



Spring 2025

# Evergreen

The Magazine of Sunnyside Communities



## President & CEO and Board Chair's Message

***"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."*** – Margaret Mead

This quote perfectly captures the spirit of Sunnyside Communities. For more than a century, Sunnyside, King's Grant, and Summit Square have been built and sustained by people who care—residents who bring life to each day, team members who serve with compassion, and leaders who work tirelessly to ensure our communities continue to thrive.

We're excited to introduce this new edition of the Evergreen magazine. While much has changed since the last issue, our unwavering commitment to fostering vibrant and engaging communities remains. This publication celebrates that commitment, highlighting the people, stories, and initiatives that make Sunnyside Communities so special.

Our corporate board is deeply invested in the success of our communities. These engaged, forward-thinking leaders care deeply about the well-being of Sunnyside, King's Grant, and Summit Square. Likewise, our senior leadership team is constantly looking ahead, exploring ways to innovate and enhance the resident experience.

This issue is filled with stories and updates from all three communities, offering a closer look at exciting developments happening across the campuses. You'll also find a spotlight on the Fellowship Fund—a cornerstone of our mission that ensures no resident ever has to leave their home due to financial hardship. It's a testament to the generosity and compassion that define Sunnyside Communities.

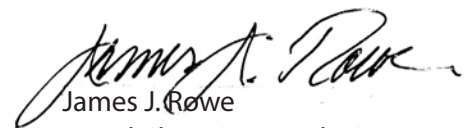
We have sprung into the year with numerous projects that will improve the physical environments where residents live. We are currently in the final phases with renovations at Summit Square to enhance the Assisted Living and Healthcare areas. King's Grant is making improvements to its Independent Living common areas, and Sunnyside is working on an exciting dining project as well as transforming the green space next to the Highlands into a beautiful outdoor area for all to enjoy.

As we move forward, we are deeply grateful to our residents, team members, board members, and leadership team. Your dedication and care are the reason our communities continue to thrive. We are honored to serve as the President & CEO and Board Chair of Sunnyside Communities. Our best days are ahead of us, and we're grateful to be with you on this journey.

We hope you enjoy this edition of Evergreen and feel inspired by the stories within these pages.



Joshua O. "Josh" Lyons  
President & CEO, Sunnyside Communities



James J. Rowe  
Board Chair, Sunnyside Communities



Joshua O. "Josh" Lyons  
President & CEO



James J. Rowe  
Chairman of the Board of Trustees

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# THE INVISIBLE THREAD:

## How the FELLOWSHIP FUND Ties Generosity to Home

In order to truly grasp the profound significance of the Fellowship Fund, one must first recognize the deep history of generosity that has shaped Sunnyside Communities since its inception. The tradition of giving here is not merely a contemporary practice—it is an essential thread woven into the very foundation of Sunnyside's mission, a guiding principle that has endured for more than a century. From the early days, when visionary donors like Mrs. Alice Burton and John T. Watson made selfless gifts to ensure others could find a place to call home, the spirit of generosity has remained the heart of Sunnyside's mission. The Fellowship Fund, a lifeline providing financial support to residents who have outlived their means, allows residents to continue living with dignity and grace. This enduring commitment to care, support, and community elevates the Fellowship Fund beyond a simple financial resource—it stands as a living testament to a legacy of compassion, one that continues to thrive and inspire, generation after generation.





Alice Burton Home - a painting by P. Buckley Moss



*Danville women*



*Alice Burton*

## Where it All Began

Before Sunnyside Communities became a name known across Virginia, before it became three distinct communities that today are sanctuaries of comfort and care for generations, it was but a vision—a dream ignited by a group of Presbyterians who, with clear eyes and compassionate hearts, recognized a profound need. In 1912, a charter was granted in Danville for what would become the Sunnyside Home—a response to the pressing and often overlooked need to provide housing and care for aging women. Guided by compassion and a clear vision for the future, these early advocates laid the foundation for what would grow into a legacy of service and community. Yet, it wasn't until 1921 that this vision began to take root in the soil of possibility. That year, John T. Watson, a respected businessman and philanthropist from Danville, Virginia, donated a valuable lot, which would become the location of the first Sunnyside Home, a seemingly simple act that would lay the cornerstone for what would become a lasting legacy of care. In that moment, Watson's generosity set the stage for something far greater than a plot of land—it became the spark for an enduring community, one

built on compassion, support, and the shared belief that every individual deserves a place to call home.

Alice Shelton Burton, a woman of remarkable vision and compassion, became a pivotal figure in the establishment of Sunnyside Communities. Born on January 10, 1852, in Milton, North Carolina, to Willoughby and Arianna Robertson Shelton, Alice was educated privately in Yanceyville and later attended Salem Academy in Winston-Salem. At 21, she married Franklin Xavier Burton, a prominent figure in Danville's tobacco industry. Following her husband's passing in 1903, Alice inherited a substantial fortune, primarily from textile investments. Despite financial setbacks, including a significant loss in 1920, she remained steadfast in her commitment to philanthropy.

In 1921, Alice pledged \$2,000 toward the construction of a home for elderly women, personally furnished the space, and covered the expenses of the first two residents. Her generosity set the tone for Sunnyside's future, laying a foundation not just of bricks and mortar, but of compassion, care, and community.

In 1929, amidst the harsh winds of the Great Depression, Alice's generosity shone even more brightly. With a heart as steady as it was compassionate, she

bequeathed her cherished home and a gift of \$10,000 to Sunnyside, strengthening the foundation she had helped build. In that single, selfless act, the number of residents at Sunnyside grew from a modest eight to twenty-four, breathing new life into the community we know today as Sunnyside Communities. Her legacy continued to grow with the creation of Alice Burton Hall, a lasting tribute to her unwavering dedication. Nearly a century later, her legacy quietly but powerfully reminds us of the enduring impact one person's kindness can have on many.

## Continuing the Legacy

The spirit of generosity that first took root all those years ago still flourishes today, quietly but powerfully shaping the lives of those who call Sunnyside Communities home. In 2025, the Fellowship Fund continues to fulfill its mission, offering vital support to 40 residents across Sunnyside, King's Grant, and Summit Square. But the Fellowship Fund is more than just a lifeline—it is a testament to the enduring power of compassion. It breathes new life into years, offering more than financial assistance; it provides peace of mind, dignity, and a sense of belonging. For those who have outlived their financial resources, the fund stands as a promise, ensuring they will always have a place to call home, embraced by a community that cares deeply. It is a place where stability is not just a need, but a guarantee, allowing each resident to continue living with the dignity and comfort they deserve.

## The Fellowship Fund's Evolution

In the early 1980s, the Fellowship Fund at Sunnyside Communities underwent a significant transformation, thanks to the collaborative efforts of three dedicated individuals: Charlie Lotts, Dick Lyons, and Jerry Close.

Lotts, who joined as the first Chief Financial Officer in 1982, recognized the need to reframe the fund from an operational resource to a designated one, ensuring it could serve as a lifeline for residents who had outlived their financial means. Working alongside him were Lyons and Close, often referred to as the "three musketeers" for their united vision and commitment.



Lyons, who served as President and CEO of Sunnyside Communities for over two decades, was instrumental in shaping the organization's strategic direction. His leadership and dedication were pivotal in expanding Sunnyside's reach and enhancing its services. After retiring, he continued to be a part of the Sunnyside community, residing there for two years.

Close was Vice President of Public Affairs for Sunnyside until 1992. That spirit of generosity, which had always been a cornerstone of Sunnyside, was further strengthened by Close. Known affectionately as "Mr. Sunnyside," he played a critical role in securing donations for the community. He worked closely with Presbyterian churches, residents and the community, fostering strong relationships and helping to build a network of support that would sustain Sunnyside's mission. His efforts were instrumental in laying the foundation for a community rooted in compassion and mutual support.

Alongside Lotts and Lyons, Close helped lay the foundation for the Fellowship Fund as it stands today, ensuring that Sunnyside Communities could continue to provide care and support to residents in need.

## The Power of Giving

People today are living longer and healthier lives, many having carefully planned and saved for the future. Yet, even with the best-laid plans, some individuals



*First male residents, July 1957.*

may still outlive their financial resources. This is where the Fellowship Fund plays a crucial role. Supported by the generosity of individuals, churches, businesses, and other organizations, it provides funds each year to ensure that residents who need help can continue to live with dignity.

For Gretchen Arrington, a Sunnyside resident since 2008 and a longtime supporter of the Fellowship Fund, giving is a deeply personal decision. “I love being a donor,” she says. “My great appreciation for the place and for where the money is used makes it easy to give. I love that my friends and neighbors can benefit. The Fellowship Fund is anonymous, and it could be any of us who fall on hard times.”

## The Promise of Care

Cindy Noftsinger, Sunnyside Communities’ Director of Development, sums up the importance of the Fellowship Fund: “It’s not just about financial support. It’s about preserving the dignity and peace of mind of

our residents. It’s about community members caring for one another, ensuring that every resident at Sunnyside, King’s Grant, and Summit Square can live with security and grace, no matter what life may bring.”

The Fellowship Fund is not just an act of charity; it is a promise—a promise that no one will face their later years without the support and care they need. It is a promise that continues to flourish, as it has for more than a century, through the generosity of those who understand that, in giving, we create a community where everyone can thrive.

Your support of the Fellowship Fund is more than a gift. It’s a promise that no neighbor will ever face life’s challenges alone. Scan the QR code to stand with those who call Sunnyside, King’s Grant or Summit Square home.



## From Classrooms to Boardrooms: EDMUND PRICE'S Commitment to Community



Edmund "Ed" Price's connection to Sunnyside runs deeper than a mere board membership—it's woven into the very fabric of his family's history. His ties to this community are personal, with his grandmother and father having once called Sunnyside home. But perhaps the most profound link is the legacy left by his

grandfather, C. Grattan Price. In the 1950s, Grattan served as president of Sunnyside, a time when the community was transforming, its vision expanding to encompass a sprawling 55-acre campus with plans for cottages, a chapel, and a health care center. Grattan, who was at one time the president and chairman of the board of the Rockingham National Bank in Harrisonburg, was more than just a leader—he was a pillar of the local community. Ed's place on the board feels almost inevitable, as if his role is a continuation of the path Grattan blazed all those years ago, carrying forward a legacy that has always been a part of him.

Ed spent 43 years shaping young minds in Rockingham County Public Schools, starting out as an elementary school teacher before stepping into leadership as an elementary principal for nearly 25 years. Eventually, he took on the role of Director of Elementary Education, helping to guide the system that nurtured countless students. Retirement in 2013 didn't mean slowing down—he pivoted to something completely different, working alongside his son in the landscaping business for a few years before finally stepping back in 2022.

Ed's relationship with Sunnyside's leadership started when he joined the Advisory Council at the

Sunnyside campus in Harrisonburg. Before long, Josh Lyons, President & CEO of Sunnyside Communities, reached out with an invitation to take on a bigger role, and Ed officially joined the corporate Board of Trustees around 2020. Now, as board Secretary, he brings his leadership experience, problem-solving skills, and heart for the community to the table, helping Sunnyside continue to thrive for residents for generations to come.

So, will Ed and his wife Debbie one day move to Sunnyside? For now, they're happy where they are, having recently downsized to a home with first-floor living—a move that makes aging in place easier. While they aren't quite ready for Sunnyside just yet, Ed knows that choosing a Life Plan Community is a deeply personal decision, one best made when the time feels right.

Ed and Debbie, who was also in education, have been married for 48 years and love to travel. Their most recent adventure took them on a river cruise along the Danube from Budapest to Prague, with a stop at the Vienna Opera House being one of their favorites. They also had the unforgettable experience of dining in several castles during the cruise.

When they're not traveling, Ed and Debbie love spending time with their five grandchildren, who range in age from 7 years to 14 years. Amazingly, despite the age gap, they all get along wonderfully.

For Ed, being part of Sunnyside isn't just about board meetings and decisions—it's about giving back. He serves on multiple boards and sees his work with Sunnyside as another way to invest in something meaningful. With a deep appreciation for the past and a personal stake in the future, Ed isn't just a board member—he's carrying forward a family tradition that continues to shape Sunnyside's story.

# FINDING HOME AGAIN: Randy and Martha Rollins at King's Grant

For Randy and Martha Rollins, life has always been about connection—whether through their work, community, or the places they've called home. Now, as residents of King's Grant, they've found themselves embracing a new chapter, one that balances the comfort of familiarity with the excitement of something new.

Both Duke University graduates, Randy and Martha built a life in Richmond, where they spent decades deeply engaged in their community. Martha, a Martinsville native, devoted much of her life to social justice and economic development. She founded Boaz & Ruth, a faith-based nonprofit aimed at creating second chances through job training and community rebuilding. For 30 years, she also owned and operated Martha's Mixture, an antique shop in Carytown, often scouring Franklin and Patrick Counties for unique treasures to bring back to her shop.

Randy's career took him from law to business to public service. He was appointed Secretary of Public Safety under Governor Wilder in 1992, served as Vice President and then President of Tultex in Martinsville from 1994 to 2000, and later founded Drive-To-Work, a nonprofit that has helped thousands of Virginians regain their driver's licenses and, in turn, their independence. Having served on the board of another Life Plan Community, Randy was already familiar with retirement communities, making the eventual move to King's Grant a well-informed decision.

But leaving Richmond wasn't without hesitation. Martha admits that the Martinsville they returned to was very different from the one she had left so many years ago. Still, after settling into King's Grant in 2023, they've found themselves at home, surrounded by a community that has surprised them in the best of ways. They've been impressed



by the number of fellow educators who have made King's Grant their home, and delighted to discover that many residents aren't originally from Martinsville at all—they've chosen King's Grant as a destination retirement, a hidden gem nestled in the foothills of the Blue Ridge.

The Rollins' cottage holds special significance for Martha - it's located right across the

street from Francks' Place, the campus bistro named after her parents, Bill and Carolyn Franck, who were also King's Grant residents. Martha and Randy's cottage was custom renovated to accentuate specialty antique furniture Martha had collected over the years. Martha takes great joy in the custom bathtub she insisted on installing in their cottage - a small but meaningful luxury in this new chapter of life. An avid horseback rider in her younger years, Martha has given up the sport now, but she jokes that her "new horse" is the Gator she and Randy ride around the picturesque hills of King's Grant campus.

Beyond their own comfort and enjoyment, Randy and Martha are dedicated to giving back. As annual donors to the Fellowship Fund, they believe in the importance of supporting their community and ensuring that residents who outlive their resources can continue to call King's Grant home. As Martha and Randy put it, "if you have the means to give, you should."

For the Rollins, life at King's Grant isn't just about settling in to a new home—it's about finding a community where they can keep learning, connecting, and giving back. It's a new chapter, but one that feels like a natural continuation of the lives they've built—full of purpose, community, and a few surprises along the way. ■

# LIVING GENEROUSLY:

## The Journey of Tom and Gina Holden at Sunnyside

For Tom and Gina Holden, Sunnyside is more than a place to live. Their connection runs deep, from Tom's time as a planned giving officer to their parents calling Sunnyside home, and now, their own decision to settle here. That bond continues with their daughter-in-law, who now works in Sunnyside's marketing department.

Tom's journey to Sunnyside took an unexpected path. A Washington and Lee graduate, he attended Union Theological Seminary before serving as a Presbyterian pastor. When Sunnyside sought a planned giving officer, Tom saw it as another way to minister—helping people see how their resources could create opportunities for others. "Nothing had changed," he reflected. His philosophy on philanthropy is simple: it's not just about what's in your pocket, but about being intentional and generous. Gina, a Mary Baldwin graduate, shares his passion for connection, creating a partnership rooted in faith and service.

Though not yet ready to move, they had been on Sunnyside's waitlist since 1991. About five years before they planned to transition, they toured a villa—only intending to decline. They had just 30 minutes before heading to meet their newborn grandchild. But as they drove, they reconsidered. Within three weeks, they had signed the papers, and by January 2014, they were home. "There was never a point I was sorry I lived here," Gina said, even though the timing was unexpected.

At 68, they were eager to show friends that Sunnyside wasn't an "old folks' home" but a neighborhood full of life. Their friends were often surprised, saying, "I knew it would be nice, but I didn't know it would be this



nice." For Tom and Gina, Sunnyside offered both an active lifestyle and the security of future care. Their advice? "Come before you have to."

Gina quickly embraced community life, hosting 27-person holiday gatherings, joining the library committee and book club, and volunteering with the Shoppes at Sunnyside, where proceeds support the Fellowship Fund. Tom, known for personally

delivering mail to assisted living residents before COVID, remains just as engaged. Together, they make time for a weekly wine-and-cheese night with neighbors, proving life at Sunnyside is truly what you make it.

Beyond Sunnyside, they find joy in Harrisonburg's cultural scene, frequently attending performances at James Madison University's Forbes Center for the Performing Arts. "We once saw three shows in one week," they laughed. "A staff member joked we needed a cot."

Giving back has always been second nature to them. They've been consistent donors to Sunnyside for over 30 years, a value Gina attributes to her quietly generous aunt. "She once saw a minister preaching in a wool jacket in the summer and bought him a new suit," Gina recalled. When she bought Gina and Tom a car early in their marriage, she asked for monthly repayments—but never cashed a single check.

For Gina and Tom, Sunnyside is not just home; it's a place to give, connect, and live a life rich with meaning. Whether hosting friends, enjoying the arts, or supporting their community, they embody the spirit of generosity and service that has guided them throughout their lives. ■

# LOVE, LAUGHTER, AND COMMUNITY: Don and Lyn Short at Summit Square

Don and Lyn Short have called the fourth floor of Summit Square home since 2006. Their cozy two-bedroom apartment is a reflection of decades of love, adventure, and community.

Don, a retired DuPont engineer, grew up in Laurel, Delaware, and earned his Electrical Engineering degree from Drexel Institute of Technology in 1951. Lyn, also a Drexel alum, studied Home Economics before working as a histologist at Waynesboro

Community Hospital. In a twist of fate, Lyn now resides in the very building where she once worked.

Married since 1953, Don and Lyn are as inseparable as ever. When asked how long they've been together, Don laughs: "Way, way long." Lyn smiles knowingly. For the record, it's 72 years.

Their love story began at a college dance during Don's senior year. "He was a good dancer," Lyn recalls with a grin. Don promised Lyn's parents he wouldn't marry their daughter until she graduated, so he joined the Army Corps of Engineers and served in Korea. Two years later, true to their word, they wed just after Lyn's graduation.

The Shorts' life together is rich with stories, from lighthearted to deeply touching. Don still chuckles about the early days of their marriage when Lyn couldn't bear to cut up raw chicken. "She made me do it," he laughs. Years later, as a histologist, she prepared tissue samples for doctors. "Not exactly the same thing," she quips.

They raised four children and are now proud grandparents to nine and great-grandparents to five. At Summit Square, they've embraced their community,



becoming dedicated supporters of the Fellowship Fund—a lifeline for residents who have outlived their financial resources.

"We want Summit Square to thrive long after we're gone," Don says. Lyn adds, "They've done so much for us; it's only right to give back."

Beyond financial contributions, Don once organized a bi-weekly movie night, and the couple still volunteers during the holidays, wrapping gifts for neighbors.

Lyn fondly recalls how Summit Square kept residents connected during the pandemic. "Other communities had people stuck in their rooms, but not here," she says. "They found ways to bring us together, even in the parking lot. We never felt lonely."

Travel has also been a cornerstone of their lives. Since 1984, they've chronicled 18 trips across North America and Europe in a meticulously organized binder. One of Lyn's favorite memories is standing mere feet from polar bears on a tundra tour. "The guide warned us not to lean too far out," she laughs. "If a bear took our camera, they weren't responsible!"

When asked why they support the Fellowship Fund, their answer is simple: "Because Summit Square takes care of us, and we want to help our friends and neighbors who might outlive their means," Don says.

"This is home," Lyn says.

Through quiet acts of kindness and unwavering commitment, the Shorts remind us that Summit Square is not just a place to live—it's a home where love, dignity, and community flourish. ■

## A Calling to Care: Bonnylee Witt's Journey as Chaplain at King's Grant



For Bonnylee Witt, becoming Chaplain at King's Grant wasn't a leap of faith—it felt like coming home. With 30 years in ministry, she stepped into the role just over five months ago already knowing this was where she was meant to be.

Bonnylee didn't start out on this path. She once thought advertising was her future, but at 30, she felt a pull to ministry. That call led her to a Master of Divinity and pastoral care training, preparing her to walk with others through life's hardest moments—from hospital rooms to grief support.

At King's Grant, the pace may be gentler, but the heart of her work is unchanged. She builds deep relationships, leads thoughtful Bible studies, and creates new ways for residents to connect and grow. As a team of one, she carries the spiritual care of the community with grace—not by offering answers, but by walking beside people as they seek peace and meaning.

In this chapter of her journey, Bonnylee's right where she belongs. And King's Grant is all the better for it.



## A New Season of Ministry: Meet Ann Pettit, Associate Chaplain at Sunnyside



Ann Pettit joined Sunnyside as Associate Chaplain in January, but she's no stranger to the community. After nearly two decades serving at Massanutten Presbyterian Church, just down the road, she already had strong ties with many residents.

Originally from Lakewood, Ohio, Ann's call to ministry began during a college mission trip to Brazil. She later met her husband in seminary, and together they've served churches from New York to Virginia, settling in the Shenandoah Valley in 2001.

Though she loved parish ministry, Ann felt drawn back to the heart of her calling: one-on-one pastoral care. At Sunnyside, she now focuses on spiritual support in assisted living, healthcare, and memory care, collaborating with Life Enrichment to create meaningful moments.

Ann and her husband are embracing this new chapter—balancing their roles in different communities and cherishing time with family. For her, this role isn't a shift away from ministry—it's a deepening of it.

## Erica Turman Joins Sunnyside Communities in New Role



In late January, Erica Turman joined Sunnyside Communities as its first Director of Corporate Communications. With a strong background in social and media relations, she is focused on developing new ideas and finding opportunities to share the

successes and experiences of Sunnyside, King's Grant, and Summit Square.

A 2017 graduate of Mary Baldwin University with a degree in Marketing and Communications, Turman began her career in higher education at Washington and Lee University. In 2022, she earned her master's degree in communications from Liberty University and sought to broaden her professional experience. That decision led her to Kendal at Lexington, a Life Plan Community, where she became the Director of Sales and Marketing in April 2023. It was there that she developed a passion for senior living, and when an opportunity at Sunnyside Communities arose, she saw a chance for continued growth.

"I'm grateful to be here and excited for this next chapter," Turman said. "This is a brand-new role at the corporate office, and I'm the first to hold it. I'm incredibly lucky to work alongside industry leaders like Karen Wigginton and Josh Lyons. I'm learning so much from them, and they also give me the grace and space to shape this role in a way that feels authentic to me."

One of Turman's favorite quotes is from *The West Wing*: "Decisions are made by those who show up." She has made it her mission to "show up" and be fully invested in her work. "I enjoy stepping outside my comfort zone and learning from those who know the industry best. I've been fortunate to have wonderful mentors at every job, and I try to carry with me a piece of their grace, perseverance, and fortitude," she said.

In her free time, Turman enjoys bluegrass music, good food, and spending time with her tiny dogs, Pat and Percy, who, she says, "run the show at home." She also loves reading, cooking, and spending time with her husband, Chase. Together, they enjoy traveling, getting lost on back roads, and sharing a good laugh.

## Meet Jen DuVon, Development Officer, Sunnyside Communities



With more than a decade of experience in the nonprofit and human services sectors, Jen DuVon, MSW, brings a deep-rooted commitment to people and communities into her new role as Development Officer at Sunnyside Communities.

Jen most recently served as the Clinical Director at Brain Injury Connections of the Shenandoah Valley, where she provided leadership and direct support to individuals navigating the complexities of brain injury. During her tenure, she maintained her Certified Brain Injury Specialist certification for ten years. A trained social worker with a Master of Social Work

degree, Jen is known for her thoughtful, relationship-centered approach. She has a talent for listening deeply, communicating clearly, and connecting with individuals in a way that fosters trust and shared purpose. Her background includes program management, strategic problem solving, and building sustainable systems that center the needs of others. At Sunnyside, Jen is excited to partner with residents, donors, and staff to strengthen the mission that first drew her to this community: supporting older adults with compassion, dignity, and a sense of belonging. She brings to her work not only professional expertise but a personal passion for cultivating community—and she's eager to help shape the future of Sunnyside, one relationship at a time.

## Healing and Strength: Therapy Options Across Sunnyside Communities

At Sunnyside Communities, wellness is more than a philosophy—it's a way of life. With therapy services designed to meet residents where they are, each community offers personalized support to promote strength, independence, and overall well-being. Whether recovering from surgery, managing chronic pain, or simply maintaining mobility, residents at Sunnyside, King's Grant, and Summit Square have access to expert care in an environment that feels like home. And with outpatient therapy services available at all three communities, you don't have to be a resident to benefit from professional rehabilitation care.



### SUNNYSIDE: Comprehensive Care in a Scenic Setting

Sunnyside's therapy program is built around a holistic approach to healing. Residents have access to physical, occupational, and speech therapy services, each tailored to individual needs. On-site therapy gyms feature state-of-the-art equipment, while therapists work one-on-one with residents to build strength, improve mobility, and restore confidence in daily activities. Sunnyside also offers pelvic floor therapy, a specialized service designed to help individuals manage incontinence, pelvic pain, and other conditions affecting the pelvic region.

"We're here to help people move better, feel stronger, and live with more confidence," said Rick Loudon, Director of Rehabilitation Services at Sunnyside. "It's all about personalized care—whether it's recovering from an injury, improving daily movement, or simply staying active. We're proud to offer the support residents and the community need to live their best lives."

### KING'S GRANT: Personalized Therapy with a Focus on Independence

At King's Grant, therapy services are designed to empower residents to maintain their highest level of independence. With dedicated therapy spaces and a team of skilled professionals, residents receive customized treatment plans based on their goals and abilities. Physical therapy supports balance and mobility, occupational therapy focuses on daily living skills, and speech therapy aids in communication and cognitive function. King's Grant's therapy offerings extend beyond the clinic, with wellness programs that incorporate therapeutic movement, aquatic therapy, and group exercises to encourage ongoing progress.

### SUMMIT SQUARE: Restoring Strength in a Supportive Environment

Summit Square provides therapy services with a personal touch, ensuring residents receive expert care in a comfortable and familiar setting. The therapy team works closely with residents to create individualized plans, whether for short-term rehabilitation or long-term wellness. Physical therapy helps residents regain strength and coordination, while occupational therapy assists with adapting to life's daily tasks. Speech therapy is also available to support cognitive and communication challenges, as well as, concerns with swallowing. Additionally, Summit Square offers the LSVT Big and Loud programs, these are specialized treatments for individuals with Parkinson's disease. LSVT BIG focuses on improving movement, balance, and LSVT LOUD focuses on speech and volume through intensive, high-effort exercises designed to help residents regain confidence and independence in their daily lives.

"Summit Square's Therapy Department strives to promote wellness and Independence within our community and the greater community allowing residents to perform at their highest function and promote continued positive quality of life," said Kelly Butler, rehab director.

### A Commitment to Wellness

Across all three Sunnyside Communities, therapy services are more than just treatments—they are stepping stones to a fuller, more active life. With dedicated professionals, advanced resources, and a compassionate approach, residents have the support they need to heal, regain independence, and continue enjoying everything their community has to offer. And with outpatient therapy available at Sunnyside, King's Grant, and Summit Square, expert rehabilitation services are accessible to anyone looking to regain strength, mobility, and confidence—resident or not.

## Sunnyside Earns Prestigious Honor

Sunnyside Retirement Community has made history as the first retirement community to receive the Lotus Recognition from the Watson Caring Science Institute. This national honor highlights Sunnyside's deep commitment to compassionate, holistic care for both residents and staff.

"Receiving the Lotus Recognition is a testament to our dedication to fostering an environment where every interaction is rooted in care and respect," said Josh Lyons, President & CEO of Sunnyside Communities.

With a focus on whole-person wellness, Sunnyside offers innovative programs like Healing Touch Energy Work, mindfulness sessions, and on-campus spa services, ensuring well-being remains at the heart of its mission. This recognition reaffirms Sunnyside's leadership in setting new standards for excellence in senior living.



## Annie Shaffer: Leading the Charge in Senior Wellness

At Sunnyside Retirement Community in Harrisonburg, Virginia, wellness is more than just a program—it's a way of life, thanks to the vision and leadership of Annie Shaffer. Recently named one of North America's Top 5 Wellness Directors, Shaffer earned the 2024 ICAA NuStep Pinnacle Award for her dedication to creating an environment where health and vitality thrive. Under her leadership, Sunnyside has garnered numerous accolades, including three ICAA NuStep Beacon Pinnacle Awards and four ICAA Industry Innovator Awards. In 2024, she played a key role in Sunnyside's collaboration with the University of Ottawa, co-presenting with Dr. Rebecca J. Lloyd at the ICAA Conference on progressive wellness programming.

"Annie's dedication to aging with dignity and vitality is unmatched," says Nancy Wayland, Sunnyside's Executive Director. Yet, despite the recognition, Shaffer remains humble, always emphasizing the teamwork and commitment of Sunnyside's staff and residents. "It's an honor to be recognized, but the real reward is seeing lives transformed," she says. With her passion for innovation and service, Shaffer continues to redefine what senior wellness can be, ensuring Sunnyside remains a national leader in active aging.



## Sunnyside's 8<sup>th</sup> Annual Wellness Day: A Celebration of Mind, Body, and Spirit

Sunnyside's 8<sup>th</sup> Annual Wellness Day was a vibrant celebration of well-being in all its forms—physical, emotional, social, and beyond. What began as a simple event marking Sunnyside's transition to a tobacco-free campus has blossomed into a cherished tradition, bringing residents and staff together for a day of movement, connection, and joy. From morning to afternoon, the campus buzzed with activities designed to refresh the body, mind, and spirit. Sunnyside's Wellness Director, Annie Shaffer, captured the heart of the event, saying, "Wellness Day has become something we all look forward to. It's not just about staying active or eating well—it's about nurturing every aspect of well-being and celebrating the community we've built together."

The day's schedule offered something for everyone. Seated Exercise and Aqua Aerobics got things moving early, while Chair Yoga and Aromatherapy provided a space to relax. Residents found inspiration at the BVC Inspiration Station and the Feed Your Spirit table, where they reflected on what brings them joy—perhaps over a scone and tea. Foodies enjoyed the Yogurt Bar and Veggie & Hummus Station, while those with a sweet tooth savored cocoa energy balls and dark chocolate strawberries. Tech enthusiasts explored Virtual Reality, and dance lovers took in a lively showcase of salsa, bachata, and swing. Sunnyside's values took center stage at the SHINE Station, reminding everyone of the mission that binds this community together. Whether stopping by for a session or staying all day, participants left with smiles, laughter, and a renewed sense of what it means to truly live well.

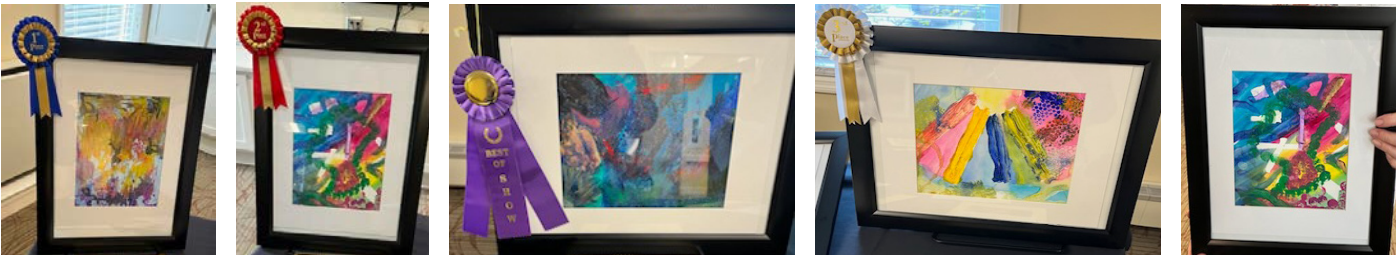


**King's Grant Residents Featured in International OMA Art Show**

Ten residents of Sunnyside Community's King's Grant Retirement Community were honored on the international stage as their artwork was featured in the prestigious Opening Minds through Art (OMA) Art Show. Selected from 400 submissions worldwide, their pieces stood alongside works from artists in 14 U.S. states, Canada, and Indonesia.

Ranging in age from 63 to 102, the artists exemplify the vibrant creativity within King's Grant. Executive Director James Souter praised their achievement, saying, "This recognition showcases the incredible talent and spirit of our residents."

The OMA program fosters creative expression for individuals living with dementia, highlighting the therapeutic power of art. This international recognition reinforces King's Grant's commitment to lifelong learning and enrichment.



**CRUISE-IN**



**Friday, June 13<sup>th</sup>**  
**5:00 p.m. - 8:00 p.m.**



## Revitalizing Community: King's Grant Updates Enhance Every Corner

King's Grant is undergoing a transformation, breathing new life into its spaces to create an even more vibrant and inviting community. As part of an ongoing effort to enhance the living experience for its residents, the community has recently completed an update to the Craig Assisted Living (AL) common areas, installing new lighting, doors, carpets, furniture, and thoughtful interior updates. These upgrades have already made a noticeable impact in the 30 apartments within the AL wing, offering a modern, comfortable environment that complements the exceptional care provided.

But the transformation doesn't stop there. In February, work began on the Independent Living (IL) apartment building, with a complete facelift planned for all four floors. The aim? To make each level more engaging, accessible, and suited to the unique needs of residents.



### First Floor: Wellness Center Focus

The first floor will be dedicated to wellness, offering spaces designed to nurture both the body and the mind. This will include a new outpatient therapy gym for the greater Martinsville-Henry County area, which will provide expert care to both residents and the surrounding community. The floor will also feature a new nurse's office to support the Catered Living Apartments, a larger group fitness space, and a dedicated area for massage therapy. Additionally, the first-floor lobby will be expanded to create a more open and inviting atmosphere.

### Second Floor: Business, Puzzle, and Craft Rooms

The second floor will become a hub for creativity and productivity. The revamped business center will provide residents with resources to stay connected and organized, while the puzzle lounge offers a quiet space for those who love a good challenge. The craft room, designed for artistic expression, will include space for various types of crafts.

### Third Floor: Entertainment and Relaxation

On the third floor, residents will find a perfect blend of leisure and entertainment. A new lounge area, movie theater, and game room will create opportunities for socializing and relaxing with neighbors. The game room will be equipped with four game tables for cards, mahjong, chess, bridge, and more. A refreshment bar will be located nearby, offering convenient access to snacks and beverages for an afternoon of fun.

### Fourth Floor: Cozy Lounge with a Fireplace

The fourth floor will feature a serene living room space with a puzzle table and a fireplace—perfect for those seeking a peaceful retreat. Whether it's gathering for a casual conversation or enjoying a quiet moment by the fire, this space will offer a warm, welcoming atmosphere for residents. James Souter, Executive Director of King's Grant, shared his excitement about the renovations: "Our goal with these updates is to enhance the experience of every resident, creating spaces that support their well-being and allow them to live life to the fullest. We're proud to continue building a community where comfort, connection, and a sense of belonging are at the heart of everything we do."

These renovation projects are expected to be completed by 2026, and with each new update, the community at King's Grant grows even more exceptional. Residents can look forward to a bright future in a beautifully updated space that supports their well-being and fosters connection.

**Summit Square Named Large Business of the Year**

Summit Square has been honored as Large Business of the Year in the Greater Augusta Regional Chamber of Commerce Business Excellence Awards. Chosen from over 225 nominations and 950 votes, this award reflects Summit Square’s commitment to excellence and community impact. The award was formally presented on February 27, 2025, at Hotel 24 South in Staunton. “We are truly honored and grateful for this recognition,” said Matt Dameron, Executive Director. “This award is a testament to our dedicated team and their commitment to serving our community.”



**Annual Classic & Antique  
CAR SHOW**



**Saturday, June 7  
9:30 a.m. - 11:30 a.m.**



## A Fresh New Look for Summit Square's Assisted Living

For the first time since 1998, Summit Square's Poplar Grove Assisted Living is undergoing a long-awaited transformation, designed to enhance comfort and foster community. Led by Executive Director Matt Dameron and Sunnyside Communities President & CEO Josh Lyons, the renovation is more than an update—it's about creating a space where residents feel at home.

Walls have been opened, the common area redesigned, and the kitchen reimaged with modern appliances and a cozy cookie oven, filling the space with warmth. Residents are gathering more, engaging with neighbors, and enjoying a layout that invites connection. The nurses' station has been relocated for easier access, ensuring care is always within reach. Room updates include roll-in showers, fresh paint, new flooring, and added storage—all completed two at a time to minimize disruption.

"These aren't just cosmetic changes," says Dameron. "We're improving how residents live here." Once renovations finish in May 2025, updates will begin in the Health Care Center, continuing Summit Square's commitment to creating a home where residents don't just live, but truly thrive.



# A Light in the Valley

By the time Lorraine Davis signed the check, she had spent nearly a year reading solar panel proposals. It wasn't just the numbers she was studying, though there were plenty of those. It was the whole idea. That something as ordinary as a rooftop could become a source of power.

Lorraine lives at Sunnyside, and her decision to install a full solar array, complete with a ten-kilowatt-hour battery backup, felt a little revolutionary.

Across all three Sunnyside Communities campuses—Sunnyside, King's Grant, and Summit Square—she's the only resident who's taken the leap to install solar panels

This isn't her first act of independence, and it likely won't be her last. Lorraine grew up in Falls Church, just outside Washington, D.C., and spent nearly twenty years in Luray with her husband Doug. She worked for the Virginia Department of Transportation as an appraisal review analyst and knew every twist and turn of eminent domain law across the state. She was used to digging into the details and asking the right questions.

When Doug passed away in early 2025, Lorraine found herself alone in the cottage home at Sunnyside they had chosen together. But she's not the type to sit still. She started thinking more seriously about energy.

A conversation with Josh Lyons, President & CEO of Sunnyside Communities, lit the first spark. He had been looking into solar as a possible option for powering the newly renovated Atrium building on the Sunnyside campus, and it got Lorraine wondering: what if solar made sense for just one residence?

Turns out, it did.

She reached out to Tiger Solar, a Charlottesville-based company with solid reviews and a long track record. She studied net metering, reviewed proposals, and sorted through the dense tax code tied to the Inflation Reduction Act.

Her system includes fifteen solar panels and a backup battery that powers a dedicated electrical panel during outages. It's not a whole-house setup, but it covers what matters — the refrigerator, lights, internet, a ceiling fan, the microwave, and the blower on her propane furnace. "It's not glamorous," Lorraine said. "It's practical. It gives me peace of mind."



The total cost was about thirty-eight thousand dollars. Without the battery, the system should pay for itself in about nine years. With the battery included, the timeline stretches to sixteen. Lorraine knows the battery is only warranted for 15 years. But that wasn't the point. "I didn't want a generator," she said. "My set-up would be complicated, and I don't want to rely on gas."

Her solar setup is connected to Dominion Energy through net metering, which means any extra electricity she produces gets sent back to the grid and applied as a credit on her bill. For the past two months, her electric bill has been only the \$8.98 distribution charge. She smiles when she says it.

She also made a strategic choice when selecting her net metering anniversary date with Dominion. Because credits expire every twelve months, it made sense to start the cycle in early spring — right before the high-production summer months. "If you don't time it right," she said, "you're just giving energy away."



Sunnyside was on board from the start. They replaced her roof before the install, asked thoughtful questions, and supported the process. When Lorraine eventually moves, the solar system will stay behind and become part of the home. A small but lasting gift for whoever comes next.

Lorraine's interest in sustainability runs deep. She recycles, gardens with native plants, avoids waste, and pays attention to what's in her cleaning products. She remembers her grandfather always turning off the lights behind her as a kid. "It drove me crazy at the time," she said. "But he had it right."

When asked what she'd tell other residents who are curious about solar, her answer was simple: "Call a good installer. Let them look at your roof. Get the facts. Then decide if it feels right for you."

There's no speech or grand philosophy in her words. Just quiet conviction. A belief that small, thoughtful actions matter.

And so, on a quiet street tucked among trees and trimmed lawns, a solar story is quietly unfolding. It doesn't call attention to itself. It doesn't need to. It hums along on the roof of Lorraine Davis's home, where the future arrived one panel at a time. ■

## Sunnyside Communities Earns 2025 Customer Experience Award

Sunnyside Communities has been recognized for excellence in senior care, receiving the 2025 Customer Experience Award from Activated Insights. This prestigious honor highlights Sunnyside's long-standing dedication to providing exceptional service across its three life plan communities—King's Grant, Sunnyside, and Summit Square.

All three communities were recognized for their standards of excellence in senior living. King's Grant and Summit Square communities were both recognized for excellence in all three levels of care, including Independent Living, Assisted Living, and Skilled Nursing. Sunnyside also achieved top rankings in the levels of Independent Living and Assisted Living.

"The dedication and hard work of Sunnyside Communities are truly commendable," said Bud Meadows, CEO of Activated Insights. "This award affirms their commitment to high-quality care and excellence in service."

Josh Lyons, President and CEO of Sunnyside Communities, expressed pride in the recognition. "Providing compassionate, high-quality care is at the heart of what we do. This award reaffirms our commitment to ensuring an exceptional experience for every resident."

As Sunnyside Communities looks to the future, it remains focused on enhancing the well-being of residents through continuous innovation, compassionate service, and a commitment to excellence in senior living.



*Sunnyside Communities*  
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