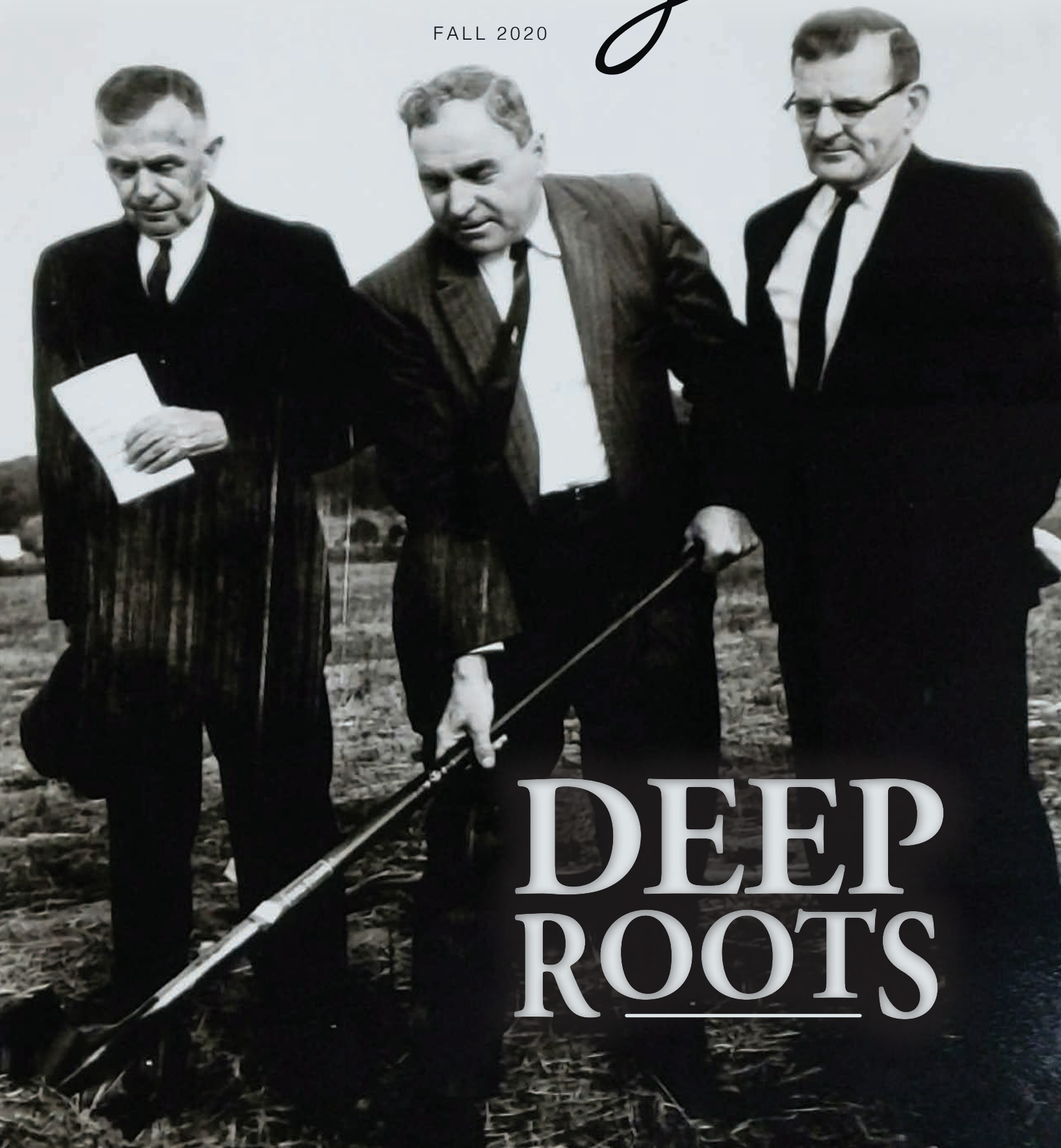


— THE —
Bridge
FALL 2020



DEEP
ROOTS



Assisted living resident Mary Ann Brown holds a sign up for her family to see during the resident-family car parade on July 15.

FROM THE PRESIDENT



I've said before that community is perhaps the most important word in our name. This year has only reinforced that belief. It's been an incredibly anxious time, with new challenges arising around every corner. Perhaps greatest of all, the new threat of "community spread" challenges the very principles on which our organization was founded.

Perhaps in a bit of irony, it's a different kind of community spread that's kept us grounded and stable throughout this storm. We have diligently worked to develop deep and lasting connections both within and beyond our campus borders. From our close connection to the Church of the Brethren to our direct outreach initiatives throughout the Shenandoah Valley, we have intentionally developed meaningful relationships. It's these very relationships on which we now rely.

In this issue, we've told stories that we hope demonstrate this idea. You'll learn about the results of last year's Senior Community Needs Assessment and the coalition we're building to meet the challenges it identified. You'll hear about our Community Connections team, who could have put their outreach efforts on hold but chose instead to develop innovative new ways to keep our residents and team members connected to our greater community. You'll discover the story of Director of Spiritual Life Russ Barb, whose great-uncle both funded and constructed our so-loved chapel and set him personally on a path for ministry.

These are, of course, only a handful of the stories we could tell. So, as we continue to navigate this challenging year, we know that it is these deep roots—these carefully tended and nurtured connections to each other and our greater community—that provide stability, grant nourishment, and give us purpose.

Finally, our team continues to prove nothing short of excellent. They are compassionate and patient with residents and families as we carve out a path forward together. They are innovative, adapting swiftly to rapidly changing circumstances, discovering ways to keep families connected to each other, and developing new systems to maintain services and normal operations. And they are good stewards of our community's shared resources.

I hope as you read this latest issue of *The Bridge*, you'll feel as proud as I do to be a member of this beloved community. Let's continue spreading out our roots.

Rodney D. Alderfer

Rodney D. Alderfer
President | Bridgewater Retirement Community

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Resident Corner

Fred Davino's Pesca Ripiene (Stuffed Peaches)

Fred Davino's skills in the kitchen are well known throughout our community. Here, he shares with us a quick and easy recipe that turns ordinary canned peaches into a show-stopping desert.

Ingredients

- 12 peach halves (approximately two large cans)
- ¼ cup finely chopped almonds
- 1 tbsp orange zest
- 8 macaroons, crumbled
- 3 tbsp sugar, divided
- 3 tbsp melted butter
- 1 cup peach or apricot brandy

4. Spoon 1 tbsp or so of stuffing on top of each remaining peach half.
5. Place peach halves in a greased baking dish. Pour the brandy evenly (but sparingly) over top of peaches and the remaining brandy along sides. Sprinkle the remaining 2 tbsp of sugar evenly over the top of the stuffing.
6. Bake, uncovered, for 20 minutes. Baste once halfway through.
7. Serve each peach half with a small amount of the warm sauce.

Method

1. Preheat oven to 375°.
2. Drain peaches and reserve syrup.
3. Prepare a stuffing. Mash 4 peach halves and combine with chopped almonds, crumbled macaroons, orange zest, melted butter, and 1 tbsp of your sugar. Mix well. Stuffing should be firm, not mushy or stiff. You can add some of the reserved syrup if it needs more liquid.

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



Fred Davino leads a cooking class for Village Residents in November 2019.

Introducing the Valley Senior Success Coalition

We knew last year that our work with Valley Program for Aging Services (VPAS) to conduct a Senior Community Needs Assessment could only be a beginning. The study's results, which we published earlier this year, identified critical challenges facing our community's aging population.

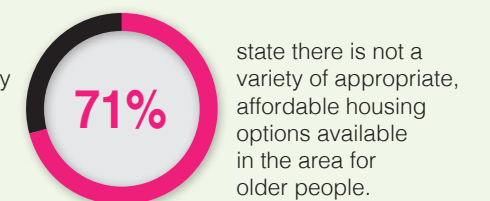
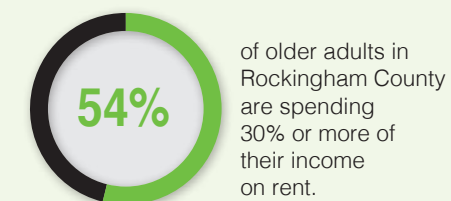
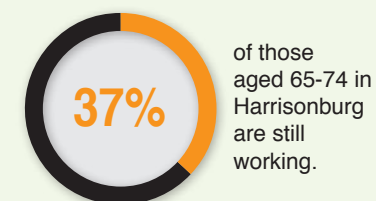
These challenges are bigger than any one organization can solve. So, for several months we've worked to build the Valley Senior Success Coalition: a team of individuals and organizations including VPAS, Sentara, and many more to collectively work to create real change for seniors in our community.

In late July, we launched a new website, ValleySeniors.Info, that features the results of the SCNA and highlights projects our coalition members are working on to address the results.

Like the SCNA, this is only a starting point. We'll continue to update the website regularly with new projects to showcase the incredible work happening to address issues like health care navigation, affordable housing, and social isolation.

SCNA Key Findings

Affordable Housing



Access to affordable housing is declining. Too many seniors are forced to choose between paying rent or paying for medicine, doctors' appointments, food, or transportation.

Health Care Navigation

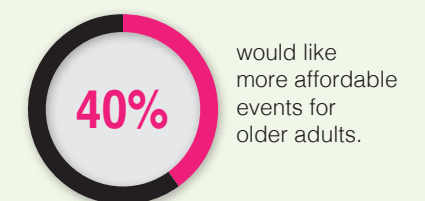
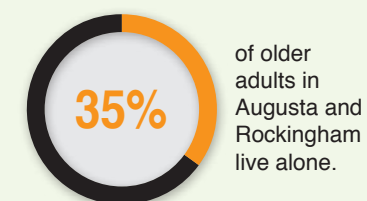
Rockingham County faces critical shortages of health care providers. Plus, Seniors are left at the mercy of a complex bureaucracy when trying to access care.

Most significant barriers to health care

- Lack of transportation
- Inability to pay out-of-pocket expenses
- Inability to navigate the health care system

Social Isolation

Seniors in our community who face isolation—from friends, family, loved ones, and community groups—are at a greater risk for illness and cognitive decline.

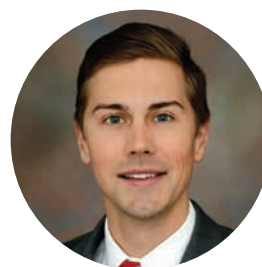


Learn more about the key findings and the work of the Valley Senior Success Coalition at ValleySeniors.Info.



In July, family members for assisted living and nursing residents participated in a car parade through campus—connecting with their loved ones in person for the first time in months.

BOARD MEMBER SPOTLIGHT



Abe Shearer

By Karen Doss Bowman

For Abe Shearer, serving on the Bridgewater Retirement Community Operating Board is like coming home.

Many of Abe's relatives, including his great-grandmother Mattie Alice Miller Texiere—who died a couple of months after her 99th birthday—and a great-aunt Lorraine Fike (Mattie's daughter), who lived to her mid-90s. His great-uncle (Mattie's son) Lowell Texiere, in his mid-90s, is a current resident. Abe's father, Dick Shearer, worked at Bridgewater Home in the late 1960s on assignment with Brethren Volunteer Service and now lives in the Village. In addition to many distant cousins who have lived at BRC, Abe has many friends still living in the community or serving on the board. "Life is full circle," says Abe, who joined the board in January. "There's a long history of my family who have been at BRC. It was an easy, natural, connection when they reached out to me and asked me if I had an interest in serving on the board. This is something I believe in, and it's near and dear to my heart."

Born and raised in Harrisonburg, Abe graduated from Turner Ashby High School in 2006. After earning his bachelor's degree in economics from James Madison University in 2009, Abe moved to New England, where he worked in broker-dealer regulatory compliance within the investment industry.

Abe soon made his way back home to the Valley. In 2012, he was elected to Harrisonburg City Council, serving a four-year term. His responsibilities included serving on the city's Finance Committee, the Virginia Municipal League Finance Policy Committee and the Central Shenandoah Planning District Commission. Though he decided not to run for a second term, he is grateful for the learning experience.

Abe joined Strategent Financial as an associate in 2015. He was promoted to a partner in 2018. He

received the Harrisonburg-Rockingham Chamber of Commerce Community Champion award for 2017, and in 2018 was named among the "Top 10 under 40" up-and-coming business leaders by the Shenandoah Valley Business Journal.

A member of Harrisonburg First Church of the Brethren, Abe also is the board chair for Big Brothers Big Sisters of Harrisonburg and Rockingham County and for Shenandoah Valley Economic Education Inc., an organization that facilitates economic learning for K-12 students in local schools.

"I'm obviously an economics nerd because that is what I studied," he jokes. "But this is a passion of mine. I'm careful about choosing my board involvement—I enjoy working with causes I am passionate about and care about. It's really easy and exciting for me to be enthusiastic about organizations that I'm passionate about."

Abe is passionate about sailing, especially on the Chesapeake Bay. An avid hiker, he recently climbed Charleston Peak in Nevada, and last year visited Yosemite to check a few other mountains off the bucket list.

Though new to the BRC Operating Board, Abe is excited about learning more about the place that has provided loving care to so many of his family members.

"Obviously being six months into my term, I'm still getting the lay of the land," Abe says. "But what I can say definitively—and with strong conviction and certainty—is that BRC has an excellent leadership team. And that makes our job as board members much less challenging because we know that the leadership team is already on the right track."

Campus Construction UPDATES



Step inside THE GROVE

At long last, we are thrilled to present the next generation of independent living lifestyle options at Bridgewater Retirement Community. The Grove features expansive layouts, contemporary finishes, an enhanced service package that includes weekly cleaning and laundry services, covered parking, and so much more.

Opening at full capacity, residents began moving in under strict safety protocols this March.



Up Next:

Meditation Garden

After much planning, fundraising, and delays due to COVID-19, the Meditation Garden rehab is finally underway! Our AL Resident Advisory Group is currently considering designs for the fountain and other finishes. Work is slated to be complete later this fall.

Assisted Living Rehab

Our current Assisted Living residents moved into brand-new apartments earlier this spring. Now, their vacated apartments are undergoing a complete transformation. The reconfigured and renovated apartments will be ready for occupancy in early 2021.

The Junction

Soon, BRC's newest dining venue will open to residents. The Junction features an outdoor dining terrace, a brick pizza oven, a cozy fireplace, coffee nook, plus an "action station" to feature rotating offerings like stir fry and sushi.

Concord House

BRC already sets the standard for memory support communities. Now, we are expanding capacity with the opening of Concord House in early 2021. Designed to maximize quality of life for older adults with mild to moderate cognitive impairment, BRC's memory support households provide an activity-based program in a comforting home-like environment.

Russ Barb's Chaplaincy Is More Than A Job—It's His Heritage

By Jeremy Douylliez



He was just a high schooler at the time, but Russ Barb, Director of Spiritual Life, remembers the day clearly. He was working a summer job for his Uncle Charlie, rerouting a gravel lane behind his hardware store.

"You're pretty good with that shovel," his uncle said. "But don't you want to do something other than construction work? Look at your hands. You've got minister's hands."

Russ didn't know it then, but his great-uncle C.D. Lantz—yes, the same C.D. Lantz who funded and built BRC's Lantz Chapel—was speaking directly into his life. For two summers, C.D. put Russ to work hauling lumber, cutting grass, and cleaning up around the lumberyard. On days when there wasn't as much to do, he'd have him dust the paint cans on the hardware store's shelves. He would always find work for him, and he always found time to ask Russ the big questions, nudging him to think beyond his youth to the life he hoped to build.

"He was so good at getting in your brain and asking that one extra question that you hoped he wouldn't ask," Russ remembers with a chuckle. "But he always asked it."

Russ eventually saw in himself what C.D. had seen and articulated so clearly that day. He was a sophomore at Eastern Mennonite University

studying biology and chemistry with plans to teach science after graduation, but a passion for ministry was beginning to blossom. He co-taught a youth class with his pastor and began to see the impacts of faith on the lives of others. It made a lasting impression on him. "I got the bug teaching," he remembers. "That's when I felt the call."

Soon after, he met and married his wife Brenda (also now a chaplain at BRC) and got a job on the maintenance team at Virginia Mennonite Retirement Community. Eventually, he and Brenda moved to VMRC to serve as live-in resident assistants. While there, they discovered a mutual passion for ministering to seniors, beginning bible study classes and actively engaging in the lives of VMRC residents.

"I never could accept the way seniors were being treated in nursing homes," he says. He began following the work of organizations like the Pioneer Network which helps care providers transition from institutionalized structures to life-affirming, resident-centered models of elder-care. "Finally, someone was getting a clue that the quality of life of seniors is important—that they don't go to nursing homes to die. They go to live." And he was zeroed in on the importance of spiritual care in this new way of thinking about long-term care.

Years later, following God's call to pastor congregations and completing education requirements for professional chaplaincy, Russ became aware that the chaplain position here at BRC was vacant. Because he knew how important the spiritual lives of BRC residents had been to his Uncle Charlie, and because he was serving a Brethren church that financially supported BRC, he called to make sure there were plans to fill the vacancy. He ended the conversation satisfied to learn that there were indeed plans to hire a new chaplain.

A few weeks later, he was visiting his mom for Christmas when she presented him with a special gift. She'd been going through some of his grandmother's old belongings and decided to pass on her personal bible to him. "It was one of the best Christmas present I could have ever gotten," Russ remembers. While thumbing through the pages, he discovered a newspaper clipping tucked safely away. In it, Ernest Wampler, J.S Huffman, and C.D. Lantz—Uncle Charlie—proudly stand together, breaking ground at Bridgewater Home for the Aging. "It was a call from God," Russ says. "That's where I should be." He put in an application.

Now, he shows up for work every day at the chapel named for his uncle—the same man who first identified the gift of ministry within him. "I knew my uncle's work ethic and that's in my mind every day that I come to work," he says. "It's personal for me. Because he was like a grandfather to me, and he spoke these things into my life."

As director of spiritual life at BRC, Russ now leads innovative efforts to expand the work and impact of our spiritual care team. Previously, BRC chaplains operated in more of an adjunct capacity. Now, spiritual care is an integrated component of a nursing resident's individual care plan, and BRC is equipping team members to provide basic spiritual care through an accredited training program. He's also looking to innovate how his team ministers to independent living residents. "How does ministering to independent, active residents differ?" he asks. "It means we need to be equipped to do different

things. It means grief support. It means dementia support. Our lane is getting wider."

So, C.D. was right all those years ago. Russ does indeed have minister's hands. And alongside Brenda, he's using them to fulfill and expand C.D.'s vision for the spiritual lives of BRC residents.





Spreading Love Beyond BRC

By Karen Doss Bowman

A global pandemic is no match for hearts willing to serve. The COVID-19 crisis hasn't stopped team members and residents at BRC from reaching out and giving back beyond campus.

Participants in the adult day program at Generations Crossing were included in a time-honored, BRC tradition: the gifting of Easter baskets to residents in assisted living and the nursing households, made possible through funds from hundreds of donors.

This event is one of many initiatives organized by BRC Community Connections. Established in 2018, the Community Connections team strives to host monthly activities supporting the mission of developing connections that promote "giving intentionally, voluntarily and exuberantly."

"This initiative gives our team members and residents a better understanding of the needs in our community and the realization that there are a lot of little things we can do in the world around us that make great impact," says Laura Powell, director of

volunteer services at BRC. "We're an organization that cares about the greater community."

Spreading Easter Joy

The Easter basket project, funded with support from the Bridgewater HealthCare Foundation, typically kicks off early in the spring as students from John Wayland Elementary School visit the residents to gather information about their favorite candies, personal care items, books, and more. BRC team members then create personalized baskets, usually delivered by the same students. Unfortunately, due to COVID-19 visitor restrictions, the children were unable to return to campus this year. Instead, the nursing team took over the job.

For the adult participants at Generations Crossing, who by that time had not been to the facility in over a month, the baskets were a joy to receive. The nonprofit organization's staff delivered some of the baskets to homes, while other participants came to the center for an Easter basket hunt in the parking lot.

"We were thrilled when [the BRC team] reached out to us with the idea of creating Easter baskets for our adult participants," says Lauri Deavers, executive director of Generations Crossing. "They even took the time to survey each participant to learn about what they would enjoy most in their basket. These Easter baskets became even more special after our center had closed down temporarily, and everyone found themselves isolated at home due to COVID-19. We were able to host a touch-free, drive-by pick up. The smiles on their faces said it all! Part of our mission statement is to encourage connection, growth, and fellowship. This kind gesture did exactly that. It is clear that BRC works hard to help support and enhance the lives of others in the community at large."



Foundation team member Tammy Jordan helps stuff and wrap Easter baskets earlier this year.

Strong Community Impact

Community Connections, which consolidates BRC's community service and volunteer outreach initiatives, strives to build stronger relationships by bringing together residents and team members to support a common cause. When the team was first formed, they

surveyed BRC community members to find out what nonprofits or local agencies they wanted to support.

The impact has been far-reaching. In 2019, Community Connections contributed over \$9,700 and more than 630 community impact hours in support of the greater community. Additionally, the team collected 450 children's books for "Read to Succeed," a book drive for the United Way. Other projects include participation in the American Cancer Society's Relay for Life, sponsoring a pantry drive the Bridgewater Volunteer Fire Department, and providing a meal for Open Doors, a Harrisonburg-based organization that provides shelter and support for people who are homeless.

For the past two years, BRC residents and volunteers have come together to serve dinner to Bridgewater Volunteer Rescue Squad members and their families, as well as make a donation to the squad.

"[This event] allowed the residents to get to know us and understand how we operate," says squad chief Laura Clark. "Many of them have donated to our agency, so it allows us to explain and show where their donations go. We've had the opportunity to do this twice, and we hope COVID will not get in the way of doing it in the future."

COVID-19 hasn't slowed down the Community Connections team. They recently hosted a blood drive in partnership with the Town of Bridgewater, obtaining 39 life-saving units. And in preparation for the new school year, they sponsored the "Uplifting John Wayland" campaign, writing encouraging notes and sending small gifts for teachers and staff such as chocolate, salty snacks, lotions, hand sanitizer wipes and items for the classroom.

While serving people and organizations in need is the greatest impact of Community Connections, Powell also values the opportunity to interact with residents and team members she may not otherwise meet.

"Our residents come from diverse backgrounds and bring together many talents and past experiences of service," Powell says. "It's wonderful to get to know them through these projects. Getting people connected and getting them involved in this work really hits on our vision of keeping residents engaged and enhancing energized living. This effort ties in very well to who we are as an organization."



In June, we were able to start allowing resident couples who live in different levels of care to visit outside at BRC's Oasis. Leon and Doris Waters, along with many other resident couples, hadn't been able to see each other in person in three months.

Love Thy Neighbor As Thyself

By Brenda Sipe Barb, BRC Chaplain

Patience seems to be in short supply these days. And it seems that flaring tempers are at an all-time high. Conflict and anger over the handling of the pandemic, along with non-compliance of the mandated wearing of masks and social distancing, has only served to heighten tensions during an already difficult period.

“ Treat residents, team members and volunteers with compassion, dignity and respect as embodied in our heritage of Christian values.”

— BRC Core Values

When the pandemic first began, America came together to support, comfort, and pray for one another. Doctors, nurses, EMS workers, and other essential workers were deservedly recognized as heroes. But though the pandemic continues to sicken and cause the deaths of hundreds of thousands of people in our country, the care and compassion towards others seems to be overshadowed by personal opinion, lack of respect, and conflict.

Our country was founded on Judeo-Christian principles. However, have we ceased to practice them? In Matthew 22:37-39, Jesus taught that the greatest commandment is to “love God with all of our heart, and with all of our soul, and with all of our mind.” And the second greatest commandment is to “love our neighbor as ourselves.” Following this teaching means that if you truly care about the wellbeing of your neighbor, you will refrain from refusing or complaining about the need to wear a mask lest you infect your neighbor. In turn, hopefully, your neighbor will do the same for you.

As individuals, we have the right to our own thoughts and opinions on issues. However, be

respectful of the same for those around you. Instead of feeling the need to express your opinion or “win” the argument, value your relationship above all.

The Apostle Paul writes in Philippians 2:3 (NIV), “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.” The Message Bible further expounds upon this, saying, “If you’ve gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the spirit means anything to you, if you have a heart, if you care, then do me a favor. Agree with each other, love each other, be deep-spirited friends. Don’t push your way to the front, don’t sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don’t be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.”

Okay, so this was written to the church at Philippi, but can’t we all just try to extend sincere kindness and compassion to others whether we agree on issues or not?

As November quickly approaches in this unprecedented and historic election year, I pray that we will all be mindful of a key statement made in BRC’s core values: “**Treat residents, team members and volunteers with compassion, dignity and respect as embodied in our heritage of Christian values.**” By adhering to these values, we not only honor the vision set forth by the founding fathers of Bridgewater Home, we also continue to fulfill their mission.

These same values—compassion, dignity, and respect—should apply not only to those within our BRC family, but to everyone in our community at large and within our reach as well. And that, my friends, goes a long way in following the teachings of Jesus, who asks of us, “love thy neighbor as thyself.”

Integrating Faith Into Resident Care

By Jeremy Douylliez

Last year, a gift from Carolyn Lantz Hatcher's family provided funding for a new program through the Spiritual Care Association to train BRC team members in basic spiritual care. Focusing on understanding the spiritual needs of residents as they experience the aging process, the course provides evidence-based knowledge, interventions, and application to empower team members to integrate spiritual care into their daily work.

Among the first cohort of team members to complete the training was Director of Assisted Living Sheila Bowman.

"I wanted to take the course to make sure that I have the tools and the knowledge to connect with our residents and give them the spiritual, emotional, and

psychological support they need at any given time," she says.

A key aspect of the course is learning to meet residents where they are on their own spiritual journey so that team members can integrate spiritual care skills regardless of a resident's religion or stated beliefs. "It's a big eye opener going through different forms of religion and beliefs," Sheila says. "It's about what drives a person or what's fulfilling to that person and what you can help them do to find the best fulfillment at that time."

Sheila has already seen success in implementing the training in the daily care she provides to assisted living residents, especially given the challenging circumstances of living through a pandemic.

"Our residents are mourning the loss of so many things right now," she explains. "They miss their families. They miss their spouses. They miss the freedom that they had to go in and out of the community. Because of this training, I'm able to

“My purpose here is to take care of people. Doing this program helped ground me in knowing that I'm right where I need to be.”

— Sheila Bowman

talk to them about having purpose where they are now. I just try to empower them and help them realize their value and how they can make a difference in other peoples' lives. They watch the news and are filled with a sense of doom, but we're able to talk about the promise that things will get better. And that we're strong. And that we're going to get through this together.”

The pandemic has caused a postponement for the 2020 cohort class to begin their training, but Sheila would encourage any team member to participate. "It just gives you a broader understanding of different people's journeys, and where they're at, and how best we can help them to feel valued and loved and cherished."

For Sheila, going through the program was a significant reminder of what it is that drives her to come to work every day. "I've been a nurse for thirty-five years," she says. "My purpose here is to take care of people. Doing this program helped ground me in knowing that I'm right where I need to be."

Team members (and residents!) who are interested in participating in the next cohort of spiritual care training should contact Chaplain Russ Barb.

Considering a move to BRC?



With strict prevention measures in place, new residents continue to move to our community—including into the Grove, which opened in April. If you find yourself contemplating a move to Bridgewater Retirement Community in the near future, this is a good time to consider joining Bridgewater Advance.

Members of the Bridgewater Advance priority wait list get enhanced notification alerts when homes meeting their personal criteria become available. Plus, only Advance members are currently able to come on site to see a specific available property they are interested in.

To join Bridgewater Advance, contact your BRC marketing counselor:



Lisa Shickel
lshickel@brcliving.org
540-828-3404



Candise Williams
cwilliams@brcliving.org
540-828-a6197



The 2019 Spiritual Care Training Program cohort meets in the lobby of Lantz Chapel in November 2019.

An Ever-Expanding Legacy

By Jeremy Douylliez

“What is a legacy? It’s planting seeds in a garden you never get to see.”

— Lin-Manuel Miranda

The Bridgewater Healthcare Foundation is perhaps best known for its major capital campaigns and the Resident Care Endowment Fund which provides for continued care when residents exhaust their financial resources. But there are a variety of other programs and funds that the foundation maintains to support residents, team members, and general operations as well.

Sometimes, a gift made to the Foundation can grow to create impacts far beyond its original idea, building a legacy that expands with each passing year. That’s the case for the origin of the foundation’s Nursing Education Fund, which provides professional development awards for team members to further their education.

Originally conceived as a mentoring program for new team members, the goal of the endowment was to improve the quality of care nursing residents receive by reducing the turnover of certified nursing assistants. The donor had noticed that residents were making connections with CNAs, only to be disappointed when the team members would move on to pursue new opportunities. So, each newly hired CNA was assigned a more senior team member as a mentor. The endowment provided financial incentives for mentors whose mentees stayed on for a designated amount of time.

While the program was successful in reducing some turnover, the returns on the endowment were coming in faster than the program could spend by itself. So, the program evolved into the Nursing Education Fund.

Now, this fund provides for a multitude of opportunities for nursing team members—helping to reduce turnover and improving the quality of care. Team members can apply for professional development grants that help pay for training programs related to their work, up to and including degree programs. Since 2014, over 50 team members have received grants with over \$338,000 awarded.

“ We are all on a journey...I am here to make each resident’s journey the best it can be.”

— Justin Pillichody

One such team member, Justin Pillichody, started as a member of dining services, advanced to becoming a homemaker in a nursing household, became a CNA, and is now in nursing school—all with the support of the foundation’s professional development grant program. “We are all on a journey,” he says. “I am here to make each resident’s journey the best it can be.”

In addition to individual professional development, the fund also pays for BRC-sponsored continuing education, like a skin and wound management course provided by the Wound Care Education Institute. Programs such as these not only provide opportunities for team members—they keep BRC on the cutting edge of best practices in care.

So, every time a scholarship is awarded, or a CNA earns a new certification, the legacy of this gift continues to grow in ways both seen and unseen.



This August, antique tractors from the Rockingham County Fair made a special stop—parading through campus to the delight of residents at all levels of care.

HONOR ROLL OF DONORS

Non-Tributes
May 1, 2020 – July 31, 2020

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Dinah Ansley
Robert & Beverly Armbruster
Eldon & Sandra Armstrong
Richard & Jane Arnold
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Martha Barlow
John G. Barr
BB&T
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Fletcher & Kay Bingham
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Bruce & Nancy Bowman
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May 1, 2020 – July 31, 2020

In Honor of
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Doris Alford
Deborah A. Simmons
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Pamela B. Arbogast
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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.

Become a



Funds donated to the Bridgewater HealthCare 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.



Our Mission Continues

By Carrie Budd

The theme of our fall *Bridge*, Deep Roots, alludes to our long history of being part of the local community. As many of you well know, Bridgewater Retirement Community was created in 1965 to care for the elderly in our area through the dedicated efforts and generous support of the members of our local Brethren church congregations. Although our mission has evolved with the changing needs of seniors and how to create the best quality of life, we are at our core still focused on the promotion of healthy, successful aging.

Our most recent capital campaign, Building Connections, began in late 2016 and raised over \$3 million to renovate and expand our current assisted living residences and to add a second memory support house. We are so fortunate to live in such a supportive and generous community!

As we approach the end of 2020 and our construction project, Bridgewater HealthCare Foundation and its governing board are looking to the future as laid out by our most recent corporate strategic plan. With so much construction and renovation accomplished in the last 10 years, it is exciting to be able to say that no area of our community has been left untouched, and our buildings are in excellent shape. So now, without a major capital construction project in our near future, it makes sense to look at other ways beyond the physical space that we can work to improve our residents' quality of life.

These efforts have already started during the last several years with the expansion and reimagining of our wellness programs. Soon, we will have a new fitness center and many new and exciting classes. Our residents have asked for more music, more art, more life-long learning opportunities, and more travel experiences!

In Assisted Living and Nursing we know the benefits of music and art therapy for the quality of life of residents in a different stage of life. Once we can resume our normal operations, we will continue the many outings and trips we provide our Assisted Living and Nursing residents that makes our community so engaging and resident focused.

What a joy to be able to dream of what we can do once our focus moves more to the experience and programmatic areas and less on the physical space needs. Our team members have many ideas and dreams for what we want for our residents and we look forward to collaborating with residents at all levels of living to turn these dreams into concrete plans for the future.

To make our dreams a reality will require funding: both from operations and from our donors. What will this look like? How will we achieve these exciting goals we have for the future? We are currently in the planning phase of how this will happen, and we look forward to sharing our ideas with you in the beginning of 2021. Stay tuned!

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, and Missy Stover

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The *Bridge* committee would love your feedback! Email your thoughts on this edition to 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 Bridgewater HealthCare Foundation, Inc.

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Your gift to Bridgewater HealthCare Foundation, Inc. will bring joy to our residents and enhance their daily lives. Thank You!

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Contact us: cbudd@brcliving.org | foundation@brcliving.org

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