



evergreen

The Magazine of Sunnyside Communities

Spring/Summer 2013

age

HATH
NO
LIMITS





In 2012 Sunnyside Communities commemorated its 100th anniversary. Just recently, King's Grant and Summit Square celebrated noteworthy anniversaries as well—20 years and 15 years respectively. These observances acknowledged the

birth and growth of communities that have seized opportunities and endured challenges over the years to become sustainable entities with expectant futures. In other words, age has only made them better.

In many respects, taking care of ourselves is similar to starting and advancing an organization like Sunnyside Communities. We grow and develop over time which makes us stronger and more effective. We continually nurture ourselves in order to attain our goals. Many of us do this by promoting our own health and wellness—life-long processes that begin at birth—to remain active and engaged. We start by employing a few of the seven dimensions of wellness—social, intellectual, spiritual, physical, emotional, environmental and occupational—and eventually grow into exercising all or most of them. And, as we grow older, we often begin to reverse the process.

At Sunnyside Communities, we believe that age should not slow anyone down. By fulfilling the seven dimensions of wellness through innovative programming and creative activities, designed by a staff committed to total wellness, we ensure that our residents have the opportunity to be actively engaged for as long as they want. We believe that this is the key to making experiences at Sunnyside Communities life enhancing.

Mary Taylor, who is featured on the cover of the magazine, exhibits health and wellness through her determination and active lifestyle. She is proof that "Age Hath No Limits."

John J. "Jack" Broaddus
President & CEO

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*On the Cover: King's Grant resident Mary Taylor
Photo by: Lynda McMillen*

CELEBRATE

by  making a difference



“From Humble Beginnings to a Century of Caring”

By P. Buckley Moss

250 Limited Edition Prints - \$125 each

(plus \$15 shipping and handling)

25 Artist's Proofs - \$315 each

(plus \$15 shipping and handling)

Nationally recognized artist P. Buckley Moss created “From Humble Beginnings to a Century of Caring” to help commemorate the 100th anniversary of Sunnyside Communities. The print showcases the Victorian home of Mrs. Alice Burton who was dedicated to the mission of providing care for aging ladies. She bequeathed her home – along with a cash legacy – to assist women who had no other place to go for support.

Like Mrs. Burton, you can be a part of the Sunnyside legacy. By purchasing this limited edition print, you not only enjoy a piece of Sunnyside’s history, you also **make a difference** to residents who have outlived their financial resources. A portion of each sale goes to the Sunnyside Communities Fellowship Fund which supports residents at Sunnyside, King’s Grant and Summit Square.

To order your limited edition print, please contact Rob Murphy, Director of Development, at 540-568-8228. Cash and credit cards accepted.

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Stay up-to-date with all of
the happenings at each of
Sunnyside’s campuses!



Jim Kellett

Soaring and Cycling



Photo courtesy of Jim Kellett

Jim Kellett

When it came to retirement, Jim Kellett knew exactly what he wanted to do – stay active. The 77-year-old Sunnyside resident says writing a business plan for retirement was the key to making it happen.

Holding an undergraduate degree from the University of South Carolina and graduate degrees from Purdue University, Jim began his career as a pharmacist, then taught at the University of North Carolina at Chapel Hill in the School of Pharmacy. He went on to work for the National Science Foundation, the Department of Energy and the Federal Emergency Management Agency, retiring in 1996.

Soaring and cycling best describe Jim's active lifestyle. He has been a glider pilot for 48 years, a flight instructor for 35 years, and an avid cyclist for 40 years. Since learning to fly in 1965, Jim has owned at least six gliders and he continues to fly a racing glider in retirement. He is an avid cyclist and tries to ride about 2,000 miles a year. Recently, Jim rode from Jacksonville, FL to Winchester, VA, a trip that took about two weeks.

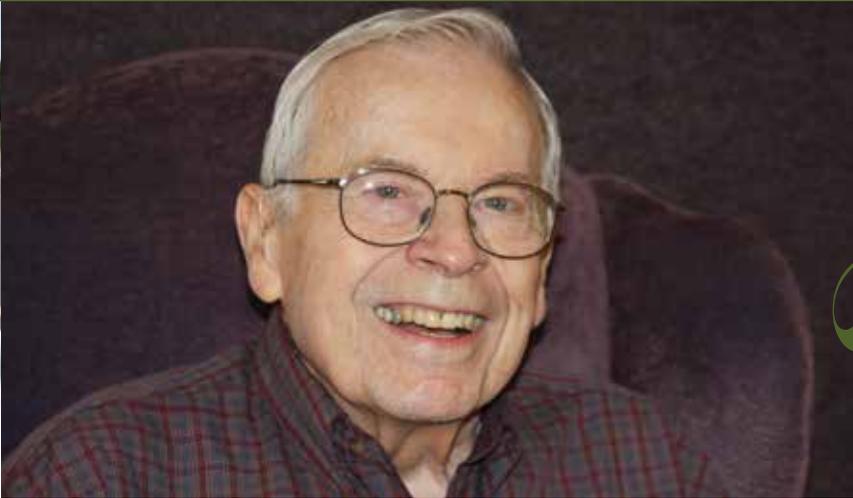
Jim's passion for soaring started at a young age. At age 5, his father bought him a ride on an airplane. While Jim doesn't recall the ride, he was told he was crying when the plane stopped – all because he didn't want to get out of the plane. Learning to fly airplanes at age 29, Jim continues to fly with a club in Front Royal, VA. "I can't remember a time when I didn't want to fly airplanes," he says. "I think people who like to fly are born with a Peter Pan gene," he comments. "You either know it or you don't."

It was riding bikes with his teenage children that changed Jim from a serious cyclist to a touring cyclist. He recalls a trip with his twin sons and one of their friends from Fairfax, VA to Richmond, VA that got him started on cycling trips. In the late 80's, Jim and his daughter rode with an organized group from Portland, ME to Orlando, FL—a trip that took three weeks. Jim says most of his rides are with organized groups—like the six-week ride from California to Georgia.

For Jim and his wife Pat, retirement at Sunnyside meant "freedom from worrying about what's going to happen next," says Jim. His wife's parents had moved to a retirement community in their 60s and they led a very active lifestyle. Jim and Pat wanted a similar experience. After some friends moved to Sunnyside, Jim and Pat began to seriously consider Sunnyside and they soon became residents.

Jim is active with Sunnyside's computer club and MAC user's group. Additionally, he oversees Sunnyside's resident-led newsletter, *Tips and Tales*. Pat volunteers her time with Sunny Treasures, Sunnyside's resident-led gift shop, and enjoys other activities as well.

Reflecting on the first year of his retirement in 1996, Jim chuckles and says, "We retired in February and I abandoned my wife for two months in April." That's because Jim immediately implemented his retirement business plan and went on a transcontinental bike ride. "You can't go on two-month long bike rides like this when you're working," he says. ■



Jim Burns

Jim Burns

Geologist and Writer of World Travels

For resident Jim Burns, moving to Summit Square and Waynesboro was almost like going home to Wheeling, WV.

A newcomer to Summit Square, Jim says the small-city atmosphere, the industrial history, and the friendly people make him feel at home. “I love the people,” he comments, referring to the Summit Square staff and residents as well as the town. Given Jim’s background, it’s easy to see why he is so comfortable with his surroundings.

A graduate of the University of Virginia, Jim began his career in the Navy. He spent more than 30 years working for the federal government as a military geologist and later as an environmental geologist. Jim’s work took him to Alaska, Germany, Vietnam and Iran, but it was Norway (Svalbard) that had a strong impression on him as a young person. Working closely with foreign nationals on a covert operation and traveling on a polar bear and seal hunting boat was an environment he had never experienced before. Jim later wrote a book, *The Cold*

Coasts, about his work assignment in Svalbard. In the latter years of his career, he worked as an environmental geologist, analyzing the environmental impacts of coal mining on the public lands.

After retiring, Jim took courses in enameling where he learned to make wall hangings, jewelry, plates, bowls and many other items. After completing several courses, he joined the Torpedo Factory Art Center in Alexandria, VA where he sold many of his pieces. He also taught classes and workshops in enameling, both in Northern Virginia and Charlottesville, and gave his wife, children and grandchildren some lessons. Jim’s interest in enameling came from working with metal in a naval yard when he was 18.

An ad in a publication at a senior center led Jim to another interest—working with people. For more than three years, he volunteered in the Court-Appointed Special Advocates (CASA) program, assisting abused and neglected children. “Being their advocate, I was able to

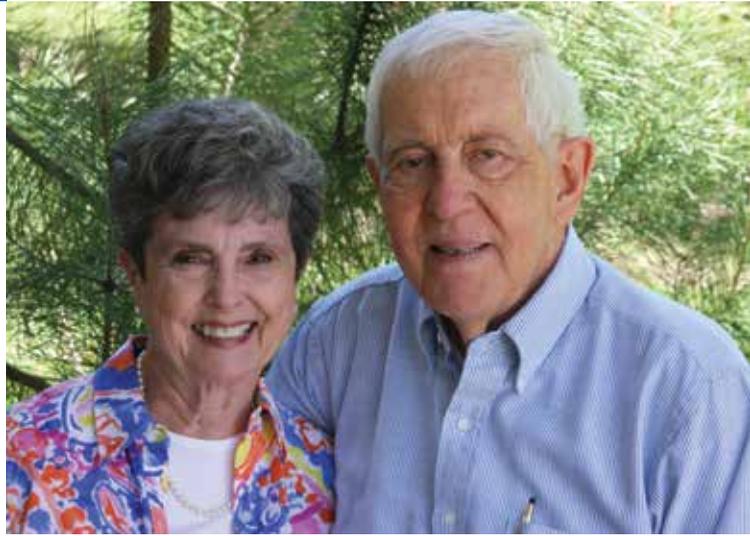
make a difference in children’s attitudes,” he comments. His work with CASA required more than 36 hours of training.

Jim says he enjoys writing, and that he plans to begin work soon on a second book about the human side of Iran. The book will be based on his experiences working there as a military geologist. Jim also writes about personalities of ancestors for his children, which he chuckles and says they enjoy. “Writing keeps me going,” he comments. Additionally, he enjoys exercising in the Wellness Center, going to the movies, and participating in book discussions at Summit Square and the public library. “I like to keep busy and spend a lot of time on my special projects,” he confesses.

Jim considers his family milestones—marriage to his late wife, Jaquelin, and his three children and grandchildren—to be the most memorable and exciting experiences in his life. Second would be his travels, especially his time in Svalbard. ■

Bob & Merlow Luttrell

30 Years in Saudi Arabia



Bob and Merlow Luttrell

Living a life of adventure and cultural opportunities is not uncommon for Bob and Merlow Luttrell. They have traveled the world, lived in another country, moved about 15 times, and they are still going strong in retirement.

Bob and Merlow met while in college and married two years later. A graduate of Virginia Tech, Bob went to work for Aramco, an oil and petroleum company, in New York. Six months later, he was transferred to the company's office in Saudi Arabia—a move Merlow hadn't really planned on. Merlow, a Radford College graduate, taught school in Martinsville while waiting to join Bob. Once there, Bob and Merlow spent the next 30 years living in Saudi Arabia where their four children were born.

In talking about their life in Saudi Arabia, Bob and Merlow say living on the company compound and learning about the different cultures (there were 31 nationalities in the company), were exciting experiences. Given the different cultures, Merlow

comments that learning to cook was fun. A family favorite, still requested when they are on vacation with their children and five grandchildren, is chicken curry and papads, a cracker-like bread common in India.

While in Saudi Arabia, Bob and Merlow say they had many opportunities to travel to places such as China, India, Australia, New Zealand and the Middle East. "We were one of the first families to be allowed to take our children into China," adds Bob. Traveling continues to be one of their many interests and hobbies.

When it came time to retire, Bob and Merlow knew that King's Grant was a good choice for them. Merlow's mother had lived at King's Grant for seven years, and they saw firsthand how she was cared for and liked it. "Everyone's so nice," comments Merlow. "The campus is beautiful!" For Bob, coming to King's Grant meant having someone to take care of everything so they could enjoy retirement and continue to be

active. Merlow also has a brother and three aunts who live in the Martinsville area.

Bob, a self-proclaimed "sports nut" who played football at Virginia Tech, likes the lifestyle and activities at King's Grant. He swims, walks regularly, and enjoys the musical events and lectures. Not one to be idle, Bob also serves on committees in the community. He currently volunteers for Contact which is a hotline service for Piedmont Community Services, an organization that helps people find sources of assistance in the area.

It's the exercise programs in the Wellness Center that Merlow enjoys the most. Her favorites include Tai Chi, Zumba, Drums4Fun, and weights. She also enjoys cooking, playing Bridge, and doing needlepoint.

Both Bob and Merlow encourage people to become part of a retirement community like King's Grant early on so they can enjoy it. "I'm so glad Bob and I could move to King's Grant together," says Merlow. ■

SUNNYSIDE

Welcomes Boward as CFO



In February Sunnyside Communities welcomed Ken Boward as its chief financial officer. Boward, who earned a Bachelor of Science degree from Virginia Tech and his Certification of Public Accounting (CPA) in North Carolina, joined Sunnyside after a 25 year career in accounting and finance in various leadership roles with three public companies as well as the accounting firm of Price Waterhouse.

Most recently, Boward was the senior vice president and chief accounting officer for Lumos Networks Corporation in Waynesboro. While there, he established a new accounting structure and worked with his team to develop and implement several key internal reporting processes.

Prior to that, Boward spent 14 years with NTELOS where he developed the financial organization structure and led the accounting organization through numerous acquisitions, mergers and capital structure changes as the company's balance sheet grew from \$200 million to over \$1 billion. Additionally, his experiences included multiple management responsibilities at Genicom and audit senior roles at Price Waterhouse in Richmond and Burlington Industries in Greensboro, NC.

Boward and his wife Laura live in Fishersville with their three children—Ben, Emily and Sarah. Ben graduated from James Madison University with a biology degree and will be attending the University of Georgia for graduate work in neuroscience. Emily is studying dietetics at Virginia Tech and Sarah is a student athlete at Wilson High School where she plays tennis and volleyball. Laura is a counselor for GRASP, a non-profit organization that explores financial aid options with area students. Laura is also very active in leadership at Tinkling Springs Presbyterian Church. ■



Sunnyside,
King's Grant
and Summit
Square

Receive High Ratings
from U.S. News

The U. S. News & World Report Best Nursing Homes Rankings for 2013 rated over 15,000 facilities spanning the 50 states based on the healthcare component, and Sunnyside, King's Grant and Summit Square all received high marks.

Using data and ratings from Nursing Home Compare, a website run by the federal Centers for Medicare and Medicaid Services(CMS), who developed a 5-Star Quality Rating System for certified health care facilities across the country, U. S. News created a searchable database for consumers who want to research and compare options. The rating system measures three categories: health inspections, nurse staffing and quality of care. Each nursing home receives a rating of one to five stars in each category with 5-Stars being the highest rating. In addition, there is an overall rating. To read more about the ratings, go to <http://health.usnews.com/best-nursing-homes>.

In January, 2013, Summit Square received an overall rating of 5-Stars, ranking them among the top 20 percent in the nation. Sunnyside and King's Grant both received 4-Star ratings, ranking them among the best as well. ■

A Full Life

Residents at Sunnyside Communities Stay Busy
by Karen Doss Bowman

Jeane Custin always seems to be on the go. At 87 years old, the Summit Square resident says she “keeps young” by leading a life filled with volunteer service activities that are closely aligned with her personal interests.



Jeane Custin

An artist who moved to Summit Square last year, Jeane has been a passionate advocate for the arts since moving to Waynesboro in 2001. She is a member of Summit Square’s Art Gallery Committee and a member of the local Shenandoah Valley Art Center, where she has taught art classes.

Jeane is currently painting an exterior mural of the Blue Ridge Mountains on a long wall that faces seven Assisted Living residences at Summit Square. She says, “Art gives you the chance to go beyond the four walls that you face every day. It truly enriches life.” Jeane also volunteers at her church, for Disciples Kitchen, Meals on Wheels, and is a

“Art gives you the chance to go beyond the four walls that you face every day. It just enriches life.”

weekly volunteer at the Augusta Regional Free Clinic. Jeane, like many of her fellow residents of Sunnyside Communities, has found that volunteering with local organizations gives her a sense of purpose, restores her energy and makes her happy. Each of the three Sunnyside Communities strives to provide a variety of programs to promote physical, mental, social and spiritual wellbeing among residents.

“Keeping an active lifestyle offers benefits galore,” says



Andrea Braziel

Andrea Braziel, events and volunteer coordinator at King’s Grant in Martinsville. “The old saying, ‘Use it or lose it,’ is so true. If our residents don’t keep an active lifestyle physically, mentally, socially and spiritually, they will start to decline in their abilities and health. Our programs are geared toward promoting active living.”

As senior living communities that offer the full spectrum of

continuing care, Sunnyside Communities empowers residents to take charge of their lives through a broad range of fun and stimulating activities. Benefits of an active life include a reduction in stress, anxiety and depression, weight control, boosted energy levels and better sleep. People who are active also are more likely than others to form strong connections with others.

“That active lifestyle can help in adjustment to a move from home to a senior living community,” Andrea says.

Physical activity is extremely important for maintaining good health overall, and each campus has a Wellness Center staffed by fitness professionals who work with residents to help them meet their health goals. Residents who don't enjoy working out in a gym may take advantage of activities such as tennis and golf, walking, gardening and daytrips.



Carolyn and Ted Scott

Carolyn Scott, 91, who lives in Sunnyside's Eiland Assisted Living Center, makes an effort to exercise every day. She uses the

fitness equipment in the Wellness Center, and says that watching other residents “inspires her to keep up with her exercise routine because she wants to stay active for as long as possible.” Carolyn's husband Ted, who first learned how to swim at age 79, at the encouragement of a Sunnyside wellness instructor, preferred to walk around Sunnyside's beautiful, sprawling campus. He also led daytrips for Sunnyside residents to sites along the Blue Ridge Parkway in search of native plants. Ted lived to age 94.

Sunnyside Communities also offers programs that encourage residents to get together, make new friends and share relaxing conversation, such as coffee hours, Bridge and themed dinners. Keeping the mind active also is critical, so there are numerous brain-stimulating activities available, including crossword puzzles, lectures, trivia challenges, and lectures about topics of local interest. At each campus, a staff chaplain maintains a focus on the residents' spiritual wellbeing through worship services, Bible studies and hymn sings.

“That social interaction is very important,” says Anita Landes, assisted living activities coordinator at Sunnyside. “We encourage residents to get out of their homes and to be with other people. Mealtimes seem to be one of the most special times for our residents because they're at the table with their friends, and they're talking and laughing. Getting out and getting to know



Anita Landes

their neighbors here keeps them from being lonely and extends their families. It gives residents a sense of wellbeing and of being cared for.”



Doris and Jim Collins

Before moving to King's Grant in 2009, Jim and Doris Collins kept a busy pace, volunteering with their Richmond-area church for organizations such as Habitat for Humanity and Camp Hanover. Even though they are retired, they continue to pack their schedules with activity. Both are avid dancers and belong to the Star Dance Club in the Martinsville area. They also are volunteers with the King's Grant Activities Department, assisting with programs for Assisted Living and Healthcare residents. And in their free time, the couple is restoring Jim's family home place in the Kibler Valley of Patrick County—a labor of love they consider their “retirement project.”

“It’s a continuing effort to maintain good physical, social and mental health,” says Doris, 72, who serves on the King’s Grant Residents Advisory Board.

“Volunteering is a big thing for us—it really keeps us going.”

Adds Jim, 76: “We don’t get bored, we’ve got so much to keep going. Sometimes it’s a challenge to find the time and energy to not only meet our obligations, but also to do the personal things we enjoy doing.”

Anita says she is inspired every day by her residents and encouraged to live life to the fullest. She finds her job rewarding and strives to help each person have fun while continuing lifelong interests.

“One of my missions is to bring joy in any way that I can,” says Anita, pointing out that she works closely with her assistant activities director and with other departments within the Sunnyside community to plan meaningful and successful activities for the residents. “I love all of my residents, and I have so much fun in my role here at Sunnyside. It’s about helping them stay active, helping them enjoy life and doing things that are meaningful for them. I love to make them smile and help each day to be a good day for them.”

Jeane, who has made wonderful friends through her many activities, encourages older adults to get out and become involved with community organizations that match their interests. “Staying active just extends your life. It’s vital to be involved in the community to keep up your enthusiasm for living,” Jeane says.

Jeane, who formerly served on the Wayne Theatre board, is sponsoring the Custin Jazz Series, traditional jazz that is, at the Gateway, to support the Wayne Theatre restoration. ■

May this article honor and celebrate
Ted Scott’s inspiring and full life.

For King’s Grant resident Mary Taylor, staying active is the key to good health and a positive outlook.

At 89 years old, Mary maintains an exercise regimen that includes almost daily trips to the indoor swimming pool in the King’s Grant Wellness Center. Mary is less inclined to actually swim—it makes her hair a mess, she confesses—and most often focuses on improving her endurance and flexibility. Her dedication to aquatic workouts has paid off: Mary doesn’t need to take medications for her arthritis.



“The pool is my salvation,” says Mary, a Danville native who worked as a chemist at DuPont in Martinsville and later as a high school biology and chemistry teacher. “I count it a real blessing that we have a pool here. Being in the water makes me feel great. And mentally, it just makes you forget about your worries.”

All-Around WELLNESS

Giving Care to Mind,
Body and Spirit

by Karen Doss Bowman

Like many older adults, Mary understands first-hand how physical health is closely tied to emotional and spiritual wellbeing. Sunnyside Communities—comprising King’s Grant in



Mary Taylor

Martinsville, Sunnyside in Harrisonburg, and Summit Square in Waynesboro—strive to offer an array of fitness programs and pleasurable activities to promote overall wellness for residents.

“We want to provide our residents with a well-rounded wellness program, and that includes not

only attention to physical fitness, but also concern for the mind and spirit,” says Matt Dameron, resident services coordinator at Summit Square.

“We try to offer as many quality wellness programs as possible, along with a variety of activities we hope they’ll enjoy. It’s about the whole community experience that has them engaged in working their bodies, minds and spirits.”



Jessie Purcell and Matt Dameron

Body, Mind, Spirit Connection

Regular physical activity and exercise provides numerous health benefits, particularly for older adults. Long-term benefits include improved balance and circulation, higher levels of energy, increased endurance and a better range of motion. Research has shown that exercise and regular physical activity may help prevent chronic

diseases and offer benefits for conditions such as arthritis, heart disease and diabetes. It also may lift one’s mood, decreasing feelings of depression.

Sunnyside Communities promotes wellness activities through on-site Wellness Centers, which are staffed by highly qualified fitness professionals and fully equipped with a variety of strength and cardiovascular machines. Each community offers daily activities, ranging from group exercise classes like Zumba, Tai Chi and yoga to specialty classes such as line dancing and chair kick boxing. Sunnyside and King’s Grant both have indoor swimming pools and offer aquatic programming with a certified lifeguard on duty.

Each campus’ Wellness Center also offers activities that challenge the mind and encourage social interactions. Scavenger hunts, for example, give residents an opportunity to have fun while walking and working in tandem with partners. Guest speakers from the local communities often give talks on topics such as nutrition, the benefits of humor,

the importance of advance medical directives and proper footwear.

“This population appreciates things that are very structured and consistent, but we also need to make sure things are fresh and varied,” says Jessie Purcell, wellness instructor at Summit Square who is certified by the American College of Sports Medicine (ACSM). “We strive to offer different types of programs that reach people with different interests.”

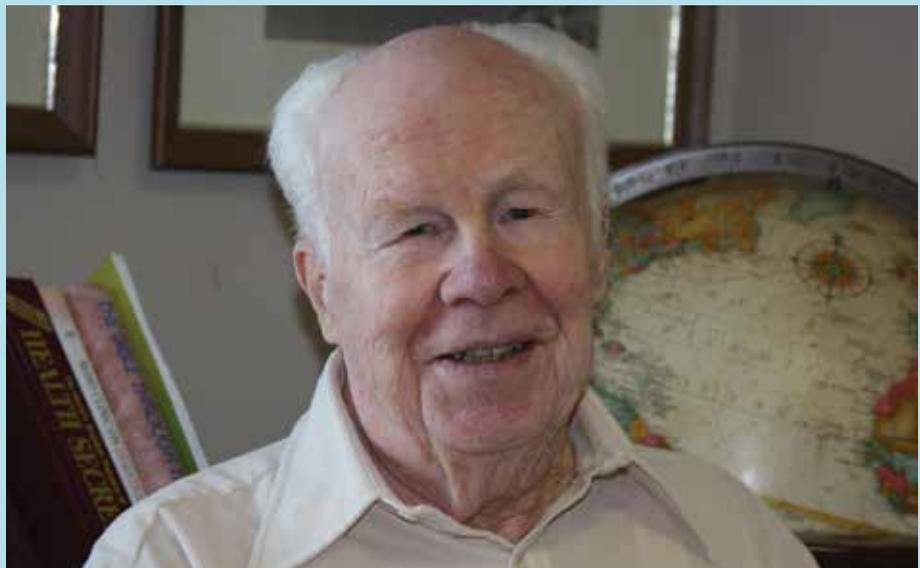
The staff’s efforts have been recognized for integrating the industry’s best practices. Sunnyside has been honored as an “Age-Friendly Wellness Facility” by the International Council on Active Aging (ICAA). The community also received the 2009 International Council on Active Aging Industry Innovators Award and the 2010 NuStep Pinnacle Award in Senior Living.



Annie Shaffer

“At Sunnyside, we measure success through a thriving community,” says Annie Shaffer, Sunnyside’s wellness director, RN, who is certified by the American College of Sports Medicine.

“We try to encourage and enable residents to continue to do the things they’ve always enjoyed, but



Giles Trimble

also our center desires to push beyond that, providing the tools for residents to take initiative to start something new, bringing energy, life and pride to our community.”

The Wellness Center staff works hard to encourage participation, keep motivation high and eliminate obstacles for involvement. Group exercise instructors strive to make group classes fun while continuing to challenge residents as they reach new levels of fitness.

“We hope we’re making a difference one class at a time—really, one day at a time,” says Margie Price-Savedge, senior wellness instructor at King’s Grant, who is certified by the National Exercise Trainers Association.



Margie Price-Savedge

“Being physically fit can add years to your life, but we’re also focused on our residents’ quality of life. It’s about getting them out of their houses or apartments and encouraging them to socialize, have fun and help their bodies. It’s not just about muscles, tone and strength—it’s about so much more.”

Forever Young

Summit Square resident Giles Trimble, who served as Crew Chief in the Army Air Corps during World War II flying over the Himalayan Mountains to deliver supplies, has been committed to fitness throughout his life. As one of his community’s most faithful Wellness Center visitors—working out almost every day without fail—Giles has the balance, dexterity and endurance of someone much younger than his 90 years.

“For me, exercise is just an important part of life,” says Giles, a Virginia Tech graduate who worked as a civil engineer, building bridges in Eastern North

“...you feel better about yourself, then you feel better about the world and about your life. It’s that joie de vivre—it just makes you feel happier in general.”



Tai Chi class

Carolina (Outer Banks area) and Virginia. “I see people sitting down, and I feel like they’re just speeding up death. I want to be active for as long as I can and enjoy a full life.”

Like Giles, Jim and Helen O’Hear—who live in a cottage at Sunnyside—are determined to live independently for as long as possible. They teach a weekly class in Tai Chi—a mind-body practice that focuses on slow, gentle movements, deep

breathing and meditation.

“Tai Chi is good for balance and coordination,” says Helen, 76, a retired teacher who also is involved in Sunnyside’s “Choose to Lose” weight loss support group. “It also keeps our minds active, and we’ve made a great group of friends through teaching the class.”

Jim adds that exercise isn’t just important for keeping a body fit and physically healthy. It also improves one’s sense of wellbeing.

“Exercise and physical activity just make you feel better about yourself and make you more energetic,” says Jim, 78, a former architect who retired as associate dean of undergraduate studies at Catholic University of America. “If you feel better about yourself, then you feel better about the world and about your life. It’s that joie de vivre—it just makes you feel happier in general.” ■

Gardening Expert Visits Sunnyside

Andre Viette, host of the popular “In the Garden with Andre Viette,” a live nationwide call-in radio program that answers gardening questions, spoke at Sunnyside in the spring.

A well-known expert in the industry, Viette, whose farm and nursery is located in Fishersville, VA, has extensive display gardens and landscapes. Viette shared with the audience gardening tips and some of the hottest trends in gardening. His presentation included topics such as organics, composting, container gardening for raised beds, decks, and patios, as well as how to grow your own vegetables. Fellow gardeners also exchanged ideas with each other.

The Viette Gardens are open year-round for tours. They include extensive display gardens, a butterfly garden designed to attract butterflies and hummingbirds, water and rock gardens, hosta gardens, daylily gardens, and much more. A well-stocked Garden Center is also open for those who want to shop for fine perennials and annuals, including some of the best daylily and hosta varieties grown today, as well as shrubs and ground covers.



Andre Viette at Sunnyside

Taking Stock Residents Jim Bradshaw and Dick Grist are proof that the Sunnyside pond is ready for fishing.



Resident Displays Artwork

Sunnyside resident Charley Shank displayed over 30 wooden abstract mobiles, wall hangings, and constructions outside the Bethesda Theatre. Shank began creating his artwork about two years ago and exhibited them through encouragement from his Sunnyside friends. While he does not sell his artwork, Shank enjoys being surrounded by it in his home in The Glen.



Charley Shank with his artwork

Apple Butter Festival Near

Sunnyside's Annual Apple Butter Festival, its most popular and biggest event of the year, will be held Saturday, September 28, 9:00 a.m. to 1:00 p.m. This year's event will include a 5K Fun Run as well as the popular Furniture Sale and Silent Auction. Mark your calendars now!

Sunnysiders Cruise to Bermuda

Thirty-two residents and guests took a week-long cruise from Baltimore to Bermuda aboard Royal Caribbean's Grandeur of the Seas. A fun time was had by all!



Themed Dinners Offer 'Around the World' Experiences



James Madison University Dukettes

Living at Sunnyside, you don't have to go far to get an international dining experience. Through its monthly themed dinners in the Bethesda Theatre, residents and guests have traveled to Paris, France, Scotland, and Spain. And Italy is the next stop.

Savory crepes, French onion soup, beef bourguignon, baguettes, chocolate mousse, and pears poached in red wine topped the menu in France. French wines and champagne complemented the meal while diners enjoyed the sounds of soft music and a special Can-Can performance by the James Madison University Dukettes.

The Spanish themed dinner featured the sounds of acoustic guitarist Michael Edon and a Flamenco dance. The menu included homemade guacamole, gazpacho, chicken and shrimp paella, and flan for dessert. Massanetta Springs Bible Conference Executive Director Fred Holbrook provided entertainment on the bagpipes at the Scottish themed dinner.



First King's Grant Resident Remembers Opening Day

In 1993 Doris and Harris Byrd, the first residents of King's Grant, said "Welcome to King's Grant" at the opening of the retirement community. Twenty years later, Byrd had the opportunity to say those same words at the community's anniversary celebration.

Referring to the campus community as "Henry County's largest family," Byrd said, "As we were awakened to sounds of the workers each morning—landscapers planting grass, shrubs and trees—we watched King's Grant Retirement Community grow and become alive with the arrival of moving vans bringing new residents. We knew then that our decision to come here was one of the best we had ever made." She continued by saying, "It's the people here that make King's Grant exceptional," she said. "The relationships and friendships made between residents, staff and administration are the heart and soul of this special place."

Hundreds Tour King's Grant

Historic Garden Week attracted more than 500 visitors to the Martinsville area, including King's Grant.

The Martha Dean McCarty & Frances Dean Hewitt Remembrance Garden, located on King's Grant's campus, was part of the 80th Historic Garden Week Annual Home & Garden Tour festivities, which is sponsored across the state by Garden Club of Virginia and held locally by two member clubs – Garden Study Club and Martinsville Garden Club.

Designed as "a garden for all seasons" by a committee of King's Grant residents, the Remembrance Garden includes a variety of flowers, a fountain, gazebo, benches, and blooming shrubs—some of which attract butterflies. The garden was made possible by a gift from Albert Francis McCarty in memory of his wife Martha and her sister Frances.

The Annual Home and Garden Tour also featured two King's Grant homes—the Collins Home and the Weaver Home. Residents Jim and Doris Collins and Milford and Dot Weaver, opened their homes so visitors could enjoy international collectibles, custom-made furniture and family heirlooms. The Remembrance Garden and residents' homes were open for tours and contributed to King's Grant's 20-year anniversary celebration.



Moss Visits King's Grant

Nationally known artist P. Buckley Moss visited King's Grant and signed artwork for residents, visitors and collectors. Moss, who is a long-time friend of Sunnyside Communities, created the print "From Humble Beginnings to a Century of Caring," to help commemorate the 100th anniversary of Sunnyside Communities. Pictured: P. Buckley Moss with King's Grant resident Bob Phipps.



The year was 1770. Patrick Henry was five years away from delivering his “Give me Liberty or Give me Death” speech and the signing of the Declaration of Independence was nearing. George Hairston, who later became a patriot and a Colonel fighting for independence, was granted the right to purchase 30,000 acres of land by King George III. Twenty years ago, 120 acres of the original land, known as Beaver Creek Plantation, was purchased from the Hairston family by Bill Franck, a resident of King's Grant, and donated to Sunnyside Retirement Communities for the development of King's Grant. This marked the first time parcels of Beaver Creek Plantation had not been owned by descendants of the original grantees. Hence the name, King's Grant.



Summit Square Celebrates 15 Years

Fifteen years ago, Summit Square opened the doors to its first residents. But the journey to get there was one of faith and purpose, according to former Sunnyside Communities President and CEO Dick Lyons, who spoke at the 15th anniversary celebration.

Lyons, who, along with many others, was instrumental in helping to develop the vision for Summit Square, shared the background for how Summit Square came into existence and acknowledged that there were doubts about the project. But he also recognized and credited board members, members of the community and visionaries who were committed to the future of what would become known as Summit Square. “The best experience was working with the people who were so vested in maintaining a purpose for the edifice,” he said.

Lyons concluded his remarks by reading lyrics to the 1998 country music song “You’re Still the One” by Shania Twain.

*Ain't nothin' better
We beat the odds together
I'm glad we didn't listen
Look at what we would be missin'
They said, "I'll bet they'll never make it"
But just look at us holdin' on
We're still together still going strong*

“And in my heart Summit Square, you’re still the one,” he said.

Talking about its beginnings, Annie Fellers, executive director of Summit Square, shared how the former Waynesboro Community Hospital, a building with an already rich history, was reclaimed, preserved, enhanced, and brought back to life. She added that many of the improvements were “green-conscious” before going green was popular, which spoke to the sustainability of Summit Square and its enduring legacy.

Sunnyside Communities President and CEO, Jack Broaddus said that Summit Square surpassed all expectations when it was acquired and transformed into a continuing care retirement community (CCRC). “Today, with sound leadership, it stands out among its peers,” he said. Broaddus also said he is excited about the future of Summit Square because of its strong leadership, and a mission-driven and resident-centered staff that will continue to adapt new technologies and programs to meet the needs of present residents and future ones. “We will continue to invest in our staff, residents and campus infrastructure in order to meet our mission,” he said.



Pictured above are: Jack Broaddus, president & CEO of Sunnyside Communities, Annie Fellers, executive director of Summit Square, Dick Lyons, former president & CEO of Sunnyside Communities, Whit Kennedy and Branch Hammock, former board members.

Derby Fans Gather for Race

And they’re off! Those were the words party-goers waited to hear as they gathered for the start of the 139th Kentucky Derby at Summit Square. Dressed in their best attire—women donning frilly, floppy hats and scarves—residents, staff and visitors enjoyed an evening of horse racing and fun.

The Southern-style party, complete with Mint Juleps and Arnold Palmers (non-alcoholic, of course), included games and prizes. Each party-goer drew the name of a horse out of a hat, so everyone had a favorite in the race. The Kentucky Derby kept everyone cheering as Orb made his move from behind to win the race!



Rita Bennett



Jeane Custin

Resident, Staff Create Mural

Teamwork provided the backdrop for a beautiful mural of the Blue Ridge Mountains that spans across a long exterior wall at Summit Square. Resident artist Jeane Custin partnered with Debbie Hensley, director of housekeeping, and Rita Bennett, housekeeper, to create a soothing site from the windows of several assisted living residents. Lovely colors and images have resulted from hours of painting by Custin and Bennett. This is yet another familiar occurrence of residents and staff working together.

Wellness Center, Café Get Face Lift

The Wellness Center, named Wellness on the Square, recently received a facelift. Upgrades included new flooring, fresh paint and removal of walls for openness. The new slip-resistant sports flooring provides ease of movement and cushioning to reduce joint stress. New carpet tiles lay underneath the weights and exercise equipment and a new flat-screen TV has been added. The residents selected the perfect shade of blue for the walls where updated artwork hangs and the words BODY, MIND and SPIRIT motivate any participant. Currently, over 50 percent of the independent living residents regularly participate in the Wellness Center's programs.

The Café on the Square received fresh paint and new flooring as well, and two storage areas were converted—one to a conference room for resident educational classes and the other to an office. These enhancements were in addition to last year's upgrades to the Beauty Salon and Footcare areas.



John Bays



Smile! At Summit Square Retirement Community, smiling is a way of life for both residents and staff. Watch our video at <http://www.sunnyside.cc/our-communities/summit-square-waynesboro/summit-square-videos/> and see for yourself why they're smiling.

Q & A

With Sunnyside's
President & CEO
on Innovations



Jack Broaddus, President & CEO

1 When it comes to retirement communities, how do you know what seniors want?

At Sunnyside Communities, our primary goal is to take care of our residents and to enhance their lives as well as those of our employees. We rely on a variety of resources to ensure that we are staying informed in our industry and looking to the future.

Although market research and focus groups give us firsthand insight into what seniors are looking for in retirement living, our best resources are often times our own residents and their families. We also listen closely to the prospects who visit our communities in search of the best retirement living fit for them. Other resources include staff participation at state and national conferences and other forms of continuing education, industry publications, and information provided through trade associations.

2 What are your insights on monitoring trends related to future generations?

We recognize that we can't be all things to all people, but we look for trends that match the amenities and services we have or need to provide in the future at our three communities—Sunnyside, King's Grant, and Summit Square. Information that we gather through our various resources help us serve our current residents and equip

us to serve our future residents. We engage our residents at each campus with resident-led activities and committees that encourage improvements and ideas. For instance, one of our resident computer clubs has been the catalyst for increasing resident computer knowledge. They conduct ongoing discussions and training for the most current technology, including but not limited to iPad training, social media trends and managing the web. They are even a central information source for our new website.

3 What are some examples of strategic innovations at Sunnyside Communities?

Aligning the organization with other efforts in the community is at the heart of Sunnyside's innovations.

We want our communities to have a life blood of their own, and we continually search for ways to develop holistic communities that offer our residents choices vs. a cookie-cutter approach.

This type of attitude has led to numerous innovations. One example is the addition of two multi-sensory rooms—environments that contribute to memory care for residents with Alzheimer’s or other forms of dementia—that focus on enjoying the experience of the activity and not necessarily the therapeutic outcome.

By engaging the leading expert in the U.S. to design the rooms and train our staff, we offer first-rate activities and experiences for our residents and staff. Another example of innovation is in Assisted Living. Our residents enjoy community dining without structured dining times and experience a family environment, which contributes to a more comfortable lifestyle for them.

Staying connected to the community is another key to Sunnyside’s innovations. We work with the local colleges and universities as well as hospitals to encourage education and knowledge about retirement community living. In fact, the department director of kinesiology at JMU was a recent presenter on the Sunnyside campus talking about trends in wellness. It is because of proactive collaboration such as this that has afforded us national recognition in wellness for innovative programming.

4 How has Sunnyside Communities created sustainability now and for generations to come?

We are always looking for sustainability opportunities that help us to be good stewards of the environment. It can be as simple as changing the lighting to applicable LEDs to something more innovative such as designing a new building using green standards.

As we continue to upgrade our communities, we will persist in working to enhance sustainability at each of the Sunnyside Communities through the use of programs that focus on areas such as recycling, energy-efficient lighting, green housekeeping, water-efficient landscaping and systematic heating and cooling systems. Efforts such as these will continue to lead to greater cost control and efficiencies throughout the organization.

5 How has technology influenced current and future innovations?

Technology influences the delivery of care, communications, training for staff, sustainability projects, and programming for residents, as well as many other aspects of the organization. For example, technology influences delivery of care in terms of capturing data and transferring it to care providers who can deliver services more efficiently and at the best value. This efficiency can lead to more time and care to the residents. ■

Donor PROFILE

Dick Morin Shares Why He Supports Sunnyside Communities



Dick Morin

Dick Morin supports many interests and causes that are close to his heart. As the former editor and general manager of The Daily News Record, Harrisonburg's local newspaper, as well as being president of the Page-Shenandoah Newspaper Corporation from 1980 to 2011 and directing the activities of three weekly papers, he is knowledgeable about many organizations in the community. But it wasn't until ten years ago when he was asked to serve as chairman of a capital campaign for Sunnyside Retirement Community in Harrisonburg that he learned why he would become so passionate about giving to Sunnyside.

During the capital campaign, "A Time to Build," Morin recalls touring the Sunnyside campus and meeting residents in their twilight years who had outlived their resources. In talking with them,

he quickly learned more about the Fellowship Fund and how it enabled residents to continue to be cared for at Sunnyside with dignity and peace of mind. The Fellowship Fund provides the resources many residents require to help pay the full cost of their care.

"They were comforted by Sunnyside's commitment to continue to provide for them, and I saw firsthand the good work it does by assuring residents in need that they do not have to worry," he said. "I was impressed by the sense of community, the energy, and the important need provided by the Fellowship Fund."

In 2012, the Sunnyside Communities Fellowship Fund provided \$2.8 million of care and support to residents in need. This care was largely given to those in Assisted Living and Healthcare.

"Sunnyside Communities is full of people who care about the residents and living here gives them peace of mind, security, and companionship," commented Morin.

A native of Maine, Morin came to Harrisonburg and has been on the Sunnyside Communities Board of Trustees since 2004. His philanthropy and community involvement reach far and wide. In addition to chairing the Sunnyside Capital Campaign, Morin has also chaired or served on numerous boards in the community including Elder Alliance, WVPT-TV Public Television, Multiple Sclerosis Society, Shenandoah University, and the Virginia Council on Economic Education. In 2001 he received the President's Award from Shenandoah University for outstanding community service. ■

Are You Exercising Your WILL POWER?

Sixty percent of people never get around to preparing a will. Some find it unsettling to consider their own mortality while others just never get around to it. Regardless of the reasons, personal assets are important, and we want to encourage you to exercise your Will Power.

Preparing your will in advance makes a difference. It helps family and friends ensure that your wishes are carried out and that your legacy continues for generations to come. Knowing your desires makes it easier on them.

Sunnyside Communities Development Office: Serving King's Grant, Sunnyside and Summit Square



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At Sunnyside Communities, we see firsthand how exercising Will Power brings peace of mind to the families of our donors. A well-thought out will, prepared in advance, assures your continued support of organizations that have meant the most to you.

A charitable bequest builds Sunnyside Communities financial strength and helps ensure that we can continue to keep doing the work that you have valued so much. We can assist you in creating a meaningful gift that satisfies you and supports our mission. We're here to help. ■

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To plan your **Staycation**, simply call the community you would like to visit at the numbers below.

*certain restrictions may apply.

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