

The Bridge

Spring 2019

Sharing
BRC
family portraits

a Tribute to Edie Burger



1997, she decided she wanted to do something different. She approached Dot Harlow in Environmental Services and asked for a housekeeping position in the new building. She was transferred to Village Housekeeping and began a new job across the street from her old one.

Forty-nine years and four months later Edie has retired. She told Vice President Sarah Hagan she wanted to retire on the first day of Spring, and so the party was planned for March 21. She and her husband Mel were presented with a trip to Williamsburg as a “going away” gift of thanks for her hard work and dedication.

Congratulations to our own Edie Burger. Edie came to work at Bridgewater Home in November of 1969. She began her career in Dining Services and stayed there 29 years. When Maple Terrace was opened in

Thanks Edie, for the love you have shared with all of us! Our very best for a great retirement. Mel says he’s turning over all the cleaning to her, and we are sure there are a few beach trips planned as well.

Team Members With 25 Years or More of Service

Betty Staubus..... 45	Lavenia Norford 30	Barbara Rexrode 28
Pamela Arbogast..... 44	James Weaver 29	Cynthia Anhold..... 28
Jo Ellen Bowman..... 44	Lourdes Fernandez.... 29	Ethel Boyers..... 27
Virgil Shull 42	Dana Ramsey 29	Brian Glick 26
Linda Snader..... 42	April Manning..... 29	Steve Sheffer 25
Grace Rhodes 41	Donna Collins 29	Sheila Bowman 25
Jean Click 41	Jeanette Deloach 28	
Jackie Carr 39	Nancy Gallalee 28	
Faith Cayton 35		
Nancy McCray 34		
Faye Wampler..... 33		
Priscilla Sheffer..... 33		
Nina Reedy 33		
Tamera Bloom..... 32		
Wanda Wampler..... 32		
Jane Towers 31		
Patricia Fawley 31		
Bonnie Graham..... 30		



What makes BRC unique? People.

by Lev Norford | Director of Communications



There is a seamless connection between young and old in our community we recognize as our People Connection. It is not unusual at all for a resident to have a family member working here as a team member. It's not unusual to find that someone in Dining or Nursing is related to someone in another department. The term “BRC family” is one that is heard often on our campus, and it really means just that, “family—those connected to me by this place.”

Our residents, of course, are all 55 and older (current oldest 103). Our team members run a wide range of ages from high school students to those over 80 who still choose to work. The residents support high school ball games, concerts and plays where team members children perform. College students are found regularly on our campus completing projects, research, internships, and athletic volunteer hours, while our proximity to three college campuses enables our seniors to attend lecture series, art, theater and musical events.

Groups of elementary school children visit monthly throughout the year, bringing poems and stories, musical presentations, Valentines and Easter baskets. It's a two-way street. Our residents are visiting their schools, reading with them in the morning, eating lunch and visiting with students.

The greater community connection has broadened over the past two years with the establishment of our Community Connections Team. Reaching out to other non-profits has offered our team members and residents volunteer opportunities to make a difference in the Harrisonburg Rockingham County area. They are feeding the hungry, caring for people who are homeless, nurturing our public servants, and enjoying new relationships with other organizations.

People actively living life are seen all over our campus, and team members are not only helping, but are also actively engaged in participating in those everyday moments that

encourage activity and wellness, as well as promoting special activities and events.

Intergenerational friendships have been proven to be beneficial to a person's wellbeing, and anytime we can extend the benefits of our BRC family to others we are delighted.

In this *Bridge* we are introducing you to some of those BRC family members you might not know. We hope you enjoy seeing the wide variety of people and talents we have here and some of the wonderful activities that bring us closer together. We believe that through their stories you too can feel a part of our family. Enjoy.



Yolanda Orbaugh, Pam Sherman, Donna Andrews and Michele Dodrill show off our very successful reading box. Thank you to BRC residents, team members and individuals from our local community who donated children's books for the “We Read to Succeed” United Way book drive. We were able to collect over 450 books. Thank you to everyone who made this such a success.

At Home in Bridgewater

by Karen Doss Bowman

Avid travelers, Edgar and Kathy Simmons have visited all 50 states and more than 60 countries—most recently Morocco—during their 60 years of marriage. Since purchasing an Airstream motor home in 2000, the couple has logged nearly 200,000 miles on 26 national and 11 regional Airstream Caravans throughout the U.S. and Canada.

When asked if they have a favorite trip, Edgar quickly replies: “Wherever we were at the time, that was our favorite trip.”

That shared sense of adventure has allowed Edgar and Kathy to constantly make new friends around the world.

“The people that we’ve met all over the world are just wonderful,” says Edgar, who is serving his second term on the Bridgewater Retirement Community (BRC) Foundation Board. “Television distorts people’s perceptions about so many other countries, showing all of the

negatives about these places. But it’s not really like that. People are just going about their lives, just like we do, and most of them are very kind.”

Despite their worldwide travels, one place feels most like home: Bridgewater. Later this year, the couple will move out of the

Bridgewater-area home they built in 2006 and move to The Grove at BRC.

“We could live anywhere in the U.S., but the Valley is home,” says Edgar, who has been involved in planning and organizing caravans as a past officer in their Northern Virginia-region Airstream club.

Kathy adds: “When we thought about retiring, Bridgewater Retirement Community seemed like the logical place. We have so many friends already living here.”

Bridgewater has always been common ground for the couple, who met as students at Bridgewater College in the late 1950s. Edgar, a native of Moorefield, West Virginia, followed in the footsteps of numerous relatives by enrolling at Bridgewater College in 1954.

“It seemed like it was ordained that I would go to Bridgewater College,” quips Edgar, who graduated in 1958. “I didn’t want to go anywhere else. It was just a given that I would go to Bridgewater like others in my family.”

Kathy, who grew up in Timberville, Virginia, enrolled at Bridgewater College two years later. The first person in her family to attend college, Kathy graduated in 1960.

The couple married in 1959. Their first year of marriage was a long-distance relationship as Kathy stayed in Bridgewater to finish school and Edgar moved to Washington, D.C., where he worked for the Atlantic Research Corp., studying solid rocket propellants. He later accepted a position with the Naval Research Lab.



After graduating in 1960, Kathy joined Edgar in Northern Virginia. Several years later, Edgar changed careers to become a biology teacher at Osbourn High School in Manassas.

“I had only taken one biology course in college,” he says.

For five years, Edgar drove to Charlottesville one day a week to earn a master’s degree in counselor education. He also spent several summers in Harrisonburg to earn a master’s degree in biology at James Madison University (JMU). He taught biology and earth science at Osbourn High School for 26 years. After retiring from Osbourn, Edgar spent seven years teaching courses in GED preparation and life skills to inmates at the Prince William-Manassas Regional Detention Center.

Kathy, who also earned a master’s degree from JMU, taught seventh-grade English and social studies for nine years in Fairfax county. She took a hiatus from her career when the couple adopted their first son, Matthew. Several years later, she gave birth to their second son, Brett. Once both boys had started school, she resumed teaching in Prince William County—this time teaching just social studies to seventh graders. In all, she taught about 25 years.

Edgar and Kathy were members of Manassas Church of the Brethren for 38 years. Now members of the Bridgewater Church of the Brethren, the Simmons volunteer for various church activities and take their turn driving the church van. Edgar is a member of the Bridgewater Ruritan Club, and Kathy indulges her love of history by volunteering at Fort Harrison, a historic home in Dayton, Virginia.

They have already built strong connections at BRC, which is home to many of their friends from college, church and Airstream trips. They also enjoy meeting people during their weekly workouts at the BRC Wellness Center.

For Edgar, serving on the BRC Foundation Board has been a good way to be involved in the community and to help others have a positive experience.

“I’ve been impressed with the amount of caring that is expressed by the staff,” Edgar says. “It’s unbelievable how dedicated the leadership is—they’re real people, and they’re fun to be around. Everything is positive when you’re with the group, and they’re always ready to solve problems and improve things. Everything at Bridgewater Retirement Community is moving in the right direction, and I’m excited about everything that’s happening.”



AN EVENING OF *Gratitude*



Your Support Means The World To Us!

A dazzling fairy land of lights, gleaming wooden beams and a gorgeous sunset view of the mountains welcomed guests to our 2019 Evening of Gratitude. This elegantly set evening spoke remarkably well to our philosophy of Home, with an easy welcoming atmosphere and casual conversation.

The Granery at Valley Pike Farm Market provided the perfect setting for glowing white tables filled with spring greenery and globes of the world.

Invited guests joined in conversation while enjoying music by The Jazz Quarter and a generous array of international desserts provided by our own dining services team.

After a short welcome from Rodney Alderfer, president of BRC, Team members M.J.Saufley and Sara McAlister shared "love" stories from residents in Tranquility Household, reassuring donors that their gifts benefit the lives of all our residents.



Caring for Neighbors

by Karen Doss Bowman



For Sally Weaver Shomo, farming is all about taking care of others and respecting the earth. Raised on a dairy and poultry farm near Bridgewater, Shomo built her life around her love of agriculture, working for 31 years as an agriculture teacher and FFA (Future Farmers of America) adviser for 31 years with Augusta County Public Schools—primarily at Beverley Manor Middle School.

“Farming and agriculture are in my blood,” says Sally, who serves on the Bridgewater Retirement Community (BRC) Board of Directors. “It’s been my life. After I got involved in FFA in high school, teaching agriculture was all I ever wanted to do. It was a great way for me to keep my ties with farming. There’s no better life than being on a farm. It’s not easy, but I love it. Now that I’m retired, I love raising our grandchildren around farming so they can see the effects of hard work and develop a respect for the land. I love every day on the farm and knowing we’re helping to feed the world.”

Growing up, Sally never aspired to run her own farm. Since retiring, however, she’s found joy in the farming partnership she formed several years ago with her husband Scott and their youngest son Bryan. They raise beef cattle and crops such as corn, small grains and hay near Staunton. Her “pride and joy” are the five donkeys

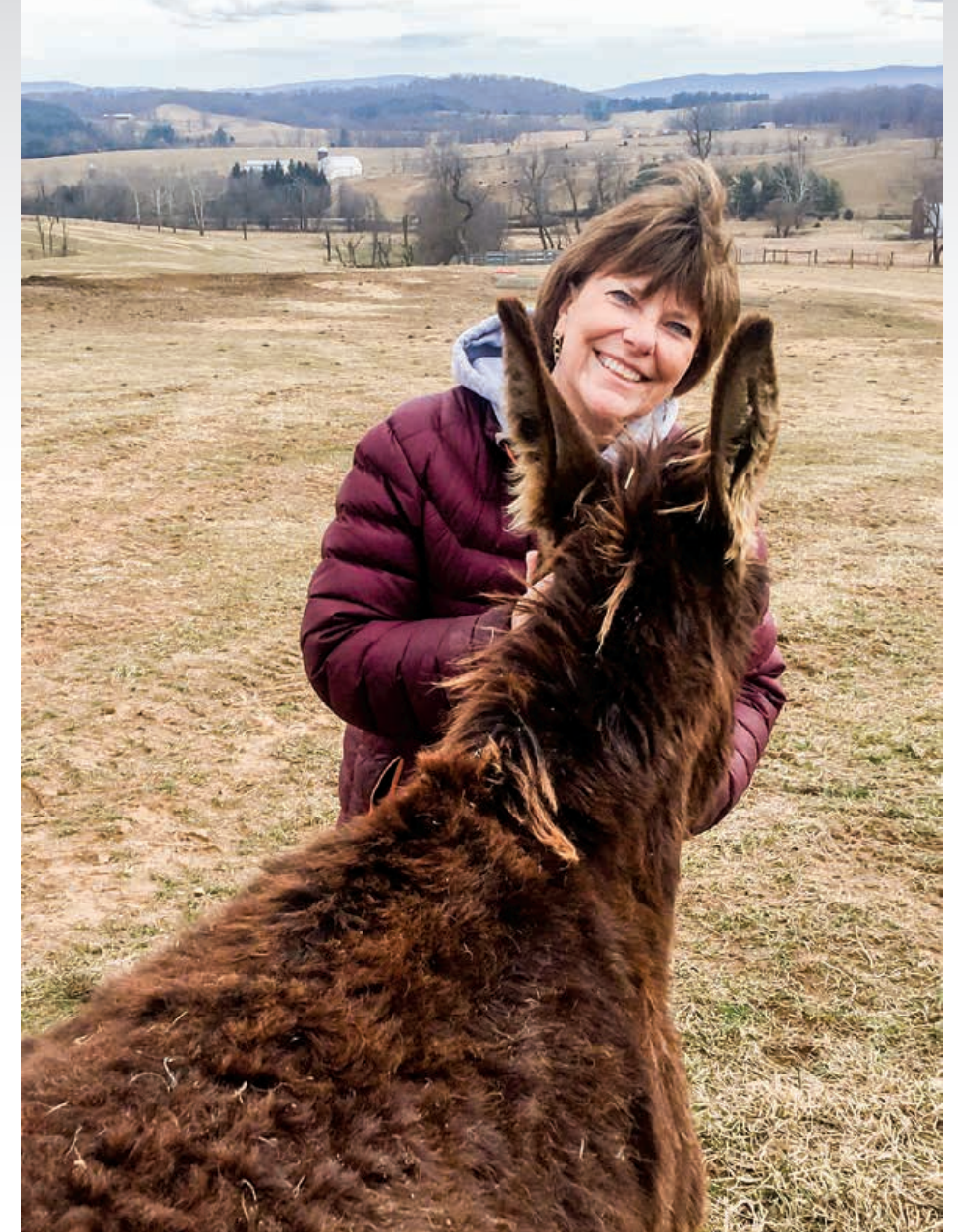
that help protect the cattle herd from predators.

“They are so loving and each have a unique personality,” says Sally, a Virginia Tech graduate. “They make me happy and are so much fun.”

Sally’s BRC connections began early in life, as numerous family members were residents. She recalls a great-aunt who was one of the earliest residents of the original Bridgewater Home building. Her grandmother lived in one of the first apartments to open in the independent living village. When she began serving on the BRC Board of Directors about a year ago, she was amazed at how the place has grown and changed.

“I’ve always known about Bridgewater Retirement Community, but I didn’t realize when I was growing up just how much of a community it would truly become,” Sally says. “It offers so many different services and provides residents such a feeling of community and family. It’s a full-service operation where they can get everything they need, and the wonderful town of Bridgewater just adds to it. It’s a great experience for those who live there.”

An active member of Staunton Church of the Brethren, Sally still supports local FFA chapters and enjoys spending time with her



family—especially her husband Scott Shomo, their sons Justin and Bryan, and five grandchildren. She also owns and operates two small businesses: the Shomo Fresh Market, a summer produce stand; and Sally’s Custom Barn Quilts. Since opening the barn quilt business in March 2016, she has created about 150 pieces, which are produced with weather-resistant paint on PVC boards. They have been displayed on buildings and other outdoor spots around the Valley and beyond.

A former board member for the National FFA and a national teachers association, Sally is

impressed with the efficiency of BRC’s board and excited to learn more about the community. She especially enjoys meeting team members and residents and learning what they like about BRC.

“The staff’s energy is contagious and makes you want to be part of what they’re doing,” she says. “It’s a positive and forward-thinking group, and they’re passionate about what they do. That makes me feel good about volunteering to serve Bridgewater Retirement Community.”

Profiles



Anne Whitney Flint

Controller

On November 28, 2016, when the DNR's issue of "10 under 40" came out, there was our own "AWF" on page 8. Anne Whitney Flint already had a good relationship with BRC before interviewing for the Controller job here.

After seven years of working in public accounting, and before that getting her bachelors' from VA Tech and master's from JMU in 2007, Flint was well on the way to a steady career. Her practical brain led her to accounting because it was something she had to learn for her business major, so why not learn it well and become a marketable employee. That strategy, it seemed, had turned out very well for her.

She was two days away from her wedding day and a lovely

honeymoon with her new husband when a call came from Jim Weaver asking her to apply for the Controller job at BRC. Number 1: Awful timing. Jim told her to forget the call, enjoy her honeymoon and call him back when she returned. But to further complicate things she had just started a new job at Rosetta Stone and felt guilty about leaving. She wrestled with the decision for several weeks. BRC won! In the end, the decision was pretty easy; she accepted the job here and started in her current position in 2014.

As an auditor for PBMAres, BRC had been her client. She knew how we worked. She already knew a lot of people, and she knew we were a solid company.

Anne Whitney's focus here at work is numbers and people. She especially loves being able to help the children of residents. "How do you make the numbers work for the residents and their families? How do the numbers help us through inspections? The challenge for the future is to study our numbers and strategically plan for new residents,

the services we want to be able to offer, and how we will pay for that," she explains. She loves the excitement the challenges offer, and her love of numbers and natural sense of organization serve her well every day.

Since coming here, Anne Whitney has also graduated from and continues to support the year-long leadership program that Harrisonburg/Rockingham Chamber offers. She is a member of the Harrisonburg Women's Service League and is Financial Secretary for Timberville Church of the Brethren. She really believes in community outreach and participates in LIVE events. But most important to her is her husband and their daughter Charlotte.

Profiles



Krista McKean

Clinical Coordinator of Joy House

Transition is a great word for Krista McKean. At the end of last year (November 2018) she moved from the Charge Nurse position on the 11 p.m. to 7 a.m. shift to a new role as Clinical Coordinator of Joy House

The night world is a very different place from the day world around here. Krista knows how to adapt to different situations. When we converted to our household system, Krista was primarily assigned to Unity Household, and when necessary she shifted back and forth between Unity and Joy Households, with wonderful support from team members.

"People don't really understand late-night nursing unless they have done it. They think everyone is asleep all the time, but just like in your home, when someone gets sick it's usually late. Often people are night wanderers. With limited staff, no

dining services, rehab or medical people coming in and out, and usually no awake family members visiting during the late hours, team members wear many hats. Nighttime is really double the amount of nursing; but night shift teams are very good at sharing roles. They must be very alert and constantly checking on residents to make sure they are all doing well. If one household has a crisis, they call on team members from another household to assist. I appreciate that I had that experience for four years, because now I can relate to my night nurses and communicate with them on such a different level."

She also had other background experiences that aid her in her new role. "Growing up in Pennsylvania, in both eastern and western PA, during my early years was very different," she says. She moved to the Valley at age 10, graduated from TA, and came to BRC as an 18-year-old in Dining Services during the Sodexo transition. Then she went to MTC nursing school and began her career as LPN charge nurse under the "old system" when we still had long straight corridors.

"Adjusting to Households with walls and doors was different for everyone.

We had a lot of anxiety about how that was going to work," she explains.

Now, as daytime Clinical Coordinator, Krista has people around all the time, and she is very open to new perspectives. "It's quite different. I have been so happy here because I have been allowed to grow. The thing I love the most is the encouragement I have from my fellow team members, my clinical team and our Senior Team. I don't feel I would be where I am if it were not for the opportunities and the nurturing environment that are at BRC. It is so good for us to continue grooming new leaders so when people leave, their spaces are filled with qualified people."

She really likes Bridgewater, the town and the Retirement Community. It's such a friendly place. Krista and her boyfriend of eight years, Ron, are looking forward to May when he finishes his Physician's Assistant degree. More change, more growth, and more opportunities for a bright future are on the horizon. How exciting to watch this budding leadership on our campus.

Profiles



Lu Flick

Household Coordinator for Assisted Living

If there is one thing BRC is fond of it is nurturing our own talent and watching it grow. Lu Flick is a great example of that. In 2001 a small blond shining light showed up in Nancy Cupp's CNA class. She was quiet but had a connection with and a passion for working with older people.

"I just loved being around elders even when I was very young," she says. "They had so much wisdom and unconditional love. They were less judgmental than my peers."

That was the beginning of a long career at BRC. Lu graduated from Harrisonburg High School and then went to MTC and earned her LPN in 2003. She was awarded a scholarship that Bridgewater Home Auxiliary then offered, and committed to stay at least two years. Except for a

very short time in 2016, when she went to work in a spine clinic in Harrisonburg, her entire career has been here. She explains, "That was a good experience. It was good to learn about spines and that knowledge really helps me with our residents here at BRC. The hard part of that job was working around a schedule with my two young sons," she says.

Now she is Household Coordinator on Assisted Living third floor. "Jane Towers and I have been here together for a long time. We make a good team. I loved meeting our new team when we moved toward the household model in AL. Sheila Bowman and Ryan Helmuth are great leaders, and we have a really good team."

Lu has even more support at work, because two of her sisters also work at BRC. Julie Ritchie is MDS coordinator and can be found in the Wellness House, and Mary Jo Saufley who is more familiarly known to us as "M.J." is Clinical Coordinator for Tranquility House. Ironically, they don't get to see each other that much at work because they are all in such different areas. "But when we are together we have great things to talk

about," she laughs.

It's not all been an easy road for Lu in the past eight years. On December 8, 2003, their mother went into emergency surgery for a lung transplant. With her mom sick in Baltimore, two young children to care for at home, and a tight working schedule, Lu had to be very organized in her scheduling. Inconsistent schedules in an inconsistent world demand balance and order. Lu grew stronger in that skill.

"Bridgewater Retirement Community was such a blessing for me during that time," she remembers. "The supportiveness of team members is always amazing. The boys are older now. People constantly ask if they are twins. I love having days off where I can be a part of their field trips and I can volunteer at school and interact with the children that are parts of their life. I know that being a part of the team here has helped make me who I am, and I couldn't imagine being anywhere else."

Profiles



Marlene Shumaker

Independent Living Administrative Assistant

In March Marlene celebrated her 24th anniversary year of working at Bridgewater Retirement Community. When she was hired as the second Village secretary her job encompassed all departments of Village operations. The Village team numbered a total of eight team members at that time, and everything started with Marlene: all appointments to see Ann VanPelt for move-in information, appointments with Andrea Miracle for Resident Services, all maintenance requests, and Village billing crossed her desk.

Marlene started teaching music lessons to children when she was 15 years of age. By the time she graduated from high school she had 20 students. She also worked part-time for Whitesel Music her senior year of high school. She successfully earned her BA in music education

from JMU, but there were no elementary teaching jobs available locally, and she did not want to direct choirs, so after graduating from JMU she worked part-time positions at EMU and JMU doing office work and continued piano/voice/organ lessons for about 30 students ages 5 to 80.

After several years with EMU/JMU she went to work full time at Clark and Bradshaw Attorneys-at-Law and remained there 10 years. When Village Administrative Assistant Vinnie Embres retired, Vice President Ann VanPelt received a recommendation from Attorney Steve Weaver to hire Marlene. "I loved being here right away. I never really got to know my grandparents," she explains, "but being the youngest in my family I had always felt comfortable with older people around. Now, I'm the old kid on the block," she laughs.

Her smile can truly fill up a room when she lets it shine. Those of us who depend on her know she is amazingly focused and systematically efficient. Marlene has seen a lot of growth and helped hundreds of Village residents. The Village team has tripled, the number of homes

quadrupled, and the number of independent living residents we serve daily will soon be near 370. "Change is hard, but I like the constant growth; embracing change keeps things interesting. I know sometimes I may seem like Grumpy," she says, "but I'm really just trying to keep all the strings tied together. The strategic growth that is planned for the next five to ten years will be a nice change. It will be interesting working together to make that happen."

Marlene continues to teach beginning voice and piano "in her spare time." Ironically, in recent years two other team members and two Villagers who previously worked in the law firm have come to BRC. It's fun to reacquire socially with these former teammates, adding one more dimension to her very full life.

Profiles



Virgil Shull

Maintenance Mechanic

With 42 years of service in May, one might think Virgil Shull would be ready for a change, and they would be correct. When this seasoned Purchasing Agent was offered the opportunity to move into a Maintenance Mechanic role, he quickly said "That's Awesome!"

"I liked my job and what I did," he says, "but I was really ready for the challenge of something new, and when it was offered, I was very happy."

Virgil has been our go-to guy for so long, some of us are having to adjust. We always knew if something was in his power, Virgil would deliver on time and correctly. The Purchasing role is so multifaceted—ordering, stocking, delivering, and serving all the departments in six households, Assisted Living, Administration, and Gardner House is a huge responsibility. As we bring on The Grove and expand dining

and new care areas in Assisted Living it will be more so. It's a position that needs some restructuring, and we will be making some good changes over the next few months. Maintenance also must expand, and to bring good, experienced people into that area is even more important.

One of the special things about BRC is that we look for opportunities to fit jobs and people's talents together. Virgil is super organized and task oriented. It's hard not to be happy for him in this new role when we see how happy he is.

"Less pressure, better hours, and a more concentrated job schedule, were the obvious bonus, but the sweet part about taking this new position," he explains, "was knowing that I would be using skills that I had not been using and learning new things. The hardest thing I have to do now," he smiles, "is remember room numbers. I'm so used to delivering in different departments; I never stopped to look at room numbers before. I'm learning new things every day. I get to work more closely with residents and that is amazing. They are so grateful for everything, and their praise helps me

know that I'm not only doing a good job. Now I can feel like the residents are my real focus. I know that little things mean the world to them, and I love seeing them happy."

Over 42 years you can imagine all the changes in spaces and people that Virgil has experienced. "Phyllis Wheeler, head of Housekeeping, hired me. I have to say that Anne O'Donohue was the best "boss." Her ability to see what her people need, how to ask the right questions, and how to position things so they run more smoothly is great." Brian Landes is the seventh supervisor I have worked under, and he's a great teacher.

"I love this place; I've been here my whole life," he says. "We take care of each other here at BRC. I see a lot of people I used to work with coming in for care in the Wellness House. It makes me feel good that we are here for them."

It does not really matter where Virgil is or what task he is assigned. He will always give it his all, and that's the best. The one exception to that may be hunting season...that's vacation for him, and a tradition we don't mess with.

Profiles



Mary Beth Critzer

Human Resources

Young, just out of college is prime time for job hunting. Mary Beth did not have to do that. Instead she was lucky enough to find a perfect fit for a "real job" right here at BRC. "Lucky" is how Mary Beth describes herself even though she has lived through some pretty difficult bumps in her life.

Mary Beth's mother passed when she and her sister were very young, so her big sister role became very important to her. Mary Beth began her college career at Virginia Wesleyan in Norfolk but soon decided she needed to be closer to home, so she transferred to Bridgewater College. She graduated three and a half years later with a BS in political science/public policy, and a minor in business. After graduating, she was chosen for an

internship at BRC in the Human Resources department.

"I guess Michael (Drueen) was looking for someone with background in public policy, and I fit the description." It was a good fit. Mary Beth stayed and was recently hired as a full-time assistant in HR.

Her work here includes helping with presentations, projects, recruitment and job fairs, and working with the Human Resources team. She also works with our new Kronos computer software to make sure all teammates have the appropriate tools to keep their records current.

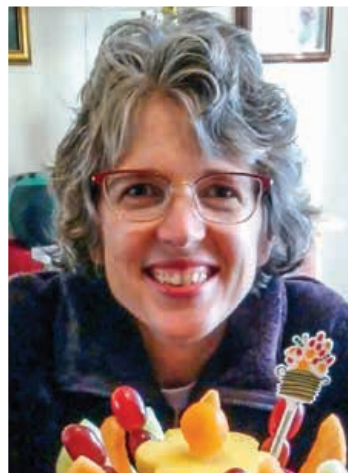
"I love it here, I learn so much every day, and learning is fun for me. We have so many big changes! With our focus on culture change, I feel like I'm learning all the time. Each person we meet has value, and I feel it is our role to find ways for them to use what they have and bring out the good in everyone. We find ways to complement our team members and bring ways for them to learn to value themselves and others.

Learning is a circle that allows us to teach others what we have learned;

then they can teach others what they have learned and it all circles around for the good of everyone here. It's so easy in this world to be negative. When we show people their value, what we see in them, then allows the best of them to come out. We can cultivate that and find places where they can share their talents. I really believe people here are genuinely open to helping each other. I can go places with residents and team members, and I always learn from them.

Mary Beth has a strong sense of self, and she has an empathetic listening ear that makes her a great asset in finding solutions to the multifaceted problems that the Human Resources teammates encounter every day. We are lucky to have found this new team member and will enjoy watching her leadership progress in the upcoming months and years.

Profiles



Jeana Golin

Charge Nurse

Jeana Golin has only been at BRC since 2017, but she's already a valued team member, and she's a fascinating person. Jeana works as a part-time evening charge nurse. Charge nurses are just that...in charge. That suits her work needs and her lifestyle right now.

Jeana grew up in the Valley and went to Eastern Mennonite University (then College) for her nursing degree. After school she worked as a nurse in the Oncology and Hospice units at Rockingham Memorial Hospital. In 1996 she joined the staff of Mercy Ships, a global mission that uses hospital ships to carry medical services all over the world, and she worked for them for six years.

In 1999 she met her husband in Mercy Ships. After living on the Caribbean Mercy, and then taking a one-year break in Michigan, they moved to Thailand

and served with Youth With a Mission for 13 Years. That was a total of almost two decades away from her homeland.

They raised their two children in Thailand. The children had never lived in the United States until the family moved back in 2017.

"We are so glad to be back here in the U.S., and I am so really glad to come to Bridgewater Retirement Community and to work with residents and their families in Serenity House. My orientation and introduction to culture change has had many layers, and all of them have been good experiences."



LIVE WELL

Lifestyles Inviting Vibrant Energy

The LIVE team was formed in 2015 as an initiative to commit to the well-being of our BRC team members. We began offering monthly workshops in a variety of the dimensions of wellness. The LIVE Well team is comprised of a variety of departments across our campus to provide the tools and resources for our team members to live as fully as possible within the various dimensions of wellness. In 2019, we made a transition to the LIVE Well team, adopted a new logo and focused our energy on more impactful programs and experiences encompassing physical, emotional, environmental, spiritual, social, intellectual, vocational and financial wellness as part of our whole person well-being perspective. We offer a variety of workshops, events, education sessions, health fairs and more for our team to lead *Lifestyles Inviting Vibrant Energy!*

Profiles



Jared Lunn

Village Maintenance

The first thing you notice about Jared Lunn is his bright smile, and then you can just feel positive waves radiating from him.

When someone in Village Maintenance needs a helping hand, Jared Lunn is the man they call on.

"The thing I really like about this job is that I never know what I am going to get into on any given day," says this bright young man. "Every day varies, and I like that variety."

I really don't know until the day starts where I will be. We start every day with a meeting to talk about what the priorities are. House checks have to be made, trash has to be removed from Maple Terrace and the Manor, calls from work orders have to be prioritized and taken care of. We have a lot of renovations going on, and sometimes I'm called to help out our team with those."

Jared doesn't look old enough to have the experience he has, but don't let looks fool you. Before coming to BRC he worked at New Century Heating, Rocco Building Supply, and Knotts Plumbing. He has multiple skills and a great work ethic.

Last year Jared agreed to co-chair our Team Members Gift Campaign.

It was a great success! "It's a blessing to be here," he says. "It is a family atmosphere and you want to do a good job, because the residents are like my gramma and aunts and uncles. Their well-being is important to me. That makes you want to work harder, because you're doing things you would want done for your own family. Growing up with one older brother and two younger sisters, my dad was always working, and my mom instilled a work ethic in us at home. I try to honor that."

When he's not working at his BRC home, he and his wife enjoy their home and raising their two children.

on our Cover

Gardner House team members Amy Minnich, LPN and Haggi Molalenge, CNA/RMA enjoy looking at beautiful flowers in the walking garden with resident Wilma Schaardt.

TEAM MEMBER Profiles



Cindy Morris
Nurse Aide Class Instructor

BRC is committed to personal and professional growth!

Cindy Morris is a wonderful example of a successful team member at Bridgewater Retirement Community and how our organization seeks to develop future leaders. Through a gift by a generous donor, BRC established a Professional Development Fund to support our team members' professional growth. Team members can apply for education grants that will advance their job skills and benefit our residents. Bridgewater is committed to personal and professional growth!

In 2001, Cindy began her career at BRC. She entered Nancy Cupp's

Certified Nursing Assistant (CNA) class with a great desire to become a nurse. Several years later she earned her LPN at Massanutten Technical Center. In 2009 Cindy completed her Registered Nurse degree and certification at Blue Ridge Community College, and in 2015 she was awarded her Bachelor's Degree from Eastern Mennonite University. Except for a few years when Cindy decided to explore hospital nursing, she has worked and grown at Bridgewater.

The scholarship money, although it was important to my success, meant to me that there was a real feeling of support. Knowing someone cared that I succeeded and was willing to give me the opportunity to succeed was major. I was a young mother trying to go to school. For someone to offer me money and encouragement to work at something that I love; that was a win/win and it was huge! That was so important to me and who I am now," Cindy explains.

Now as Nurse Aide Class Instructor, Cindy oversees BRC's training classroom and the Certified Nurse Aide program. At least four times a year, BRC offers free certified nursing aide classes for anyone interested in learning more about nursing.

"There is always an interesting mix of students," Cindy explains. "We have high school students who are testing the water to see if this is the niche for them. We have 20-somethings who are committed to some kind of medical field but are not really sure where they fit in. We have 30-year-olds looking for a new challenge. Most recently we have had a 50-year-old who was drawn to nursing through a family illness, completely changed her career path, and now loves working in one of our households. It's wonderful to be able to offer this option and help people work toward success in meeting their goals."

Our Own Secret Garden

by **Carrie Budd** | Vice President for Development and Public Relations



Everyone needs a place to retreat to when they need some peace and quiet. It is even better when we feel it is a special and secret place just for us. For more than 40 years, Assisted Living has had such a place—the Meditation Garden. Maybe you have never heard of it or didn't know that it had a name? The courtyard area outside our current team member dining room was an early project by the Bridgewater Home Auxiliary that imagined it as a Japanese Meditation Garden—a place that would be beautiful to view from residents' rooms and a place to enjoy the sun and nature. Today, unfortunately, this courtyard no longer lives up to its original purpose, is not easily accessible for anyone with a walker or wheelchair, and needs reimagining for today's residents, families and team members.

As part of the AL renovation the team member dining room is becoming a café that will be available to everyone on our campus. This renovation includes a deck and ramp into the courtyard so that diners will be able to sit outside to eat and have easy access to the garden area. A renewal of the garden area was not part of the original renovation project, so a committee of residents, team members and members of the community are working to develop a

new design to make this area vibrant and inviting. We are looking forward to sharing our ideas with the whole community.

Since this was not part of the original project planning, the funds for the garden will need to be raised. To get this fundraising project started, BRC decided to participate in this year's Great Community Give on April 17th. This day of online giving, sponsored by the Harrisonburg Rockingham Community Foundation, involved about 90 local nonprofits.

It was a great way to launch our project, bringing in \$5,450 and raising awareness in the community. We still have a way to go and it is not too late to support this project. Visit our website at www.brcliving.org/giving/building-connections/ to make donations to BRC.

Spring and summer are almost here, so start dreaming of sun, flowers and BRC's own secret garden!



We are well on our way to revitalizing our meditation garden. During the Great Community Give, \$5,450 was raised for this important project.



BRC Community Connections participants had a wonderful time serving a meal for Open Doors. Open Doors is a thermal homeless shelter that operates in the Harrisonburg/Rockingham County area. Five residents from Independent Living and nine team members supported our first Community Connections event for 2019. In addition to Open Doors, we enjoyed the support and fellowship of Vision of Hope United Methodist Church, the host site for the week. Over 50 individuals who are homeless were served. Participating were: Team members: Jan Flora, Laura Powell, Sara McAlister, Crista Cabe, Lisa Sinegra, Annie Frazier, Mary Beth Critzer, Amanda Harpine, Linda Snader, Residents: Nancy Woody, Dottie Lion, Ron Pierce, Bill Powell, Eunie Powell. Thank you to Candise Williams who transported food. (She is not in photo)

Community Connections *in Action*

Bridgewater Retirement Community Connections started out as a program to involve team members by developing connections with the greater Bridgewater-Harrisonburg community. As Bridgewater Retirement Community gives thanks for the generous gifts we receive, we also want to highlight the ways we give back. Each month brings a different opportunity for our BRC team to make a difference in our broader community.

Community Connections now includes team members, residents, volunteers and family members who want to participate in this great work. Several highpoints from our expanding experiences are highlighted here. “You can tell by the pictures we have fun, and there are more opportunities to come before the end of the year!” said Laura Powell, Director of Volunteer Services.



Another successful Community Connections event. Twenty-seven team members, residents and volunteers enjoyed the opportunity to serve Thursday dinner to the Bridgewater Rescue Squad. Thirty squad members and their families attended. It was a wonderful chance to meet and thank some of our hometown heroes. We appreciate everything our local rescue squad does to support not only Bridgewater Retirement Community but our community at large.

Loads of LOVE



Twenty individuals (this included team members, their children, one village resident and one intern from BC) supported Loads of Love in February.



It's as Simple as One Quarter

by **Laura Ipock Powell** | Director of Volunteer Services

Many communities across the nation have identified permanent supportive housing programs as a need. Open Doors (formerly HARTS: Harrisonburg and Rockingham Thermal Shelter) is a community-based program that provides emergency shelter to those experiencing homelessness in the Harrisonburg and Rockingham County. They operate from November through April annually. Faith communities and their volunteers host the shelter for one week at a time. Each night of their week commitment they provide a warm place to sleep for 40 people, dinner, breakfast, showers, a compassionate ear and much, much more.

Loads of Love was created by shelter volunteers as an outreach program to help provide clean clothes to the guests of Open Doors. One evening each week guests are able to give their clothing to Loads of Love volunteers at dinner time. The volunteers take the laundry to a laundromat close to the shelter and have it back for bedtime. This is a great comfort to guests who might be

reluctant to part with their few possessions for a long period of time.

This means volunteers need detergent, fabric softener and LOTS OF QUARTERS! Community Connections, a program at Bridgewater Retirement Community that encourages team members and residents to give back to the greater community, agreed this winter to sponsor a fund raiser for Loads of Love. Five team members participated in a “Polar Challenge.” in which donors voted for participants to see who would win the honor of being dunked in a tank of icy water. A total of \$675.00 was raised for Loads of Love, and the top three participants took an icy bath. One group of Community Connections participants (see p.20) served a meal to more than 50 guests at Open Doors shelter. Another group did 20 loads of laundry for guests of Open Doors. Each guest we did laundry for also received a handwritten card from BRC Assisted Living residents, along with a free Chick-Fil-A sandwich card.





Fifty-four years ago, May 1, 1965, Bridgewater Home opened its doors for business, so May 1 is our recognized Founders’ Day. Several events took place on campus. Residents and team members were invited to a presentation by Shannon Draayer, director of health and well-being for WesleyLife. Her topic was: “Creating a Community for Healthy Living.” Thank you to our amazing Foundation team for making this possible. Our newly renovated Alex Mack rooms were a beautiful setting for this event.

Non-Tributes
December 1, 2018 – April 30, 2019

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Roy and Marla McCutcheon
Lynn McDaniels Beatty
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Jay and Faith McDowell
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During an outdoor Founders’ Day celebration at the Oasis, Sodexo Dining Services provided tasting tents featuring dishes that will be prepared in our new dining venues. Desserts, pasta dishes, stir-fry options and sandwiches were available. Nelson Marrotte, Sodexo food manager for BRC, and Rissa Eakins prepared Honey Orange Steak sandwiches which will become a regular feature on the menu in the new bistro, “The Junction,” scheduled to open this summer. The “Mile High Meatloaf” will be offered in the Custer Dining Room.



Our annual Health Fair was exceptionally popular this year. Long lines moved quickly, and everyone was pleased with the vendors and information offered. Students from Massanutten Technical Center offered free blood pressure and blood sugar screenings.

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Susan Yeagley
Berlin and Paula Zirk
Robbie Jean Zirkle
Barbara Zombro

† = Deceased

TRIBUTES
December 1, 2018 – April 30, 2019

- In Honor of*
A. C. Gray
William P. and Bonnie Burks Gray
Alice Over
Robert and Mitzie Puffenbarger
Alyssa Miller
Gary and Marcia Tyeryar
Arlene Blaskowski
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Robert and Mitzie Puffenbarger
Carol Miller Crowder
Thomas and Robin Miller
Carrie Rhodes
Robert and Mitzie Puffenbarger
Charlsey Puffenbarger
Robert and Mitzie Puffenbarger

Mother's and Father's Days are always important times at BRC. During May our traditional service of remembrance to honor those who have blessed our lives is held in Lantz Chapel. Participants are asked to acknowledge memories of loved ones by placing a flower in vases to symbolize the joys and memories of these countless friends. Thank you to Ann VanPelt and Jo Ellen Bowman who arrange the carnations after the service.

- Chloia Barker**
Samuel E. Richardson
Connie White
Sara Hillary White
Dot Kasten
Maria Suter Blair
Eddie Edwards Signs, Inc. Team
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Elizabeth Miller Neff
Thomas and Robin Miller
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Faith Hise-Sadler
Thomas and Joy Daggy
Faye Catherine Miller
Dawn Elizabeth Miller

Faye Wampler, RN; Amanda from Goshen; Amanda from Bridgewater; Faith; Lavierl; Jenny; Rebecca; Ms. Dreama; Murrell; several others
Elwood and Barbara Shrader
Freddie Frazier
Rebecca McGough
Helen Fowler
Rodney and Gloria Hildebrand
Helen W. "HoHo" Hill
Mary Clooney Rodeffer
Henry Eller
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Our Family

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Patty Fawley

Eleanor Newman

Rachel Miner

Rodney G. Miner & Susan L. Wheeler

Residents and Team Members of BRC

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Reta Harold

Charles E. and Nancy B. Harold

Robert and Lois Emswiler

Herman and Charlotte Landes

Ruth C. Maneely

Suellen and Paul Maneely

Ruth Suter

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Sally Medicke

Susan Yeagley

Sara Katherine Allen White

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Rebecca G. Martin

Bruce Farquhar

Richard and Margaret Wurst

C. Dick & Janet Stevens

Martha R. Bloom

Cecil L. Wampler

Dorothy K. Wampler



Delta Gamma sorority at JMU is an amazing group of 150 – 175 young women who regularly donate time on our campus to enhance the quality of life for our residents. This group participated in packaging Easter baskets with volunteers Doris Harsh and Michele Titman (our Easter bunny).



Caring Connections sponsored a First Responders Day recently. Buckets of snacks were donated and taken to our local Rescue Squad, Fire Department and Police Department. Thanks to Kayla Cook, Pam Arbogast, Judy Campbell, Rosemary Nickelson, Jim Leitner and Julie Leitner for packaging and delivering these buckets of goodies.

Charles and Kathryn Roller

Kenneth Blair Roller
Bruce Roller

Charles D. Proctor

Odile M. Proctor

Clayton Towers

Jacqueline G. Towers

Dave & Mabel Flora

Samuel and Lillie Ann Flora

David Flora

Nancy Simmons
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Dr. Harry Gardner

Norma Gardner

Dr. Wayne Geisert

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Evelyn Shaw Moody

Elizabeth R. Fawcett and Kermit H. Rhodes

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Galen and Lorraine Fike

J. Michael and Cynthia Fike

Galen Ruff

Linda Sites

Gifford Wenger

Charles and Edith Chapman

Honor Roll of Donors

Honor Roll of Donors



Making terrariums is a skill of patience. Margaret Horn, Sue Overman, Joyce Aigner, Amanda Harpine (instructor), Anna Mae Harmon, and Nancy Dagen pay close attention to the arrangement of their small plants.

Goldie Crider

Bonnie Crider

Grace Kitty Gardner

Sandra Gardner

Great-Uncle Josh Taylor

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Olin and Margaret Ritchie

Linda Covington

Olive Mae and Leonard E. Grove

Delmer and Sue Botkin

Olive Mae Grove

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Dwight Miller leads a class on how to use the new wood lathe in our remodeled wood-working shop, Woodwerks. This shop is open to Independent Living residents who want to bring wood working projects to life.



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Tranquility House team members love their household family and enjoy a chance for a portrait with resident members. Pictured in the front row are residents: Mia Schrader, Lowell Texiere, Freddie Frazier, Reta Harold. In the back row are team members: Emily Mills, MJ Saufley, Sara McAlister, Susan Bostic, Alyssa Sisler, Monica Thompson, Ilia Pacheco.

Our Parents

Fred and Alice Davino

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Tearcoat COB—Women's Fellowship Group

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† = Deceased

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Editor

Lavenia A. “Lev” Norford

The Bridge Advisory Committee

Carrie Budd
Crista Cabe

Designed By

Dustin Blyer

Printer

Mid Valley Press

Proofreaders

Tammy Jordan
Missy Stover
Sandy Counts
Crista Cabe

Photographers

Rhonda Collins
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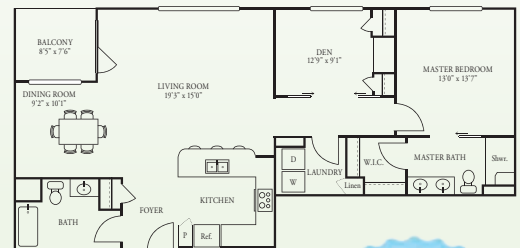
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