

# THE *Bridge*

FALL 2025







**Above:** No road trip required: Residents Wanda Flora (left) and Glenna Wampler (right) stock up on Beaver Nuggets at Buc-ee's!

**On the Cover:** Nancy Thomas (left) and Kasey Ansell (right) bring big smiles to the Rockingham County Fair this year!

# From the President

Dear Friends,

As summer draws to a close at Bridgewater Retirement Community, I find myself reflecting on the many moments of joy, creativity, and connection we've shared in recent months. In this edition of *The Bridge*, I'm excited to highlight stories that celebrate the people, ideas, and innovations that continue to make BRC such a vibrant place to live and work.

One of this year's most memorable moments grew from the simple goal of one team member: to bring movement and happiness to both residents and team members. That vision blossomed into one of the year's highlight events—a one-of-a-kind Wiffle Ball tournament brimming with friendly competition, laughter, and camaraderie that perfectly captured the spirit of our community.


We also celebrate the achievements of one of our resident authors, whose latest work is not only a testament to a life well lived but also a reflection on where his story began. His dedication to sharing wisdom and experience inspires us all.

Innovation is alive and well in our households, where a partnership with Cannability Consulting is guiding the thoughtful introduction of hemp-derived CBD products. This wellness approach is already helping residents find comfort, relief, and renewed engagement, demonstrating the power of thinking beyond traditional boundaries.

I'm also pleased to introduce one of our newer board members, whose strong connections to the wider community will help guide us forward with insight and dedication. And in these pages, you'll find a warm welcome from Annie Frazier, our new Vice President of Development and Community Relations. Annie brings energy, vision, and a deep commitment to furthering BRC's mission, and we're excited to see where her leadership will take us.

Each of these stories is a reminder that the heart of BRC lies in the people who call it home and those who serve with compassion. Thank you for being part of this remarkable community. Your support and enthusiasm make it possible for us to continue innovating, connecting, and enriching the lives of those we serve.

With gratitude,



Rodney D. Alderfer  
President | Bridgewater Retirement Community



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## Good Roots: From Farm to Fork

Fresh, local, and rooted in community—that’s the heart of Good Roots, BRC’s commitment to locally sourced food. Each week, our dining venues highlight seasonal produce from the Dayton Produce Auction and Overlook Produce, along with proteins from Polyface Farms in Swoope, Virginia.

From juicy peaches and heirloom tomatoes to crisp cucumbers, sweet corn, and locally raised chicken, these ingredients bring the best of the Valley straight to residents’ tables. It’s a way of nourishing not just residents, but also the connection to the farmers and neighbors who help the community thrive.



**Good Roots**



## The Village is “Glowing”

With the rollout of Glo Fiber complete, every household in the Village is now fully connected. This milestone was made possible through months of work and the expertise of the Shentel team, along with the dedication of BRC’s IT team—Mike Tipton, Coale Shifflett, Reece Adkins, and Brian Glick—and team members Danny Ritchie and Sandy Counts. A huge thank-you also goes to residents for their patience along the way.

## Hello, Workvivo!

In July, Workplace was retired and Workvivo launched as BRC’s new internal communication platform. The debut was celebrated in style—with Workvivo mascots joining the fun—and with more than 90% of nearly 500 team members activated, engagement is thriving.







## BRC Fest: Eats, Beats, and Wiffle Ball Feats

This year, our annual team celebration transformed into a two-day festival across campus. With live music, local vendors, food, an all-star Wiffle Ball game, and the launch of Workvivo, it was a celebration to remember.



“We feel a wonderful sense of community here, with neighbors truly looking out for one another. There’s also a strong network of support—when someone is going through a challenge, others who have faced similar experiences are quick to step in and help however they can. For the first time in our lives, we feel we’re on the same playing field, without competition for status.

Another aspect we deeply value is the interaction between team and residents. We’re encouraged to share thoughts, concerns, and even complaints through groups like the Neighborhood Advisory Council, which helps everything run smoothly. We are so grateful to be part of this beautiful community.”

—Doug and Sharon Gilbert  
(new village residents)



## Cue the Competition

The second annual charity pool tournament brought together eight teams, including seasoned players and Pool School graduates. Congratulations to Steve Parsons and Paige Landes, who claimed victory and helped grow the Forever Family Endowment by \$600!



## “Cycling Without Age” in Rockingham County

Written in collaboration with Jeanine Maddox at Sunnyside Retirement Community

In Norfolk this June, in a room packed with attendees of the LeadingAge Virginia annual conference, we met John Seigel-Boettner and his trishaw. John was the keynote speaker sharing his mission of Cycling Without Age with professionals who work in senior living across the state. And a trishaw? It’s more than a bicycle that accommodates passengers: it’s a vehicle for freedom, joy, adventure, stories, and memory.

When you Google “trishaw,” you get a decent description: a three-wheeled

cycle rickshaw (human-powered or with electric assist) which carries one or two copilots (passengers) up front, with the pilot pedaling behind. The trishaw model was established in 2012 in Denmark by Ole Kassow. The son of a parent who used a wheelchair, Ole saw an opportunity to support people with limited mobility fight isolation. And so, the trishaw concept was born.

The guiding principles behind Cycling Without Age are generosity, slowness, storytelling, relationship, and agelessness.



This passenger-focused experience engages community members, allows access to nature, and provides social connection. There are currently 3,050 chapters in existence across the globe, 4,900 trishaws, and 39,000 trained pilots.

John discovered Cycling Without Age after retiring from teaching. A lifelong cyclist, he found the grassroots, non-profit world of trishaw rides to be his next great adventure. John shares that every time he rides, it's like spending more time with loved ones who are no longer with us. Everyone on each ride—pilots and copilots—wins.

Bridgewater Retirement Community is fortunate to have a trishaw that's well-loved—it's a regular part of daily life. While brainstorming for this article, it rolled past Ashlie's window three times; the next day, it passed by twice—each ride carrying a new copilot (or two), a fresh smile, and a new story in motion.

The idea of a trishaw at BRC first took root in 2021 when household coordinators heard about the bike. They gathered a group for a trip to Williamsburg, Virginia, to see it in action, and were hooked! With enthusiastic support, the team partnered with leadership to secure funding and began training volunteer pilots. These bikes carry a hefty price tag, but the freedom, adventure, and memories they create are priceless.

Today, the trishaw is used regularly by residents in nursing, assisted living, and memory support. Some rides are simple loops around campus; others venture farther. Village resident Steve Parsons, a longtime cyclist and regular volunteer

pilot, says he rides “to give residents an experience they wouldn't otherwise have.” For him, it's as joyful and meaningful as it is for them.

BRC Executive Assistant Pam Sherman often takes memory support residents for rides and says it's the highlight of their day—and hers. “They love the fresh air and seeing people along the way. For me, it's a chance to step away from my desk and do something meaningful, and it's great exercise, too.” She enjoys the questions residents ask: What is that? How do I ride a bike? Where do I sit? After a quick explanation and seatbelt check, the questions fade, and smiles take over. Pam recalls special moments: a skeptical sister who ended up laughing the whole ride, a new resident adjusting who found peace in the sunshine, and a couple surprised by just how big BRC's campus really is. “No ride is the same,” she says. “The conversations are always different, and I love getting to know our residents in a new way.”

Want to bring this experience to more people in the Valley? Learn how to start a chapter and get involved: [cyclingwithoutagemovie.com/join.html](https://cyclingwithoutagemovie.com/join.html).





## Betsy Hedrick: Serving a Community Close to Her Heart

For Betsy Hedrick, joining Bridgewater Retirement Community's Operating Board felt a bit like coming home. She grew up just down the road in Dayton, graduated from Turner Ashby High School, and went on to earn her bachelor's degree in business with a major in accounting from Virginia Tech. Today, she's an audit partner and CPA at PBMares, a regional accounting and consulting firm with more than 400 employees across the Mid-Atlantic. Specializing in local government and nonprofit clients, her professional expertise naturally complements BRC's mission.

Betsy's ties to the community reach well past the boardroom. Both of her grandmothers once called BRC home—one passing in 2005, the other in 2010—and she still remembers the excellent support they received. "I've known so many people who have lived here—family, neighbors, church friends—so I understand the impact this place has on the community," she says.

That impact became personal in a different way when Betsy, a lifelong pianist, would visit her grandmothers and play for residents in Huffman Health Center. She learned to play from Jackie Sprinkle, her piano teacher of 12 years and now a BRC resident for the past five years. "Jackie's patience and encouragement gave me something I've enjoyed all my life," Betsy recalls. "Every time I sit down to play, I think about her."

When invited to join the Operating Board through her connection with BRC Controller

Anne Whitney Flint, Betsy accepted without hesitation. She also knew President Rodney Alderfer from years earlier, when her grandmothers lived in nursing. Also serving on the Finance Committee, she takes BRC's core value of stewardship to heart. "It's about caring for the campus, the infrastructure, the team members, and the community partnerships that make BRC strong," she explains.

Betsy is inspired by the diversity of backgrounds represented on the board and the compassion each member brings to the table. "Every member has a personal connection to BRC, and you can feel the compassion in the room," she says. She admires BRC's culture of innovation, from the household model of living to forward-thinking investments in technology—all with one goal in mind: improving residents' quality of life.

One aspect of BRC's work that resonates deeply with Betsy is the Forever Family Endowment and the promise it represents. "When you're here, you're home—no matter what. That's comforting, and it's special," she says.

For Betsy, serving on the board is both an honor and a privilege. "When I leave a meeting, I feel uplifted and proud of this organization. BRC is an asset to residents, their families, team members, and the entire community. I want to be part of ensuring its long-term success."



# Generosity in Action

By Annie Frazier

The people and spirit that keep Bridgewater Retirement Community thriving and make “home” mean so much more.

If you’ve spent time at BRC, you’ve probably noticed something you can’t quite put into words. Families, visitors, and residents often say, “It just feels different here.” Some call it “magic,” others describe it as our “fill the cup” mindset, and many simply know they can feel it—the joy, warmth, connection, and heart woven into daily life.

For me, that feeling comes from our spirit of generosity—a culture of showing up for one another in ways both big and small. It’s at the center of everything we do and brings out the best in all of us.

Recently, the Foundation Team and I had the honor of sharing our story during a podcast recorded live at Bloomerang’s GiveCon Conference in Orlando, Florida. Speaking about BRC’s culture of giving reminded me just how rare and meaningful it is to be part of a community where residents, team members, and families feel deeply connected to something bigger than themselves.

BRC was built—and continues to thrive—because of people inspired to give back. That spirit shows up in so many ways: team members who give so much of themselves and go the extra mile to connect with and delight residents; donors and residents alike who invest in programs that



## MEET Annie Frazier!

Annie Frazier, BRC’s new Vice President of Development and Community Relations, is a Richmond native and JMU alum. She has called the Shenandoah Valley home for more than a decade and lives in Harrisonburg with her husband, Mike; their two daughters, Riley (8) and Kit (5); and their Brittany Spaniel, Scout. Annie and her family love exploring the outdoors—whether hiking, biking, or skiing—and she’s a lifelong distance runner who finds joy in logging miles through the Valley.

Having served in various roles at BRC for over ten years, she has also experienced the community from a family perspective when her grandmother was a resident. Annie feels deeply grateful to continue growing at BRC and is excited to begin this new chapter leading the Foundation Team and working alongside BRC’s most generous givers—donors whose impact helps shape the heart of our community.

strengthen our team and community; and volunteers who share their time and energy to brighten someone’s day. Without this generous spirit, special memories like trips to Smith Mountain Lake or Senior Prom wouldn’t be possible.

You can see the results of this generosity all around us—from the Crist Family Walking Trails to Culture University, from professional development scholarships to the everyday moments of care and kindness that define our culture. At BRC, giving is more than generosity—it’s reciprocity. We care for one another as neighbors, whether that neighbor is a resident, a colleague, a family member, or a volunteer.

This is what it means to be “rich” at BRC: to live in a community where compassion, connection, and generosity are part of who we are, and to never stop celebrating and nurturing that spirit.

## RESIDENT CORNER

# Before the First Page

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To understand John Stone, you have to know where he came from—and how every step of his life's journey shaped the career he built and the stories he now tells.

John has written several novels, but his latest reflects the raw honesty and deep humanity of a life fully lived. In *The Other Side of the Tracks*, he draws from the grit and grace of his own experiences, crafting a work that feels both deeply personal and universally relatable.

Born in the sheep country of western South Dakota and raised in a small town, John's path has been anything but predictable.







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“ Even having gone through some harrowing experiences such as terrible traffic accidents and Viet Nam, my biggest fear is of ever being poor again. Nothing else even comes close!”

— John Stone in excerpt from  
*The Other Side of the Tracks*

He’s been a soldier, a teacher, and a traveler. He’s faced challenges that tested his resolve and moments that deepened his compassion. Each chapter of his own life—marked by resilience, curiosity, and a deep appreciation for people’s stories—has informed the way he writes.

Through his writing, John invites readers to step into worlds both familiar and unexpected, reminding us that the most powerful stories often come from roads personally walked. His work is more than entertainment—it’s an extension of his life, a testament to the enduring human spirit, and an invitation to reflect on individual journeys.

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## BEFORE THE FIRST PAGE

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### A Glimpse Inside John Stone's New Novel, *The Other Side of the Tracks*



I now realize that there were (and are) many people in my town and in this world who were poorer than I. But, I didn't think about them at the time—I only thought about *myself* and my conditions.

When my Dad was with us, we ate regular meals—fixed by my Mom. When my Dad left us at different times, the home dynamic changed as my Mom had to work outside the home—usually at two different jobs. She worked a regular job during the day and cooked in restaurants at night—often until the restaurant closed near midnight—or later with cleanups. During that time you ate somewhat sporadically as your Mom was not home to prepare meals. Sometimes you had cold cereal and milk, PB&J sandwiches, hot creamed corn over two slices of white bread, canned spaghetti, a can of soup, and sometimes a treat with bologna or Spam sandwiches. As younger kids, we did not go “out to eat” and did not even know what “fast food” was. We managed. We survived.

During those rather “dark years,” while you know your mother has to work every day (at more than one job) you see many “stay-at-home” moms. Deep down, you *know everyone else knows* how poor you are and they know your mom is a fry cook at night at a local restaurant. Your family

has to struggle for even the most basic subsistence. That hurts and you try to figure out ways to cope. Then, here comes that time in your life when you have to admit what kind of work your dad does but are just too embarrassed to talk about it. Then, there were times when dad was not living with us and you didn't have to think about what kind of “work” he did. And, you are so embarrassed and ashamed because you “know” that everybody else “knows” your predicament—and they're “looking down on you.”

Even having gone through some harrowing experiences such as terrible traffic accidents and Viet Nam, *my biggest fear is of ever being poor again. Nothing else even comes close!*

During these times, when my Dad was gone and my Mom worked 12–16 hours per day, you find other things to do away from home. In most cases, you find guys who live in similar circumstances or close to it. You can identify with them and they with you. Nobody has a Dad who is around so nobody really talked about it—we just accepted our reality.

In early Junior High days, Larry Arterburn, Rocky (Donald) Martell, Mickey Erickson, and Alan Darner all hung around nearly all the time we weren't in school or beginning to find “small” jobs. Of this group,



Rocky and I both worked some of the time, Mickey never did work, and Alan Darner was the only one with a normal family. We were regular cigarette smokers and spent much of our free time just hanging around [the streets of Pierre]. We weren't really "friends" but more like a gang. Later I would discover, there was no real loyalty to each other.

While none of us had a car, we formed a "car club." We had a clubhouse in the garage behind my house on North Central and even got matching jackets with lettering on them. We were the Pierre Pacers. We often waited outside the movie theater to gang up on kids who came to town and picked fights. We sat around the public post office just to "hang out." We talked a lot about girls but none of us dated or even had a real girlfriend (though we were beginning to move in that direction). In many ways, we were probably struggling to "grow up."

In life, people can and do respond to their "situations" differently. Regardless of your *situation*, you have to adjust—you have to at least try to survive. Most young teens, neither girls nor boys, have the proper tools to do so. Some harbor resentment. Others muster the strength to work even harder to "get ahead" where they can and how they can; often by doing well in sports, music, or academics—things not totally tied to one's economic status. Some just "suck it up" and bow down to this seemingly overwhelming power that seems out to "crush them." Eventually, many in this group develop a strong resentment toward their immediate surroundings and think about ways to "pay them back" for the ugly "hand" they had been dealt in life.

And so I thought, whatever "fair" was, this wasn't it!

Part of the reason for my plight was my own fault. Part of it I blamed on my "cruel and unfair" hometown—where most of the people there were *out to get me*. Part of my condition I attributed to the fact that I was poor and couldn't seem to do anything about my status. Poor was real.

You don't often get a chance to move away from poor.

You don't avoid poor because you just don't like it.

You might inherit your way out of poor—not likely.

You might win the lottery—not likely.

You might marry your way out of poor—possible.

You could join the military, build a career, and retire—possible.

You might get a bag of cash from Publisher's Clearing House—well.

You might work your way out of poor—at a job with upward mobility.

You might educate your way out—many rungs but not too steep.

And so, if you do not have "things" and you *want* to have "things," you will have to find some way to get them—they will not be given to you by your parent(s) because they can't afford them. You might hang around others who have "things" in hopes that they will share "their things" with you. I was one of those kids when I was young. I have seen people steal from others—from homes, from cars, from stores, even from school, etc. I saw some of my best "friends" do "all of the above."

From the somewhat limited list above, at first, I chose the work option. My solution was to find paying jobs—doing whatever it took to earn some money that I could not/would not get any other way. For the most part, "I worked my way through high school." I accepted that. And then, I was lucky enough to be admitted to college—and I worked my way through college. And then, 5 full years of graduate school—and we worked our way through that.

After all this, I finally I realized I could and did NOT do this on my own. Dozens of people from my mother, to teachers at all levels, to employers, to financial assistance lenders, and friends were there to lend a hand. They all helped me to realize my goals and dreams.

## On Diamond Days, Donovan Plays

The Man Behind BRC SportsNetwork

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What began as a simple way to get people moving and bring some joy to the heat of summer quickly turned into one of the most spirited, smile-filled, and memory-making events BRC has seen. Commissioner Donovan Schmude's Wiffle Ball Tournament united team members and residents alike in a celebration of friendly competition, surprise home

runs, and unforgettable moments at the Oasis.

Teams like The Grounds Team, Wiffle While We Work (nursing leadership), and The Unicorns (therapy) brought their spirit to the field, while mixed-campus teams like the BRC Birddogs, Wiff It Good, and The Grandslamberts added even more energy and camaraderie to the season.





with Donovan Schmude, Fitness Coordinator



### Let's rewind to the beginning—how did the idea for Wiffle Ball come about?

Wiffle Ball was kind of a shot in the dark—just me trying to find a fun way to help team members decompress a bit and create something residents would genuinely enjoy. Baseball is one of those sports that people naturally understand. You don't necessarily need an announcer to follow what's going on.

### Well, turns out we did need an announcer—but more on that later.

Another big motivator for me was simply getting people outside. Not just residents coming out to find a seat, but team members helping them get there. It became a subtle but meaningful way to bring more movement into everyone's day.

I pitched the idea during a Life Enrichment meeting and everyone was on board. At the time, I had never done anything with that team before, but they were incredibly supportive and jumped right in.

What I loved most was the autonomy of it—the ability to take an idea, think through the process, and see it come to life. Wiffle Ball is a perfect example of that working out in the best way.

### You're on the Fitness Team, so of course you love movement. But why did this matter to you beyond that?

It goes back to that idea of just incorporating a little more physical activity into everyone's day. Even the folks who just came to watch had to walk out there. It counts.



I also didn't expect it to be so competitive! I thought it would be more low-key, just for fun. But man—we realized quickly that BRC has a lot of people who like to win. That competitiveness drove a lot of buzz around campus.

It was a fun, engaging way to promote activity and connection.

### What was the initial buy-in like? Were folks immediately on board, or did it take some warming up?

I started by posting the sign-up information on Workplace (BRC's internal communication platform at the time). Originally, I wanted teams to be mixed across campus—like someone from dining playing with someone from marketing. But it didn't quite pan out like that. Team members started forming their own Wiffle Ball teams, and sign-ups took off. Ten people, then 15, then 20. In total, over 50 team members signed up.

Honestly, it kind of blew my expectations out of the water. We had just the right number of teams. Any more, and the season might have

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## WIFFLE BALL TOURNAMENT

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dragged on. Any fewer, and we would've ended up playing the same teams repeatedly.

### Walk me through the behind-the-scenes planning. What did it take to pull this off?

We had a good starting point: bats, balls, and the Oasis. I measured everything out and worked with the Grounds Team to get lines painted. I owe a big shoutout to Grounds Supervisor Mike Bragg for making that happen.

At first, I thought we'd save snacks for the championship, but once I saw the energy at early games, I realized we needed classic ballpark snacks every time. Pretzels, popcorn, lemonade, it became part of the experience. The dining team was awesome and very supportive. Danielle Fulk deserves a special shoutout for always being out there helping and checking in.

We scheduled two games each week, on Wednesdays and Thursdays. That left us three other weekdays for rain delays or rescheduling. We ended up needing that flexibility more than once, but it worked out.

The best part? Teams started practicing. I'd walk residents out by the Oasis and see The Grandslamberts, Wiff It Good, or Wiffle While We Work out there warming up. It was hilarious. And awesome.

### What kind of feedback have you received—on or off the field—from team members and residents?

Feedback has been overwhelmingly positive. Residents thought it was fun and exciting. Team members loved the energy, the competition, and the connection with residents. I heard so many people say how cool it was to see residents getting into it—cheering, laughing, and even trash-talking their favorite team players.

### You didn't just run the show—you grabbed the mic! How did you end up as the official announcer?

We realized residents were a little confused about some of the rules and plays. So, I grabbed a mic and started calling the games. And... it was amazing. They loved it!



**Chris Rathbun**

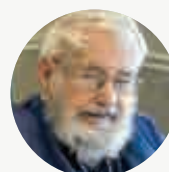
Therapy Team  
(Player, *The Unicorns*)



When I first heard about the Wiffle Ball tournament, I thought it was a great team-building activity—something fun and different outside our normal day-to-day routine. I grew up playing baseball, and I know how important it is to people in this area.

We didn't go in with a strategy—our main goal was to have fun and give the residents something to enjoy. What surprised me most was just how much they got into it. They were cheering, singing, even heckling their favorite team players! It brought so many laughs and conversations into the therapy gym.

Events like this bring the whole campus closer together—residents from nursing, assisted living, and independent living were all enjoying the games. Donovan deserves a lot of praise for not only coming up with the idea but pulling it off so well."



**Arthur Hanger**

Tranquility House  
Resident



It was something different and fun to do in the middle of summer. I like sports, and it was great to see team members out there—some of them were surprisingly good! I even got to hold the American flag, which was awesome. Wiffle Ball was a great thing for a place like this. I'm looking forward to the next game!"





### The All-Star Game added some extra flair—how did that come together?

That was Laura Spicer's idea. She pitched it with a Savannah Bananas vibe for BRC Fest. It evolved into an All-Star Game where each team nominated a player, and they faced off against the leadership team.

Spoiler alert: I knew leadership wasn't going to win.

### Looking back, is there one moment that stands out—or a memory you'll always carry from this season?

There were a lot! Rodney Alderfer getting ejected during the All-Star Game was hilarious (all in good fun). But really, my highlight was seeing all the unexpected standouts. Like Kasey Ansell from Wiff It Good—she was a powerhouse. Sarah McAllister (BRC Birddogs) hit three home runs in one game. Ethel Kimmell (Wiffle While We Work) was out there making plays. So many players just wowed their teams



and the crowd. That joy—those reactions—that's what I'll remember.

### Let's talk about Robert Foerster—how did he get recruited to be the umpire, and what made him a standout in the role?

Robert was a resident in Tranquility House, and I had him on a list of people I thought would make a great umpire. When I asked, he said yes—and he crushed it. He showed up, took it seriously, and had fun with it.

After the championship, he told us, "This has been so much fun. I'm so thankful I had the opportunity to do this. This was a great game to end it on. Thank you guys so much."

### The Village Choir singing the National Anthem was such a special touch to the championship—how did that partnership come to be?

Robin Spitzer from the Resident Services Team sang the National Anthem at most games, and she did an amazing job. But for the championship, I wanted to do something special. I saw a post on Wellzesta (BRC's resident engagement app) about the Village Choir and figured I'd ask.

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## WIFFLE BALL TOURNAMENT

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I ran into a resident from the choir in the fitness center and she connected me with Choir Director Wil Nolan. I caught him in the gym one day, and he was totally on board. They sang for the championship and absolutely knocked it out of the park.

### If you had to sum it all up, what are your reflections on the 2025 Wiffle Ball season?

It was just so cool to watch it grow. The resident buy-in was incredible. When a resident knows the schedule and reminds their favorite team member, “You’ve got a game Wednesday!”—and it’s only Monday—that really means something. That’s what makes it all worth it.

At the end of the day, I feel lucky to be part of something that brought so many people together.

### What’s next? Any big dreams or plans for a tournament in 2026?

Bigger and better. This year I pulled it all together in less than a month. I’ll have time over the next year to plan with dining, grounds, and other teams across campus. I think more people will want to play, and I’m excited to see how far we can take it.

## Why is BRC the right place for you? What makes this community so meaningful to be part of?

The people. 100%.

My goal in life is to make people smile and help them stay active. Here, I get to do both. I work across the entire continuum, and if I can make someone’s day by helping them feel involved—especially when they might not be able to attend a pro ball game anymore—that’s everything.

Seeing residents light up and say, “Hey, that’s my nurse out there hitting home runs!”—you just can’t beat that. It doesn’t feel like work when you’re doing what you love.



with Robert Foerster, Umpire & Former  
Tranquility House Resident

## What inspired you to step into the role of umpire for the tournament, and how would you describe your style behind the plate?

BRC approached me—and I’m a big fan of sports. I had just gone on trips to see the Washington Nationals and the Harrisonburg Turks, so I was all in. My style? Fair, firm, and a little bit fun. I took it seriously, but I had a great time with it.





### Tell me about the infamous call on President Rodney Alderfer during the All-Star Game.

He got in my way while I was trying to make the call, so I ejected him. He had to go, and that was my way of telling him to hurry up! It was all in good fun.

### What were some other standout moments from your vantage point?

The camaraderie between teams—it was incredible. I saw people walking down the hallways debating calls, laughing, joking—no hard feelings. That's what made it special. Also, the flag ceremony: seeing our veterans hold the American flag each game—that was a tearjerker.

And the crowds! We had great turnout—even for makeup games. That kind of energy? You can't fake that.

### How did it feel to be part of the action in this way?

It was wonderful. I was at BRC for eight months, and every day I was treated like a prince. When I first arrived, I was very sick—I was even on hospice. But you all brought me back. I truly believe the care I received gave me a second chance. Getting to be part of this was the icing on the cake.

### What did you enjoy most about your time as the tournament's official umpire?

The camaraderie between the teams, by far. It made me feel alive again.

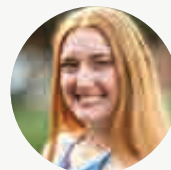
From the swat of the bat to the cheers from the crowd, BRC's 2025 Wiffle Ball Tournament brought out the best in everyone—team spirit, laughter, teamwork, and a whole lot of heart. And if the glowing reviews from Tranquility House are any sign (where apparently, every resident is a sports fan!), we'd say this event was a home run.

Congratulations to The Grounds Team for taking home the championship title—but hats off to the BRC Birddogs, who didn't go down without a close fight.

Here's to a new tradition—and swinging even bigger in 2026!



## Team & Resident TESTIMONIALS



### Kasey Ansell

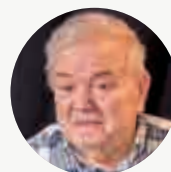
Marketing Team  
(Player, Wiff It Good)



Honestly, I didn't expect to stand out this season, so hearing I was a standout player was a fun surprise! I've always loved sports growing up—tee-ball, basketball, volleyball, swimming—but I'm also clumsy, so I didn't think I had any hidden Wiffle Ball talent.

I just kept showing up, gave it my best, and had a ton of fun. And I think that was the secret. A little practice helped too.

Some of my favorite moments were during the All-Star Game—hitting a couple of home runs and making a few shocking catches in the outfield. Hearing everyone cheer? I'll never forget that. It really brought people together in such a fun, meaningful way. I already can't wait for next season."



### Fred Davino

Tranquility House  
Resident



I loved the popcorn, lemonade, and water out there. I enjoyed every game—especially the All-Star one. And I didn't worry about the heat. I was raised for it in Massachusetts!

The camaraderie was great. It was fun just being with everyone, and I really enjoyed watching Robert do his thing as umpire. I had a blast watching the players and seeing how everyone worked together."

# Relief, Reimagined

Innovative thinking brings  
new comfort options to  
BRC households

In fall 2024, Bridgewater Retirement Community began a partnership with Cannability Consulting to explore the safe, thoughtful use of hemp-derived CBD products in its nursing households. The goal: provide another tool for managing chronic pain, sleep disturbances, anxiety, and certain dementia-related behaviors.

BRC Vice President of Health Services Jeff Lambert first connected with Dr. Alexandria (Alex) Hill at a LeadingAge Virginia presentation. “As a Leadership Team, we are always looking for innovative, non-traditional ways to serve our residents,” Jeff shares. “Having a resident who had been using a CBD product prior to coming to BRC really made us think outside the box.”



## The Experts Behind the Program

Cannability Consulting was co-founded by Dr. Alex Hill, Corporate Director of Quality Improvement at Westminster Canterbury Chesapeake Bay, and Victoria (Tori) Crenshaw, Senior VP of Health and Innovation. The idea grew from Alex’s doctoral research on cannabis and wellness, which caught the attention of her organization’s leadership and board.

“We wanted to help people navigate a tricky and often confusing subject in a way that meets regulatory requirements but also promotes quality of life and personhood,”





Alex explains. Tori adds, “We’re mission-driven. If we can help another community, that’s what we’re here for.”

Their approach is built on both professional experience and careful research. “We saw that people were already using these products,” Tori says. “The question was: are they using the right product, at the right dose, in the safest way possible? We wanted to guide that process.”

## How It Works at BRC

Before any resident began using CBD products, Alex and Tori hosted an all-day seminar

“If it helps residents live their best lives, it’s worth exploring.”

— Jeff Lambert, VP of Health Services

for BRC’s nursing team, pharmacy partners, CNAs, nurse practitioners, and other members of the interdisciplinary team.

“BRC’s thoughtful approach stood out,” Alex said. “You invested in educating your team before introducing it to residents.”

Each resident’s plan is highly individualized. The consultation process includes:

- **Goal setting**—what symptom(s) the resident and care team want to address
- **Review of medical history & medications**—to identify potential interactions
- **Safety screening**—including state and federal compliance checks
- **Product selection**—gummies, tinctures, lozenges, creams, capsules, CBD-infused drinks, or other options tailored to needs

Monitoring is ongoing, especially for residents who cannot describe their symptoms. “We set personal markers,” Alex says. “That might mean less pacing, better engagement at meals, or attending programs again.”

Follow-up consultations—often done virtually—are built into the process. Adjustments are made slowly, starting with the smallest dose and increasing only as needed. About 60% of Cannability Consulting’s clients are served this way.

[Continued on next page]

## Safety First

- Only hemp-derived CBD with <0.3% THC is used.
- All products undergo third-party testing for purity and potency.
- Cannability Consulting partners with Pure Shenandoah and other trusted sources.
- CBD is always introduced in collaboration with healthcare providers.



Cannability Consulting co-founders Dr. Alex Hill (left) and Tori Crenshaw (right).

## RELIEF, REIMAGINED

[continued]

### Results and Success Stories

BRC Director of Nursing Cindy Morris has seen results in both verbal and non-verbal residents. “For those using CBD for sleep, we ask daily how they rested. In many cases, we’ve seen symptom relief,” she shares.

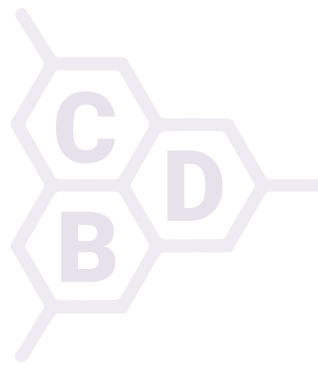
One case from another community particularly stands out for Tori. The resident was living with dementia and PTSD from military service, with a history of sudden, intense aggression. Team members feared for their safety, and family visits were strained. “After starting a carefully designed cannabis plan, the individual became noticeably calmer and more engaged,” Tori recalls. “Family could visit without fear, and their time together became positive again. You could see a visible shift in their comfort and quality of life.”

BRC Clinical Coordinator Kellie Nelson shares the story of a resident who began using Lazarus Naturals Unwind Gummies for sleep and anxiety, paired with Pure Shenandoah Soothe Cream for foot pain. “The gummies improved her sleep, eased her anxiety, and reduced discomfort. The cream brought quick relief for the first couple of months,” Kellie shares. “She and her family are satisfied, and from a teammate perspective, we encourage others to explore the benefits.”

### Why It Matters

For many residents and families, CBD offers an appealing alternative to prescription or over-the-counter pain medications—often





without the long-term side effects. “We’re finding people are open to non-traditional options,” Cindy says. “If it improves comfort and quality of life, they want to know more.”

Alex emphasizes that safety and education are at the heart of the program. “Just because it’s for sale doesn’t mean it’s safe. We carefully vet every product for quality, transparency, and compliance,” she says. Cannability Consulting sources products from a variety of trusted providers—including Pure Shenandoah in Elkton, Virginia, which happens to be local to the BRC community—ensuring clients receive safe, high-quality options.

## Looking Ahead

Whether the program expands will depend on resident interest, but the partnership has already shown how innovative thinking can improve quality of life for both residents and team.

“I think our team was excited we were willing to try something different,” Jeff adds. “If it helps residents live their best lives, it’s worth exploring.”

### ✓ Success Story

A resident living with dementia and PTSD in another senior living community had a history of sudden aggression, making care difficult and family visits tense. After beginning a carefully tailored cannabis plan, they became calmer, more engaged, and visibly happier. Family could visit without fear, and staff could connect in more positive ways.

## CBD at a Glance

### What is CBD?

CBD (cannabidiol) is a naturally occurring compound found in hemp. Products used at BRC contain less than 0.3% THC, so they are non-intoxicating and federally legal.

### Why use it?

CBD may be considered for:

- Chronic pain
- Sleep disturbances
- Anxiety
- Dementia-related behaviors

CBD may be administered as:

- Gummies
- Tinctures (drops)
- Lozenges
- Creams & topicals
- Capsules
- CBD-infused drinks

### How it works

- Consultation begins with goal setting, medical review, and safety screening.
- Products are tailored to the individual and reviewed for medication interactions.
- Monitoring is personalized — care teams track specific changes like sleep quality, mood, or mobility.
- Follow-ups are regular, with adjustments as needed.

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 Barbara Zombro

† Deceased

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## *Tributes*

April 1, 2025 – June 30, 2025

### *In Honor of*

**Alexander Beepath**

Lawana Meadows

**BRC Residents**

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**C. S. Kiracofe**

Terence H. Crowgey

**Elwood & Barbara (†) Shrader**

Charles Thompson

**Eugene Counts**

Susan S. Kuykendall

**Grace Fishback**

Thomas and Joy Daggy

**Rev. Russ Barb**

Sherrill Cheeks Estate

**Tranquility House**

Ann Healy

**Gardner House Team**

James Tongue

**Paul Graham**

Michele and Scott Dodrill

### *In Memory of*

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B. Franklin & Ann Salyards

**Burton Metzler**

Diane H. Metzler

**Dee Samuel Huffman**

Rebecca Huffman

**Edwin Earl Rodger**

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Charles & Sue Rexrode

**Henry R. Campbell, Sr**

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**Jan Ritchie**

Lura R. Trout

**John Kuebler**

William & Jane Branch

**June Vernon**

Ginny V. Straub

**Lois Emswiler**

Robert B. Emswiler

**Margaret "Helen" Fowler**

Rodney & Gloria Hildebrand

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 by reaching out to the Foundation Team today. Every act of generosity makes an impact.





Lake life looks good on them! These ladies spent a few days soaking up sunshine, swapping stories, and laughing their way through a perfect Smith Mountain Lake getaway.



When Joy House team members Kristin Knight and Krista Cople took Harold Arbogast to see Patsy Cline tribute artist Jill Spieker in July, they had no idea just how special the evening would be. At the start of the show, Harold was spotlighted and recognized as a big part of Jill's success—she first got her start singing in Harold's bluegrass band, *Heartland*. Today, Jill travels internationally performing her tribute, but she still remembers the man who gave her that first chance. A truly full-circle moment!

#### Mary G. Miller

Ann Healy

#### Nancy Flaherty

William B. Kyger Jr.

#### Ruth Hume Taylor

David & Constance Taylor

#### Serenity Residents Who Have Passed Away

Salena Weese

#### Swannie Smith Colvard

Gail Hunt

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Donna L. Mitchell

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Bridgewater Village Residents' Association

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† Deceased

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**Editor** | Ashlie Heatwole

**Writers** | Ashlie Heatwole and Annie Frazier

**Art and Design** | Dustin Blyer

**Photography** | Dustin Blyer, Sera Petras, Ashlie Heatwole, Joe Ritchie, Donovan Schmude, Dr. Alex Hill, Betsy Hedrick, Krista Cople, Jessica Fisher, and Tom Wheatley

**Special thanks to** | Kasey Ansell, Tori Crenshaw, Fred Davino, Robert Foerster, Annie Frazier, Arthur Hanger, Betsy Hedrick, Dr. Alex Hill, Jeff Lambert, Jeanine Maddox, Cindy Morris, Kellie Nelson, Chris Rathbun, Donovan Schmude, and John Stone

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

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At Bridgewater Retirement Community, “energy for life” is more than a slogan. It’s the way we do things. From our greenhouse to our woodworking shop, we encourage everyone to share their creativity. Because retiring from a career doesn’t mean retirement from life.



BRIDGEWATER  
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OF ENERGY FOR LIFE