

— THE —  
*Bridge*  
SUMMER 2022

GAZING AT THE *Stars*

*Manny José*





Ruby Linkous and other Joy House residents enjoy a special trip to meet their household coordinator Jill's newborn baby goats!

# From the President

Dear friends,

When we gaze at the stars here at BRC, we envision a vibrant community filled with opportunities to cultivate relationships and pursue passions. Because when our residents experience true wellness and fulfillment, they live more meaningful and more purposeful lives. We believe everyone deserves a retirement that allows them the freedom and opportunity to continue living the life of their own stargazing dreams.

In this issue, you'll learn more about how our stargazing is turning into meaningful opportunities for engagement—from a new campus observatory to a reinvigoration of our community gardens. You'll also get to know a Junior Volunteer who has made an enormous impact throughout many years of dedicated service to residents in our Nursing Households. We'll celebrate the photography of Manny José. And as always, you'll find recaps of recent campus news and events.

As we continue to look toward the future, I hope you'll consider supporting the BRC Foundation's LiveWell Campaign. We did more than gaze at the stars with this campaign. We're reaching for the stars with an ambitious \$4.5 million goal. It's the largest goal we have ever set for a campaign, and as of this writing, we are 98% of our way to its completion.

These new resources will allow us to continue the ever-important work of enhancing the lives of our residents and team members. They will allow us to continue turning our star-gazing dreams into tangible realities.

Thanks, as always, for being a part of our story.

Yours,



Rodney D. Alderfer  
President | Bridgewater Retirement Community



## Contents

News in Brief .....	4
Resident Corner.....	6
Team Member Spotlight .....	9
Community Gardens Take Root.....	10
Board Member Spotlight .....	14
Team Member Spotlight .....	15
Stargazing .....	16
Junior Volunteer Says Good-Bye After Serving 500 Hours at BRC.....	20
License to Chill—A Founder's Day Cheeseburger in Paradise.....	23
Donor Honor Roll.....	24
LiveWell Campaign is Raising Funds to Enhance Life at BRC .....	25



# News in Brief

---



## Welcome Stephanie!

Stephanie Rohrer joined BRC's senior team as VP of Human Resources this April. Stephanie brings a wealth of experience, expertise, and passion to the role. Most recently, she served as a Regional Director of People at Walmart. She is currently a PhD candidate in organizational leadership at Concordia University and holds a MA in management and human resources. "Joining BRC is a dream come true," she says. "I am excited to join a family where I can share my passion for people, joy of service, dedication to community engagement, and a rich appreciation for residents and caregivers."

## Campus Construction Updates

- **Hearthstone Manor is getting a facelift!**

Work to update Hearthstone Manor's exterior—including new windows, siding, and accents all updated to compliment the aesthetics of our other campus buildings—began June 13. The project should be complete by the end of the year.





- **The Art Studio is Moving**



Later this summer, the old rescue squad building on Virginia Avenue (until recently used as a storage facility) will be completely renovated to serve as a new home for our Grounds team and a purpose-built art studio.

- **Navigating Campus Just Got Easier**

We all know how difficult it is for those unfamiliar with our campus to find their way around. So we've been working behind the scenes for well over a year to design all-new exterior wayfinding signage—including a gorgeous new campus gateway! Installation was completed this July.



## **The LiveWell Campaign Has Launched!**

For over a year, the BRC Foundation team has quietly been raising money for its latest campaign, which builds on the progress we've made over the past decade and will take programming for residents and team members to new heights. With 98% of our ambitious \$4.5 million goal already pledged, we fully expect to meet and exceed the goal by this fall. Learn more on page 28.



# Resident CORNER

## Manny José

Manny José's photography will be familiar to anyone who has spent much time at BRC. Our campus has long been a subject of his vibrant photography, and many of his works are on display throughout Garber Atrium and the Administrative Center. In this collection, he takes us on a tour around BRC and a few other nearby locales.

You can see more of Manny's work in the Facebook group "Images of Bridgewater Dayton Virginia."



**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!











# Team Member Spotlight

Sarah Lutz

By Kelsey Hartman



Even behind a mask, I am certain that Sarah is always smiling. She is warm, kind, and generous—and she's a true BRC Culture Champion!

**How long have you been at BRC and what do you do here?**

I've been here since May 2021. I'm Harmony's Household Coordinator.

**What do you love most about working in Harmony House?**

The residents—they're my favorite. The personalities are all so different but they somehow mesh together. I love how the team knows the residents so well and they know how to pull their personalities out.

**What is one of your favorite memories at BRC?**

I have two. Making Gingerbread houses was one of the most fun days I've had with the residents. The team was involved, our Clinical Coordinator Cheryl Currier and I were involved—eventually the residents were eating the candy off the gingerbread houses. It was great!

Another memory that stands out is our house's Christmas party. The team members got

each resident a special gift, and seeing the residents' faces when they opened their gifts—they were ecstatic. It was really special.

**What's something you love to do outside of work?**

I like being outdoors—hiking, fishing. I'm also an avid thrift shopper.

**What advice do you have for new team members?**

Don't be afraid to ask questions. Anyone will help you. I was really nervous, but everyone welcomed me. And don't be afraid to fail—you may feel like you did, but often the residents don't even notice. You're just hard on yourself.

**What's your favorite food?**

Homemade spaghetti!

**What's a fun fact you'd like to share?**

I'm obsessed with cows! Completely and fully obsessed. I have a cow notebook, cow chairs, couches, even a painting of a cow in a bathtub.

Before we ended our conversation Sarah shared, "I love this place with a passion. Being here was my dream. I just love it here," and if you know her—her love shines through. We are so glad she's a part of our community!



# COMMUNITY GARDENS

## Take Root

By Dawn Medley

---

When Sylvia Bowman inspects the leafy seedlings in her small, but promising, raised bed just outside her apartment at BRC, she is transported back to the expansive garden that she and her husband, Jim, tended at their longtime home in Manassas.



The cut flower garden has already become an inviting spot to create a DIY bouquet.

“We just loved that big, family farm,” said Sylvia, who investigated the garden plot on campus not long after the couple moved to BRC in spring 2020.

At that time—after several years of being planted and maintained by a few motivated residents in Independent Living—momentum was building to expand resident and team member involvement at the garden. A grant obtained in partnership with nearby Bridgewater College added several raised beds and a small greenhouse to the area, and interest was growing.

But plans to create a community hub at the garden would have to wait. As BRC navigated the COVID-19 pandemic, non-essential projects and large gatherings were put on hold to prioritize the safety of everyone on campus. Individual residents maintained their crops, but the flat, sun-drenched, rectangular space slipped into a period of quiet rest.

### Purposeful produce

“I feel like this will be the season when things really take off,” says Sarah Lutz. Sarah was one of the Bridgewater College students who helped secure the greenhouse grant, and she has been following the garden progress closely since she joined the team at BRC as the household coordinator in Harmony House.

Taking note of her residents’ interests in gardening in Harmony House—one of



BRC's six nursing households—Sarah began working with them to plant a container garden on the back patio. The project has really taken off, and she can envision many of her residents coming to the centralized plot to tend plants in the future.

“I hope that we can get to the point where half of our salad bar components come from resident-grown food.”

— Adrian Taylor, Executive Chef

Sarah was thrilled when Laura Spicer, director of resident wellbeing and engagement, re-introduced the garden space to a larger campus audience as part of BRC Founder's Day activities in late April.

A week later, the pair joined Sylvia Bowman at the site, complimenting her sprouts of Swiss chard, peas, lettuce, spinach, and more. They also looked over herbs, peppers, and tomato plants that were just starting out in a communal raised bed. The plan is for those plants to be nurtured by residents at all levels of care and, eventually, find their way onto campus dining menus.

The opportunity for residents to be part of the food production process brings new energy to the dining experience,

according to Executive Chef Adrian Taylor.

“I hope that we can get to the point where half of our salad bar components come from resident-grown food,” Adrian said.

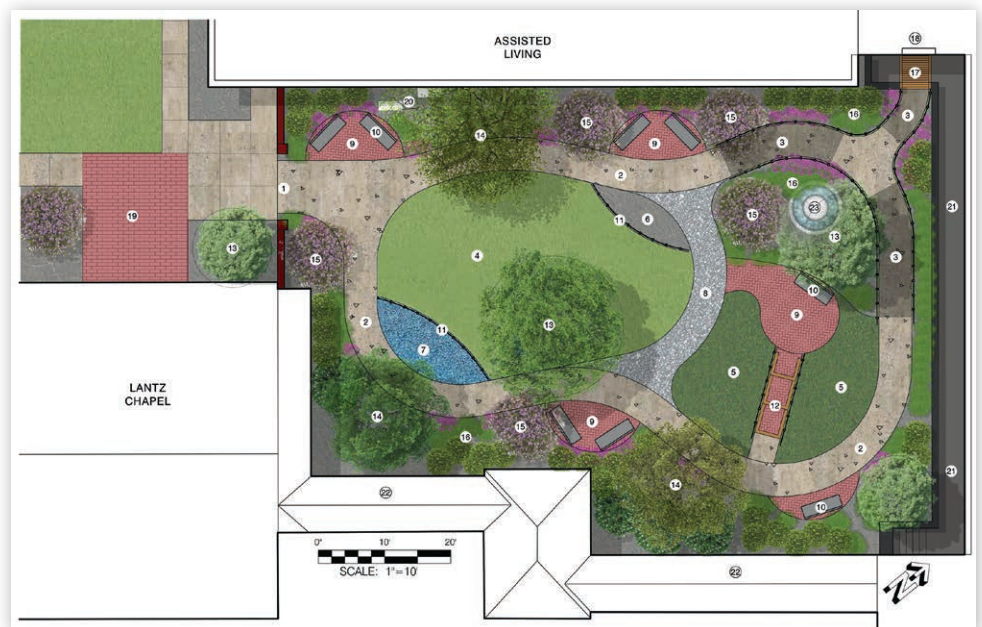
He also envisions incorporating fresh herbs and vegetables in soups and sauces.

“We have a cream sauce for fish that would be elevated by fresh herbs,” he added.

“Bowtie pasta salad and tricolor pasta salad would both be fabulous with fresh produce. In the summer we usually add a tomato, cucumber, and onion salad to the menu, and it would be awesome to boast that it is BRC grown.”

The benefits, he believes, will go beyond fresh menu offerings. It's not a stretch for him to see how residents develop a stronger sense of belonging when they know that they contributed to what they see on their plates.

[Continued on next page]



A concept plan for a new Wellness Garden located near Lantz Chapel.



## COMMUNITY GARDENS TAKE ROOT [continued]

“Many of our residents used to produce a lot of their own food, and giving them that connection again is huge,” he said.

### A path to wellbeing

With vegetable and edible gardening plans underway, Laura has her sights on another outdoor project that will strengthen residents’ connection to nature and vitality. Nestled between Assisted Living and Nursing buildings and Lantz Chapel, an inviting courtyard provides the ideal space for a future therapy and fitness oasis.

“We are excited about getting people outside to support our culture of whole-person wellness,” she said.

In connection with the fitness and therapy teams, Laura developed a vision for the centrally located garden that includes areas for meditation, family and friend visits, therapeutic gardening, and exercise classes. One of the primary features will be a multi-terrain walking path that can be used to help residents regain strength and balance while in BRC’s rehabilitation program.

“The space will provide an important tool for us, and a convenient way to get people out in a controlled environment so we can help them navigate different walking surfaces that

---

“ We are excited about getting people outside to support our culture of whole-person wellness”

— Laura Spicer, Director of Resident Wellbeing and Engagement

they might encounter—from a trail to a downtown street,” said Nicole Yeago, rehabilitation coordinator.

“We always want to challenge residents to get to their highest level of functioning. The path will be another way for us to encourage them on that journey,” she said.

Fitness Center Coordinator Alison Snook is looking forward to using the space for group classes to break up the regular fitness center routine.

“We can get pretty creative out there. We just might engage someone who isn’t







Residents and team members enjoy a container gardening workshop in the community garden on Founder's Day.

generally interested in an organized exercise class,” Alison explained.

She also sees potential for residents experiencing Alzheimer’s or dementia to use the garden to safely improve their movement and mobility, factors that are key indicators of quality of life.

## Bountiful blooms

Completing a campus-wide triangle of outdoor attractions is a small cut-flower garden taking shape near Independent Living cottages on Wayside Drive.

As the weather warms, residents, team members, and visitors will find zinnias, cosmos, pot marigolds, and other vibrant blooms, along with botanical “filler” plants available for snipping. Laura is eager to see people stopping by to gather flowers to take on a visit with a loved one and for residents to enjoy a bouquet in their own homes.

“We hope this takes off, and in the future—with our vision for larger wellness and community garden spaces—we can find an area to make an even bigger cut-

flower showcase,” she said, crediting the BRC grounds team and Vice President of Development and Community Relations Carrie Budd with giving the once-abandoned raised bed new life.

For Independent Living resident Rob Kloetzer, the trio of gardens highlights BRC’s abundant natural resources and an environment that beckons to explore. He and his wife are looking forward to the new walking and biking trails that will soon connect campus with the community near Oakdale Park.

“When we’re walking around the neighborhoods, we often to stop and talk to people about their gardens and containers around their homes. It’s an interest that we can bond over,” said Rob. Back at home, the couple keeps an eye on their tomato, eggplant, and cucumber plants in the community vegetable garden right from their back window.

“There is a lot going on here to encourage you to get outdoors and to make the most of life,” he said.



# Board Member Spotlight

## Bob Armbruster

---

**B**ob Armbruster's professional experience in philanthropy and love for the community of Bridgewater made him a natural fit to serve on the BRC Foundation Board.

"My wife and I are both graduates of Bridgewater College," he says. "That's where we met in the mid-70s. And we came back here to the Valley in 2010 toward the latter part of my career."

Bob spent the majority of his career working in international shipping. But in 2010 he decided to accept an opportunity to work in advancement at Bridgewater College. He worked at the college until his retirement in 2017.

Bob says that the career shift from shipping to philanthropy was an important way for him to end his career with meaning and purpose. "There was an opportunity to do something different prior to my retirement. I loved my career in shipping. But at the end of the day, it just didn't have the same depth or meaning that I found working in philanthropy."

While the shift may seem radical, the Armbrusters had long been involved with philanthropy. "We engaged in philanthropy long before I ever came to work in it professionally," Bob says. "I did other types of fundraising earlier in my career. And we've established a family scholarship at Bridgewater College. So we don't just talk the talk—we've walked the walk."

While working at Bridgewater College, the Armbrusters began to get more involved with the local community and make connections to BRC. "My wife got involved and engaged with the Bridgewater Home Auxiliary," he says. "She ultimately served as co-president. There were no family connections and we don't have a historic connection to BRC, but it's the people and the mission that really drew us."

Bob appreciates the work the BRC Foundation has done over the past several years, including the Advancing the Vision and Building Connections campaigns that brought new life to Nursing Households and Assisted Living. And he's excited about the opportunities presented by the current LiveWell Campaign.

"At the moment, the physical environments are strong. So what are the next steps? And that's the enrichment of the people's lives that are living there," he says. "That's what I see the LiveWell Campaign really addressing. How does BRC continue to engage its residents with activities and ideas beyond just the physical nature of their room or the dining services and that type of thing."

"Those are important aspects to life. There's a number of wonderful, vibrant people living at BRC. So tap into that vitality and provide opportunities for them to continue to live the well-lived lives that they've already been living for 60, 70, 80 years."

Bob also sees the LiveWell Campaign as a good bet on the future of BRC. "There are certainly plenty of choices out there. We're blessed in the local area to have multiple options for senior living. This campaign gives BRC the opportunity to differentiate itself by being the best it can be at those aspects of living life."



# Team Member Spotlight

## Joshua Switter

By Kelsey Hartman



Joshua is a volunteer-turned-full-time-team-member whose enthusiasm for BRC is contagious. When I came to Gardner House, a memory support household, for an activity and didn't know anyone, Joshua was one of the first team members to make me feel welcome. Here he is in his own words:

### **What do you do at BRC and how long have you been part of the team?**

I work in Gardner House as a medication aide and CNA, but a lot of what I do is getting to know the residents and doing activities with them, which is one of the best things about being here. I've been here about three years—I actually started as a volunteer working with Restorative Care and then became a CNA. When I was a volunteer, I realized I could make a career out of this and that was really something special.

### **What is your favorite thing about working in Gardner?**

Getting to work with the residents. I leave feeling like I did something good each day. I love being able to cook a meal for them on Mondays and Fridays, and I love to involve them. Last week we made biscuits that turned out amazing!

### **What have you learned about working with residents who may have cognitive challenges?**

You have to realize that every single person is different. Every individual is different and sometimes one is different from one day to

the next. You can't assume what they need is the same as someone else or even the same as what they needed yesterday. Why are they sad—and what do they need? Why are they happy—and how can you repeat that? You have to be adaptable.

### **How do you like to spend your time when you aren't at work?**

I do a lot of projects around the house and I cook at home—and I love disc golfing! Anytime I go on a trip or vacation I check courses. I've been playing since I was in a stroller, so my whole life. I was actually at Bridgewater College when they put the course on campus and won the inaugural tournament there—I'm on the intramural champions list in the Funkhouser Center. My favorite course is called the Hornet's Nest in Charlotte, North Carolina (but it's not for beginners).

### **If you could have any superpower what would it be?**

The power to control light!

### **What's a fun fact you'd like to share?**

I lived in South Korea when I was a kid, from age 11 to 13.

### **Is there anything else you'd like to add?**

I love working here! It's the best environment and the best job I've ever had. I truly look forward to coming in to work here.

Joshua, we are so fortunate you chose to join our community, and our residents are blessed by your time, talents, and care. I left our conversation inspired to do my job with the same passion (and ready to play some disc golf)!







# Stargazing

## John Sellers Invites You to Explore BRC's New Campus Observatory

---

It's a hot summer afternoon, and John Sellers is hard at work sweeping oak catkins off the freshly paved observing deck at BRC's new stargazing observatory. His wife Faye lovingly points out that the catkins are continuing to drop.

But it's worth sprucing up. The deck is, of course, where all the stargazing magic will happen. Directly behind it is an attractive storage shed with wide French doors and a charmingly decorated interior—complete with star maps, moon lamps, and plenty of space-themed décor.

"When we lived in Harrisonburg, I had a very similar building behind my house that I used for astronomy. One of the downsides of moving here is that I was going to lose access to that. But we decided to sell, and I put these scopes in storage," he says, referencing three telescopes inside the observatory.

It then occurred to him that BRC might be interested in creating something similar on campus. He pitched the idea to the senior leadership team and was immediately met with enthusiasm.

John worked with Helmuth Builders to construct the shed which arrived at BRC in November. The scopes came out of

storage and, after months of planning and coordinating, are nearly ready to be enjoyed by residents at all levels of living at BRC.

"You'll notice most of these scopes are on wheels," John says. "So we can just wheel them out onto the deck under the open sky."

"What we'll mainly observe here will be the moon, the brighter planets, and I'm in the hobby of locating double stars," he says. "Double stars are beautiful. They have different colors—red, blue, yellow, orange—and we can lock in on these double stars."

Nighttime viewing might not be ideal for everyone though. So, for residents who would be more likely to enjoy daytime viewing, he's even added a solar filter for solar observing. "The sun is very interesting. It has all the sunspots that differ from day to day. You look out one day and the next they've changed, or moved, or others have popped in."

John's been looking up toward the sky since he was a kid. "I have to credit my mom for that," he says. "She was always buying me little scientific stuff. She

[Continued on next page]



## STARGAZING [continued]

bought me a microscope—and I liked the microscope well enough. I'd get a little pond water and look at the little worms. But when she got me the telescope—well I kind of forgot about the microscope.”



“It was just a little telescope—I think it did have a tripod. I remember the first thing I looked at. I walked out in the backyard and there was a star up there. I rested the little telescope on the fence post, and I looked up. And it was real small, but I could see a little ring around it. And somebody said, ‘Well, that’s Saturn!’ And I was hooked from that point on.”

Needless to say, the scopes available at the new observatory pack a bigger punch. Two are equipped with computers. So, with a quick input of data, they can automatically locate stars, planets, galaxies and more from a library of thousands of celestial bodies. The largest of the scopes features an 11” aperture. Light pollution creates some challenges with spotting dimmer objects like galaxies, but with an aperture

of that size and quality, the brighter planets in our solar system are viewable in stunning detail.

Soon, residents at all levels of living will be able to enjoy the deck for stargazing. The observatory is located directly behind the WoodWerks building. A new sidewalk has been laid so that the viewing deck is accessible for wheelchairs and walkers. John kicked things off with an open house event in early August and will continue to announce dates and times for viewing sessions on Wellzesta.

John is also an active member of the Shenandoah Valley Stargazers, an amateur astronomy club that conducts regular outreach programs, including educational presentations at local libraries and schools. He’s hopeful to be able to coordinate with the club to host presentations on campus.

And, of course, BRC will now be equipped to fully take in the magic of the cosmos during special astronomical events. “Every once in a while, there’s something that pops up in the sky that’s interesting. Like a comet,” John says. “Now they’re rare—they don’t come often. But when they do, you’ve just got to look at it.”



# “Some Enchanted Evening” indeed!

Bob McDonald and Tony Nalker (son of our very own Dave and Susie) presented a fabulous collection of Sinatra, Broadway, and Hollywood classics to a packed house!



## The results are in, and ... wow!!

We swept the listings in the new U.S. News & World Report rankings for senior living:

- ☒ **Best Independent Living**
- ☒ **Best Assisted Living**
- ☒ **Best Memory Care**
- ☒ **Best Continuing Care Retirement Community**

*Out of 3,045 locations surveyed, only 7 communities met the exclusive criteria needed to make the “best” list in all four categories!*







# Junior Volunteer Says Good-Bye After Serving 500 Hours at BRC

By Dawn Medley

“I wasn’t looking for a volunteer opportunity,” said recent Turner-Ashby High School graduate Nora Shank. She was thinking back to the conversation six years ago when she first heard about the Junior Volunteer program at BRC.

But after learning more from a friend’s sister who was a current volunteer, Nora—then just 12 years old—decided to see for herself. It didn’t take long for her to connect with the long-term care residents as well as other volunteers and BRC team members. Soon she was spending a significant part of her school breaks at BRC, logging more than

500 hours throughout her middle and high school years.

“She would come home and just start sharing all of these stories about the lives and personalities of the residents she had worked with,” said Fred Shank, Nora’s father.

“She thrives on interacting with people, and Bridgewater [Retirement Community] has absolutely allowed her to explore her interest and run with it,” he added.

This fall, Nora will take her calling to the next level, entering the nationally

accredited therapeutic recreation program at Longwood University, about two hours away in Farmville. One of the university's flagship programs in the area of education, health, and human services, therapeutic recreation courses explore how restorative activities and community-based interventions can improve the quality of life of people with illnesses or physical limitations.

"With her experience in healthcare, she will have an edge going into college," said Michelle Hartman, household coordinator in Unity House, where Nora has primarily served during the past few years.

"She has learned firsthand how to be a good communicator, gain residents' trust, and how to be direct with them to heal and gain independence."

Nora's initial duties at BRC centered around taking residents to appointments at the on-campus beauty salon, a role she "really enjoyed," and continues to look forward to each time her shifts include the task. Those casual trips led to increasing responsibilities and strong bonds with many residents.

"They just light up when they see her, and they ask to be partnered with her," said Laura Powell, director of volunteer services.

Laura instantly felt a kinship with her as a new recruit, making it even more personal to watch Nora grow into her role and pursue a degree in a related field.

"From the beginning, I realized that we are both naturally introverted, but working in

this setting draws us out; we become more outgoing, confident, and engaging," Laura said. "It has been a joy to see her come out of her shell and discover something that not

only she enjoys, but she's very good at."

The Junior Volunteer program—which typically enrolls about 25 members—is one component of a multifaceted volunteer force that aids in virtually every aspect of life at BRC. The youth program is a critical training

ground for future healthcare workers and vital to the culture of compassion and energy at the core of BRC's mission.

It also holds special significance for Laura, who began her tenure at BRC as a junior volunteer.

“She has learned firsthand how to be a good communicator, gain residents’ trust, and how to be direct with them to heal and gain independence.”

— Michelle Hartman,  
Household Coordinator

### *At a Glance:* BRC Junior Volunteer Program

- **Eligibility:** Youth ages 12-18, no prior connection to BRC required
- **Timeframe:** Opportunities concentrated during June – July (summer break), additional shifts available in consultation with director
- **Average number of participants:** 25 – 30
- **Average hours worked by Junior Volunteers annually:** 2,500 – 3,000
- **How to apply:** Contact Laura Ipock Powell, Director of Volunteer Services, at [lpowell@brcliving.org](mailto:lpowell@brcliving.org)

"I'm just really excited to have kids back on campus and making meaningful intergenerational connections with residents," Laura said. She has had to be

[Continued on next page]



## JUNIOR VOLUNTEER NORA SHANK [continued]

creative as a result of scaled-back volunteer operations since the beginning of the COVID-19 pandemic more than two years ago.

“Nora took the initiative to call me to see what she could do to help during the lockdowns. She was motivated to come back in as soon as we could make sure it was safe for her and the residents,” she added.

summers, she gained time management skills as well as valuable on-the-job experience.

“She makes sure to have eye contact and genuinely listens to residents, which helps them feel significant and respected,” said Michelle, explaining Nora’s impact in Unity House. Laura noticed the same quality early in her volunteer career.

Nora is looking forward to demonstrating what she has learned at BRC and developing more leadership confidence as an undergrad. She admits that she’ll miss

her relationships with residents, but she’ll take with her the lessons they imparted, often unintentionally.

“They teach me so much just by sharing their lives with me. It has been so rewarding to spend my time there,” Nora said. She emphasized that the BRC team members she works with have many qualities that she hopes to emulate as she pursues her studies.



As she focuses on rebuilding the program, Laura is inspired by longtime participants like Nora to draw in young volunteers who are interested in serving for many years.

Juggling six-hour shifts three days a week at BRC with a regular babysitting job and volunteering with the Bridgewater Challenger baseball team during the past two

“I often tell the junior volunteers that the small things make the biggest impact,” Laura said. “Nora is just a natural at putting that concept into practice. She is a master at building relationships.”







# License to Chill

## A Founder's Day Cheeseburger in Paradise

BRC knows how to throw a birthday party! We celebrated 57 in style with a tropical-themed cookout and plenty of fun!





# HONOR ROLL OF DONORS

## *Non-Tributes*

January 1, 2021 – May 31, 2022

Anonymous Donor  
 Stanley & Karen Abbot  
 Frank & Joyce Aigner  
 Raymond & Susan Albers  
 Judith Miller Allen  
 Robert & Linda Alley  
 Robert & Beverly Armbruster  
 Bob & Mary Atkins  
 Edward & Ellen Baldwin  
 Heather & Eric Barkey  
 Martha Barlow  
 John G. Barr  
 BB&T  
 Beaver Creek Church of the Brethren  
 Gary & Nancy Beckfeld  
 James & Anita Beckman  
 Norman Benner  
 Roger & Sonja Bible  
 Mary Ann Blaine  
 Charles & Arvella Blair  
 Martha R. Bloom  
 Delmer & Sue Botkin  
 Bruce & Nancy Bowman  
 Chester & Eleanor Bowman  
 Jim & Sylvia Kline Bowman  
 Ronald & Mary Bowman  
 Dr. Dick L. Boyd  
 Rev. Auburn & Ruth Boyers  
 Chester & Nancy Bradfield  
 Martha Bradfield  
 George Brenneman  
 Bridgewater Church of the Brethren  
 Bridgewater Home Auxiliary  
 W. Richard Brown & Kathleen Siker  
 Ted & Carrie Budd  
 Calvary Church of the Brethren  
 Campbell Print Center  
 Dr. Joseph & Betty Caricofe  
 Jim Carter & Pam Hunt-Carter  
 Cedar Grove Church of the Brethren  
 Cedar Grove COB Women's Fellowship  
 Robert Chandler  
 Charles & Edith Chapman  
 Charlottesville Church of the Brethren  
 Allen & Naoma Clague  
 Mary Clanahan  
 Miriam Cobb  
 Community Mission Church of the Brethren

Sally Jane Conner  
 Converge Local  
 Judy Cason Cook  
 Virginia Coppedge  
 John S. & Amy L.H. Correll  
 Glenn Alexander Costie  
 Patricia S. Costie  
 Terence H. Crowgey  
 Benny & Cathy Cupp  
 Samuel & Nancy Dagen  
 Michele Dalton  
 Dominion Energy Charitable Foundation  
 Dr. Garner H. Downey & Mae Frances Thacker  
 Downey Estates  
 Hattie Driver  
 Rebecca V. Driver  
 Robert & Lois Emswiler  
 Thomas F. Endress  
 Fonda H. Erdman  
 Dawn T. & George R. Erdman, II  
 Kaye Estep  
 L. Kathryn Evans  
 Greg & Jolene Farrar  
 Richard & Janean Fawley  
 Emerson & Elaine Fike  
 J. Michael & Cynthia Fike  
 Julian & Joanne Fisher  
 Wallace & Virginia Flatgaard  
 Flat Rock Church of the Brethren  
 James & Ann Flora  
 Lillie Ann Baldwin Flora  
 Wanda M. Flora  
 Doris Jeanne Frantz  
 Donald & Polly Fravel  
 Donald & Jane Fulk  
 Gregory S. Fulk  
 Carole & Dennis Gaines  
 John & Marilyn Garber  
 Sandra Gardner  
 James & Phyllis Gaskins  
 Diane Gasper  
 Donald & Elaine Gentry  
 Donald & Susan Gilkeson  
 Ron Gilkeson  
 Juliana Graham  
 John Guiniven & Dianne Hartley  
 Roger Hall  
 Doris Harsh  
 Niles & Kay Harvey  
 Wallace & Carolyn Hatcher  
 Henry & Loretta Hawkins  
 Judy Henneberger  
 Hershey Creamery Company

John & Phoebe Hershey  
 Hess Financial  
 Shelia S. Hevener  
 Vivian E. Hevener  
 Chris Hively  
 Dr. Wallace & Eleanor Holthaus  
 Dr. Jesse & Alice Lee Hopkins  
 Gloria R. Horne  
 Michael Hostetter & Nancy Cherniss  
 Houff Charitable Foundation  
 Houff Corporation  
 Houff Family Foundation  
 Dwight & Carolyn Houff  
 Neil & Sara Houff  
 Rev. Debra Sue Huffman  
 Rufus & Elaine Huffman  
 Kathy Ipock  
 Lee & Andrew Jackson  
 Joe Bowman Auto Plaza  
 J. Robert & Patricia Johnson  
 Gayle & Hester Judy  
 Alexandra Kanya  
 Betsy Kennedy  
 Nancy Keplinger  
 Robert & Sarah Kloetzer  
 Don & Carole Landes  
 Herman & Charlotte Landes  
 Paige Landes  
 John D. Layman  
 Virginia D. Layman  
 Henry & Ellen Lineweaver  
 Mary Ann Littrell  
 James & Vivian Longenecker  
 Luray Church of the Brethren  
 Doris M. MacDaniel  
 Ralph & Alice MacPhail  
 Doris Manning  
 Laura S. Mapp  
 Doris Martin  
 Rod & Sandy Martin  
 Miriam S. Martindale  
 Roger & Sharon McCafferty  
 Joel "Mac" & Beverley McCauley  
 Dorothea McGay  
 Stephanie V. McNeill  
 George & Juanita Mendenhall  
 John & Courtland Meyer  
 Ray Michael & Shirley Creekbaum  
 Mill Creek Church of the Brethren  
 Dawn Elizabeth Miller  
 Janice Kathryn Miller  
 Joyce D. Miller  
 Barry & Connie Minnick  
 Frances B. Moore

Katharine Moore  
 Mount Bethel Church of the Brethren  
 Mount Olivet Church of the Brethren  
 Mountain Grove Church of the Brethren  
 Barbara K. Moyers  
 Anthony W. & Lisa Nalker  
 Anne W. Nielsen  
 Anne-Huston Parker  
 Partners Excavating  
 Eddie & Patricia Patterson  
 Larry & Jane Pelletier  
 D. Jean Petre  
 Ronald & Sarah Pierce  
 Pine Grove Church of the Brethren  
 Pine Grove Church Women's Fellowship  
 Edward & Judith Powell  
 Nan Powell  
 Charley H. Puffenbarger  
 Bob & Mitzi Puffenbarger  
 Queen City Creative LLC  
 Charles R. Raisner  
 Dennis & Mary Jane Rawley  
 Eva Reeves Estate  
 Richard & Maralee Reeves  
 Robert L. & Carol Kim Retka  
 David & Vicki Richard  
 Edward & Joann Rinaca  
 Jane W. Ritchie  
 E. Earl Rodger Estate  
 William & Tammie Rodgers  
 Kenneth Blair Roller  
 Michael R. Ross  
 Blaine & Judy Ryman  
 LeVerle H. Sappington  
 John H. & Faye T. Sellers  
 Fred & Helen Shank  
 Abram J. Shearer  
 Shickel Corporation  
 Donald & Donna Shiflet  
 Helen Shiflet  
 Shiloh Church of the Brethren  
 Aaron & Jennifer Shirkey  
 Elwood & Barbara Shrader  
 Shreckhise Shrubbery Sales & Landscapes  
 Sign Pro  
 Edgar & Catherine Simmons  
 Patricia Sites  
 Sue Smiley  
 Smith Creek Church of the Brethren  
 Jeffrey E. Snelson  
 Wayne & Carol Spangler  
 Kathleen C. Stanley Estate  
 Staunton Church of the Brethren  
 Janet S. Stepp

Kent & Patricia Stoneburner  
 Garnet Suiter  
 Homebuilders Sunday School Class  
 Sunrise Church of the Brethren  
 Rev. Fred & Nancy Swartz  
 Linda S. Tanguay  
 Richard Thacker  
 The American Legion-Shen. Valley Post #188  
 The O'Connor Group  
 Robert A. Thompson  
 Noelene Timberlake  
 Timberville Church of the Brethren  
 Jackie Towers  
 Cynthia A. Tusing  
 Valley Pike Church of the Brethren  
 Janice W. Wade  
 Wakemans Grove Church of the Brethren  
 Bonnie Lou Wampler  
 Dorothy W. Wampler  
 Frederick & Joyce Wampler  
 Glenna Wampler  
 Doris S. Waters  
 Elizabeth Webster  
 Michael & Janet Weeks  
 Tom & Marnie Wheatley  
 Larry & Amy White  
 Sharyn D. Wichael  
 Richard & Pamela Wilkins  
 N. Paige & Ann Will  
 Howard & Nancy Wilson  
 Ray & Ann Wine  
 Richard & Judith Winner  
 Robert & Nancy Wiskeman  
 Nancy R. Woody  
 Richard & Audrey Wright  
 A. Merv Wunderlich  
 Richard & Margaret Wurst  
 Berlin & Paula Zirk

☞ Team Member  
 † Deceased

## *Tributes*

**January 1, 2021 – May 31, 2022**

### *In Honor of*

**Erika N. Moore**  
 Katharine Moore  
**Betty Staubus**  
 Jill M. Rhodes ☞

### **Betty W. Browning**

James and Julie Leitner

### **BRC residents, staff, & volunteers**

Pamela B. Arbogast ☞

### **BRC Team Members**

Jeffrey and Faye Curl

Rhonda K. Collins ☞

### **Carlyle Whitelow**

Nancy Spencer

### **Donna Collins**

Eldon and Sandra Armstrong

### **Doris MacDaniel**

Ed and Betsy Craun

### **Dottie Lion**

James and Julie Leitner

### **Grounds, Village & Home Maintenance**

Thomas Carper ☞

### **June White**

James and Julie Leitner

### **Kitty Armstrong**

James and Julie Leitner

### **Nancy Flaherty**

William B. Kyger Jr.

### **Norman Benner**

Anita H. Landes

### **Odessa Sandridge**

James and Julie Leitner

### **Roma Jo Thompson**

James and Julie Leitner

### **Serenity House Team**

Abram J. Shearer

H.G. and Jean Texiere

### **Waltine Simmers**

James and Julie Leitner

Michele ☞ and Scott Dorrill

## *In Memory of*

### **A.C. Gray**

William P. & Bonnie Burks Gray

### **Anne T. Oberndorfer**

Ann Weese ☞

### **Bob & Sarah Scott**

Edward & Carolyn ☞ Budd

### **Burton Metzler**

Diane H. Metzler ☞

### **Cathy Ritchie**

Jane Towers ☞

### **Chloia R. Barker**

Carol & Buffy Shapiro

Barbara Richardson

Todd Richardson

Bridgewater Village Residents' Association



### Christina Blackwell

Bridgewater Village Residents' Association

### Dale Ulrich

Ervin & Ann Anderson  
Richard & Margaret Wurst

### Diana M. Koepp

Doris M. MacDaniel

### Doris V. Benner

Hannah Baugher  
Anita H. Landes  
Sandra G. Baker  
Anne C. Weybright  
Lois M. Rhodes  
Marvin J. & Frances A. Turner  
Garnet Suiter  
Lea Cotton  
Ruth B. Dean  
Rockingham Cooperative  
Fidelity Charitable Gift Fund  
David and Susan Wolf  
Carol J. Benner-Chaffinch

### Dorris Wampler

Fred F. Wampler

### Dr. J. Paul Wampler

Bridgewater Village Residents' Association

### Edgar Flora

Allen Flora

### Elinor Abbot

Doris M. MacDaniel  
Jonathan J. Lamb  
Bridgewater Village Residents' Association

### Elizabeth Budd

Douglas & Karen Wright

### Emma Jean Flory

Martin J. Ritchie  
J. Douglas & Dianne L. Rogers  
Bridgewater Village Residents' Association

### Evelyn L. Van Pelt

William Davis  
Patricia S. Costie  
Vincent & Laura Fusco  
Wanda S. Moad  
Charles C. Shiflet Jr.  
Van Huong Tran  
Keith & Ronda Buchanan  
Ralph & Maxine Magri  
Lanny L. & Phyllis B. Branner  
Doris Baker Popiel & Family  
Bridgewater Village Residents' Association  
Bonnie Lou Wampler  
Vickye Harvey

### Freddie F. Frazier

Forrest L. Frazier

### Great-Uncle Josh Taylor

Carlyle Whitelow

### J. B. and Louise S. Minnich

Saraona F. Minnich

### Jack L. Whitley

Alan & Nan Keller

### James Puffenbarger

Charlsey H. Puffenbarger

### Jan Davis

Rita Davis 📧

### Jane Wine

Bridgewater Village Residents' Association

### Jimmy MacNaughton

Virginia MacNaughton  
Nancy C. Bryant  
Bridgewater Village Residents' Association

### Joyce Schumacher

Richard and Margaret Wurst

### Julie, Amy & Marcella

Russ 📧 & Brenda 📧 Barb

### Leon Waters

Richard & Margaret Wurst

### Lloyd and Margaret (Peggy) Knicely

John & Jackie Shoemaker

### Lura G. Ritchie

Lura Ritchie Flick 📧

### Marcella Thomas, BRC Dining Team (2)

Laura 📧 & Caleb Spicer

### Margaret Flory Wampler Rainbol

Pamela Flory

### Margaret H. Rexrode

Bridgewater Village Residents' Association

### Margaret Louise Huffman

Doyle Hess  
David Weaver  
Phil Randolph  
Mike Webster  
Scott Glover  
Rob Cleaver  
Pat Shiflet  
Bruce Crantz  
Barry Long  
Greg Jantz  
Loretta G. Frantz  
Kenneth M. Vest  
Bridgewater Steam & Gas Group  
Matthew & LeAnne Young  
Theresa Sponaule  
Harrisonburg Electric Commission  
Kenneth & Grace Martin  
Peter A. & Elizabeth O. Desmit  
Charlotte Craig

### Mereta Landes

Terence H. Crowgey

### Michael Grandle

Sandra Crippen  
Ethel M. Brown  
Vicky Zapata  
John and Jackie Shoemaker

### Miriam Holl

Allen Flora

### W.P. Mitchell

Linda S. Tanguay

### My Mother Muriel C. Whitelow

Carlyle Whitelow

### Peggy Graham

Richard & Margaret Wurst

### Peggy Miller

Nancy C. Bryant

### Phyllis Smith

Bernice A. Stipic  
Blue Ridge Insurance Service, Inc.  
Kathy S. Shindell  
Joan C. Orndorff  
Constance C. Elbon

### Reba S. Rawley

Bridgewater Village Residents' Association

### Robert M. McDonald

Joan K. Alley  
Charles & Arvella Blair  
Patricia S. Costie  
Donald L. & Linda R. Holsinger  
Frederick L. & Gail P. Fox  
Jacqueline G. Towers  
Louise R. Burtner  
Covenant Alianza Presbyterian Church  
Robert S. & L. LaRose Hayes  
Deborah Harter 📧  
Nancy C. Bryant  
Jean & Frank Gearing, III  
Jonathan J. Lamb  
Lee Anne & John Steffe  
Bridgewater Village Residents' Association

### Ruth Hume Taylor

David & Constance Taylor

### Swannie Smith Colvard

Michael & Gail Hunt

### Waltine B. Simmers

Larry & Mary Mullins  
Bridgewater Village Residents' Association  
Sherman & Opal Dodrill  
Dale & Linda Dodrill

### Wilda Blaine

Laura Ipock Powell 📧

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.

**Wilma Allen**

Evelyn A. VanPelt  
Karen V. Evans

**Yolanda E. Gerard**

Karen Gerard  
Ethel M. Brown  
Vicky Zapata  
John and Jackie Shoemaker

**W.P. Mitchell**

Linda S. Tanguay

**My Mother Muriel C. Whitelow**

Carlyle Whitelow

**Peggy Miller**

Nancy C. Bryant

**Phyllis Smith**

Bernice A. Stipic  
Blue Ridge Insurance Service, Inc.  
Kathy S. Shindel  
Joan C. Orndorff  
Constance C. Elbon

**Reba S. Rawley**

Bridgewater Village Residents' Association

**Robert M. McDonald**

Joan K. Alley  
Charles & Arvella Blair  
Patricia S. Costie  
Donald L. & Linda R. Holsinger  
Frederick L. & Gail P. Fox  
Jacqueline G. Towers  
Louise R. Burtner  
Covenant Alianza Presbyterian Church  
Robert S. & L. LaRose Hayes  
Deborah Harter 🏠  
Nancy C. Bryant  
Jean & Frank Gearing, III  
Jonathan J. Lamb  
Lee Anne & John Steffe  
Bridgewater Village Residents' Association

**Ruth Hume Taylor**

David & Constance Taylor

**Swannie Smith Colvard**

Michael & Gail Hunt

**Waltine B. Simmers**

Larry & Mary Mullins  
Bridgewater Village Residents' Association  
Sherman & Opal Dodrill  
Dale & Lula Dodrill

**Wilda Blaine**

Laura Ipock Powell 🏠

**Wilma Allen**

Evelyn A. VanPelt  
Karen V. Evans

**Yolanda E. Gerard**

Karen Gerard

🏠 Team Member

† 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.



# Live Well

## Campaign is Raising Funds to Enhance Life at BRC

---

### What does it mean to live well?

That's the question the BRC Foundation team took directly to residents as they began work on our latest major fundraising campaign. With major construction and renovation projects in the rear-view, the Foundation turned its attention to building on the progress we've made and taking our programming for residents and team members to new heights.

Your gifts to the LiveWell Campaign cultivate energy for life—enlivening our campus with programs that will enrich the lives of everyone we serve, provide greater opportunities to connect and grow, and even help us expand our positive influence into the greater community.

The campaign introduced three new giving opportunities:

#### The Energized Life Fund

Fund innovative programming designed in consultation with residents to enhance well-being across all eight dimensions of wellness.

- Expand access to visual and performing arts.
- Purchase new wellness equipment and launch new classes.
- Support lecture series and resident-led educational programs.
- Sponsor food-centered events to explore culinary delights and nutritional education.
- Expand volunteer opportunities.

#### The Work Well Fund

The quality of life for all BRC residents rests with team members. We need healthy, active, engaged team members with up-to-date skills, qualifications, and creativity to maximize life for residents every day.

- Fund scholarships for professional development—up to and including full degree programs.
- Provide emergency financial relief for team members facing crisis situations.
- Support team-focused health and wellness programs across all eight dimensions of wellness.



At the LiveWell Campaign launch event in May, supporters explored the impact opportunities available through the campaign and submitted a “LiveWell Dream Card” to share what they hope will come out of the campaign.

- Launch Culture University, an internal training program that reinforces BRC’s culture of resident-centered care and servant leadership.

### The Community Outreach Fund

Enhance our reputation as an active and contributing member of the greater community—from forging partnerships with other nonprofits to expanding our outreach and volunteer efforts.

- Launch VPAS Café, a social wellness program for area seniors hosted by BRC.
- Establish deeper partnerships between BRC and other nonprofits to tackle barriers to healthy aging.
- Support initiatives like Community Connections, which allows residents and team members to work together on service projects and donation drives.

And, of course, we continue to raise funds for the **Forever Family Endowment** which supports operations in Assisted Living and Nursing Households for residents who have

exhausted their financial resources, and the **Spiritual Life Endowment** which supports spiritual enrichment programming.

Support for the campaign has been overwhelming. As of this writing, 98% of the ambitious \$4.5 million goal has been pledged. These gifts add up to life-changing amounts and an amazing future for our community!

Thank you to all who have already given a gift to the campaign. If you have not yet given, we would love to have you join us in our efforts to help residents, team members and those in our community Live Well. Gifts can be a one-time donation or multi-year pledge.

You can learn more about the campaign and pledge your support by visiting [brcliving.org/livewell](http://brcliving.org/livewell).



**Carrie Budd**  
Vice President for Development  
& Community Relations







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, Laura Spicer, Missy  
Stover, and Cameron Tolley

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

**Art and Design** | Dustin Blyer

**Photography** | Sera Petras, Jeremy Douylliez,  
and Laura Spicer

**Special thanks to** | Rodney Alderfer,  
Ashlie Heatwole, Jim & Sylvia Bowman,  
Manny José, Rob Kloetzer, and John Sellers

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 requests for articles. Reproduction of articles may be done with written permission. Please contact editor Jeremy Douylliez via email at [communicate@brcliving.org](mailto:communicate@brcliving.org) or by mail at 302 N. Second Street, Bridgewater, VA 22812.



If you're wondering if you can enjoy your dream retirement, the truth may surprise you. When you take into account the expenses of home upkeep, transportation, and future health needs, the advantages of living at a Life Plan Community become clear. If you're looking for a retirement community that's welcoming, supportive, and affordable, come visit us. We think you'll find BRC is for you.

---

Independent Living | Assisted Living | Memory Support | Nursing Households  
302 North Second St. | Bridgewater, VA 22812 | 800.419.9129 | [brcliving.org](http://brcliving.org) 

BRIDGEWATER  
RETIREMENT COMMUNITY  
*energy* FOR LIFE