



LAKEWOOD MANOR

Spring 2007

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HEALTH SERVICES CENTER OPENING

We are happy to announce that construction is completed on Lakewood’s new Health Services Center. Plans are in place for Residents to be welcomed to their new residences in mid-May. The Residents, families and staff are all thrilled with the anticipated move and look forward to enjoying the many benefits offered through the Center.

The Health Services Center will provide a residential living environment with private residences. These include 96 nursing care and 32 assisted living residences.

The quality of life for current and future Residents will be greatly enhanced through this new Center.

The Center’s Memory Garden (see plan on page 4) is unique because of its therapeutic design developed especially for seniors – with special care given to making it accessible and enjoyable. From its color scheme to its old fashioned feel, it is meant to be experienced and to evoke pleasant memories. The first of its kind in the area, the garden will serve as model for other continuing care retirement communities. The garden design

received the Muse Award for creativity presented by the Museum of Fine Arts in April, 2006.

Virginia Baptist Homes strives to meet the changing needs and expectations of today’s seniors and their families while remaining true to its original promise – to provide a whole creative lifestyle for those who benefit from the security of an extended caring family. The new Health Services Center is just one of the many ways we continue to meet the ever changing needs of our Residents now and in the future.



LIGHTEN UP THIS SPRING!

By Olivia Acree, Ed.S.

Whether it's time for downsizing or just time to pare down belongings, the very idea of tackling clutter in the attic, garage, basement, or spare bedroom can strike fear in the heart of the happy homeowner.

"Where do I start?"

"How do I know what to keep?"

"I don't want it, but I can't just throw it away - it's a perfectly good ___!"

Ironically, the reason it's hard to start is the very reason things got so out of hand. Clutter is simply a series of unmade decisions. We hold an item or piece of paper in our hand and stare at it, expectantly waiting for our brain to tell us where it should go. In a fraction of a second, we decide not to decide.

"I don't need it now, but I might need it. But I don't have a designated home for it, so I'll just put it...here." Repeated daily, the clutter builds.

Take heart! Two keys to clearing the clutter lie in knowing your



Before and after A Sorted Affair cleared the clutter from this craft room.

strengths and having a clear goal.

Some people make decisions more easily when they have ample time and no interruptions. If this is you, your solution is making hard and fast commitments on your calendar. Getting a buddy to keep you company adds fun and accountability. As long as you make it a priority, you'll get through.

If, however, you are the type who makes your spouse order your dinner, you need to bring in reinforcements. Someone (preferably non-judgmental and supportive) has to keep your decisions coming and remind you of your goal.

Putting your house on the market, parking your car in the garage, or actually doing crafts in your craft room can all be the light at the end of your tunnel. To reach that goal, work no more than

three hours at a time. Label three boxes: Trash, Donate, Elsewhere (for things that belong in other rooms or to other people). When they fill, take them to the car or the trash bin. No second guessing - you worked hard to make those decisions!

In some cases, family or friends are either unavailable, or not suited for the job (Sorry, Honey.) A professional organizer can provide the knowledge, labor, and encouragement to get through those tough decisions. Some will deliver your donations for you. And organizers know of resources for consigning, reselling, shipping, hauling, and much more. Plus they can help you better organize what you've decided to keep!

So jump on in and get started! It's never too late to decide to decide.



Olivia owns A Sorted Affair LLC with her partner, Caitlin Shear. They provide organizing and staging services to frustrated homeowners in and around Richmond. You can meet Olivia at the Richmond Home Interiors Showcase, April 21-22 at the Greater Richmond Convention Center. Contact her at 402-8426 or www.asortedaffair.net.



MAKING LAKEWOOD A FAMILY TRADITION

Over the years, Lakewood Manor has become a family tradition for two generations of several families. Just like their parents and other family members before them, adult children decided to enjoy live at Lakewood.

Al and Sara Chenery are among the most recent second generation family members to make Lakewood their home. They first came to know Lakewood in 1977 when Al's parents and aunt moved into our community.

When asked what their initial reaction was when they first visited Lakewood, they said it was the sparkling clean atmosphere and the appealing Health Care Center. "It was a place that was small enough to be personal and would be a happy place to call home," says Sara.

Al and Sara have seen first hand the loving care given to the residents. They decided that Lakewood was right for them because the residents are well taken care of and the staff-to-resident ratio is excellent. They are most excited about the caring community and are happy to be a part of the family. Lakewood has been fortunate to have a large part of the Chenery's family within the community over the years.

When asked what advice they would give to others making plans for their future, Sara said, "My mother has been at Lakewood for 28 years in an apartment, Assisted Living, and now Health Care. By making this decision, our children know that we have the care we need or might need in our advanced years, just as we know about mother."



Sara and Al in their Jamestown Cottage

GOLF TOURNAMENT

Be sure to join us for Lakewood Manor's annual golf tournament on Thursday, April 19, 2007. The tournament will be held at Independence Golf Club, located in Midlothian.

Proceeds from the tournament benefit the Lakewood Manor Endowed Fund for Seniorships, established to provide assistance toward the cost of care for residents in cases of hardship caused by financial need.

If you would like more information about the tournament, please contact Lindsey Randolph in the Virginia Baptist Homes Foundation office at (804) 521-9229. We look forward to you joining us for a day of fun and fellowship!

HEALTH SERVICES CENTER MEMORY GARDEN

1. Rose Trellis
2. Meditation Lawn
3. Garden Pergola with Raised Planters
4. Shade Tree
5. White Picket Fence
6. Hummingbird Garden
7. Color Coordinated Benches
8. Old Fashion Perennials
9. Fountain
10. Front Porch
11. Butterfly Garden
12. Shade/Azalea Garden
13. Central Gathering Lawn
14. Circular Walking Path



The garden design received the Muse Award for creativity from the Virginia Museum of Fine Arts.

CALENDAR OF EVENTS —

March

Charitable Gift Annuity Program

Family Care Pharmacy Diabetes Program & Health Screening

April

New Health Services Center Open House

Lakewood Manor Golf Tournament

May

Cottage and Villa Open House

Art Show

June

Ask the Residents Seminar

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