason Families Fund  
 Marion & Joan Mason  
 Peggy G. Mason  
 Mill Creek Church of the Brethren  
 Dawn Elizabeth Miller  
 Saraona F. Minnich  
 Barry & Connie Minnick  
 John & Ann Monger  
 Montezuma Church of the Brethren  
 Katharine Moore  
 Clifford Morris  
 Mount Bethel Church of the Brethren  
 Barbara K. Moyers  
 Mt. Zion Church of the Brethren - Broadway  
 Alice Suzanne Nalker  
 Yolanda Obaugh  
 Rosemarie J. Palmer  
 Park View Federal Credit Union  
 Jane Parker  
 Partners Excavating Company  
 Brenda L. Patterson  
 D. Jean Petre  
 Richard & Eileen Phillips  
 Ronald & Sarah Pierce  
 Larry & Linda Powell

Nan Powell  
 Charles R. Raisner  
 William & Virginia Reinhold  
 Mary V. Reish  
 Robert L. & Carol Kim Retka  
 Martin J. Ritchie  
 William & Tammie Rodgers  
 Kenneth Blair Roller  
 Jimmy & Betty Ross  
 Round Hill Church of the Brethren  
 Blaine & Judy Ryman  
 Sangerville Church of the Brethren  
 John H. & Faye T. Sellers  
 Shickel Corporation  
 Helen W. Shickel  
 Colton & Kristin Shifflett  
 Donald & Donna Shiflet  
 Helen Shiflet  
 Karen & Rodney Shiflet  
 Aaron & Jennifer Shirkey  
 Elwood & Barbara Shrader  
 Emily M. Shull  
 William & Mary Simmons  
 Smith Creek Church of the Brethren  
 Wayne & Carol Spangler  
 Staunton Church of the Brethren  
 Janet S. Stepp  
 Dr. Phillip & Cherrill Stone  
 Kent & Patricia Stoneburner  
 Sugar Grove Church of the Brethren  
 Jane B. Sullivan Estate  
 Andruette M. Sutton  
 Vera Teter  
 Paula L. Thompson  
 Timberville Church of the Brethren  
 Tom & Lori Mendez  
 Jackie Towers  
 Nancy G. Trout Estate  
 Cynthia A. Tusing  
 Gary & Marcia Tyeryar  
 Valley Pike Church of the Brethren  
 Ann E. VanPelt  
 Janice W. Wade  
 Donald & Estelle Wagner  
 Wakemans Grove Church of the Brethren  
 Frederick & Joyce Wampler  
 Glenna Wampler  
 W. Steve & Ruth Watson  
 Waynesboro Church of the Brethren  
 Weaver's Floor America  
 Elizabeth Webster  
 Tom & Marnie Wheatley  
 John & Gene White  
 Larry & Amy White

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.

C. Douglas & Linda Wine  
Mirna Belle Wolfe  
Gladys B. Wonderley  
A. Merv Wunderlich  
Fred & Katherine Zimmerman

† Deceased

## *Tributes*

June 1, 2022 – October 31, 2022

### *In Honor of*

**Anita Heatwole**

Bridgewater Village Residents' Association

**Catherine Golladay**

Delmas and Bonnie Runion

Mary C. Gearing

JoAnn Frye

**Cathryn Seese**

Forrest L. Frazier

Bridgewater Village Residents' Association

**David Nalker**

Anthony W. Nalker

**Dorothy K. Wampler**

Charles C. Shiflet Jr.

Rufus and Elaine Huffman

John and Helen Jarrels

W. Keith and Jennifer Sheets

Pathfinders Sunday School Class

Nelson and Martha Lou Sheets

**Dorris Wampler**

Fred F. Wampler

**Elizabeth Budd**

Jane R Marvin

**Ellwood G. and Helen L. Hooke**

Ronald and Leona Fox

**Flossie Lee Sager**

Bonnie L. Riggelman

**Glenn Fallaw**

Jennifer Taylor

**J. B. & Louise S. Minnich**

Saraona F. Minnich

**Jane B. Sullivan**

Mary L. Whitley

**Leon Waters**

Bridgewater Village Residents' Association

**Marian Layman**

John D. Layman

**Mr. W.P. Mitchell**

Linda S. Tanguay

**Nancy G. Trout**

P. David & Mardi Trout

**Naoma Clague**

Jimi Beth Wilson

Rufus & Elaine Huffman

Allen M. Clague Jr.

**Nelsie Kiracofe**

Terence H. Crowgey

**Ruth Hume Taylor**

David & Constance Taylor

**Swannie Smith Colvard**

Michael & Gail Hunt

**Virginia Whitten**

Bridgewater Village Residents' Association

**W. Steven Keplinger**

Wes Loomis & Jane Mohr

Laura S. Mapp

Covenant Alianza Presbyterian Church

Patricia S. Costie

**William A. Jr. & Wilda F. Houff**

W. Dale & Meredith Houff

**Yolanda E. Gerard**

Karen Gerard

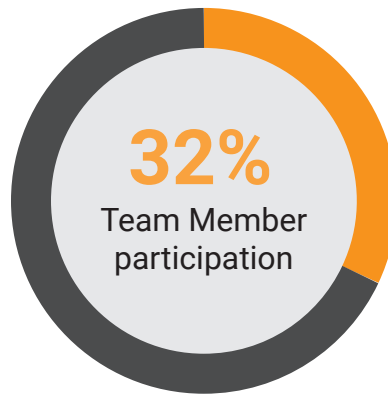
† Deceased

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.

## Team Member Giving

### 2022 BRC Gifts Campaign

Julie Adams  
Rodney & Jenelle Alderfer  
Bradley Anderson  
Donna W. Andrews  
Pamela B. Arbogast  
Russ & Brenda Barb  
Steven Barker  
Judi Bork  
Michael D. Bragg  
Carrie & Ted Budd  
Crista R. Cabe & Gary G. Lancaster  
Lauren Carper  
Jackie Carr  
Faith Cayton  
Rebecca Chittum-Burkholder  
Jeaninne Collins  
Rhonda K. Collins  
Kayla S. Cook  
Cheryl Currier  
Easton Davis  
Rita Davis  
Michele & Scott Dodrill  
Jeremy & Cory Douylliez-Willis  
Dena C. Driver  
Jessica Fisher  
Lura Ritchie Flick  
Anne Whitney & Kevin Flint



**\$18,698.70 raised**

Jeana Golin  
Devon F. Gooden  
Amanda Harpine  
Kelsey Hartman  
Lauren Jones  
Tammy & David Jordan  
Susan S. Kuykendall  
Jeffrey W. Lambert  
Tammy Layman  
Jayne Liskey  
Regina Lonas  
Lacey Lucas  
Sarah Lutz  
Sara L. McAlister  
Diane H. Metzler  
Eddie Michael  
Amy R. Minnick  
Buffy Mitchell  
Jodi Morris

Rachel Morris  
Rosemary & Jack Nicholson  
Anne M. O'Donohue  
Lori Patterson  
Colette Pennington  
Karyn Posey  
Laura Powell  
Dana R. Ramsey  
Lauren Reeves  
Jill M. Rhodes  
Daniel F. & Felicia D. Ritchie  
Jeffrey Ritchie  
Julia A. Ritchie  
Stephanie Rohrer  
M.J. Saufley  
Dreamia D. Sheffer  
Priscilla S. Sheffer  
Pamela S. Sherman  
Lisa & David Shickel  
Holly H. Smith  
Tammy Souers  
Laura & Caleb Spicer  
Betty Staubus  
Donna Stover  
Missy & Mike Stover  
Donna Strother  
Jeannette & Brant Suter  
Carlee Swisher  
Cameron F. Tolley  
Jane Towers  
Wanda Wampler  
James & Ilsa Weaver  
Ann Weese  
Adam Wright  
Barbara Zombro



### #LiveUnited

The Community Connections team planted a pollinator garden in partnership with United Way during their annual Day of Action.

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

**Editor** | Jeremy Douylliez

**Advisory Committee** | Carrie Budd, Crista Cabe,  
Amanda Harpine, Kelsey Hartman,  
Michelle Hartman, Laura Powell, Stephanie  
Rohrer, Laura Spicer, Missy Stover, and  
Cameron Tolley

**Writers** | Jeremy Douylliez, Dawn Medley,  
and Kelsey Hartman

**Art and Design** | Dustin Blyer

**Photography** | Dustin Blyer, Jeremy Douylliez,  
Dawn Medley, Amy Pearman, and Sera Petras

**Special thanks to** | Allegheny Mountain  
Institute, Augusta Health, Ellen Fairchild-Flugel,  
Ashlie Heatwole, Tammy Jordan,  
Jennifer Shirkey, and Catherine Slagell

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!*

☐ \$50    ☐ \$75    ☐ \$100    ☐ Other

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

☐ Bill my credit card: Card number: \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3-digit security code (CVV) \_\_\_\_\_

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

**Thank You!**

Name/Group \_\_\_\_\_

In Honor/Memory of \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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

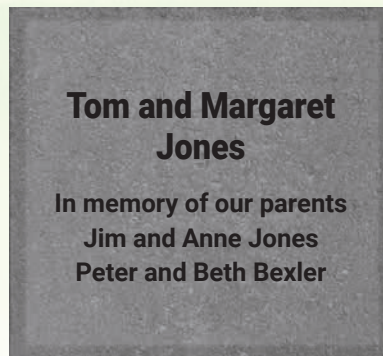
*The Bridge* is the official publication of Bridgewater Retirement Community, which includes Bridgewater HealthCare, Inc.; Bridgewater Home, Inc.; Bridgewater Village, Inc.; and the BRC Foundation. We invite your comments and suggestions. Reproduction of articles may be done with written permission. Please contact editor Jeremy Douylliez via email at [communicate@broliving.org](mailto:communicate@broliving.org) or by mail at 302 N. Second Street, Bridgewater, VA 22812.

**Support the LiveWell Campaign by purchasing a paver for yourself or in honor/memory of a loved one. Your gift will ensure a lasting legacy at the entrance to BRC's newly-designed art studio.**

**8" x 8" Paver** – \$2,500



SAMPLE



**4" x 8" Paver** – \$1,000



SAMPLE



**BRC Foundation**