

SUMMER 2011



SPRINGDALE

REFLECTIONS



ON THE INSIDE

Home Base

Jake's Place
Dedication

Marketing on
the Move

Community
Partner

Home Base



she was the resort owner's daughter. Two years later they wed and have been happily married for 58 years. After they were married, Richard served two years in the Army, which became a career in which Richard reached the rank of Colonel. The Uhrigs moved frequently, as most military families do, with several duty stations in Germany, and the moves were easy even with their eight children in tow. Forty-three years ago, Richard and Elinor chose Chester, Virginia as their home base. Richard still travelled with his career, but their house in Chester gave the children a place to truly call home, where they could finish their schooling and head out into the world.

Once Richard retired, he spent many years as a paramedic and taught many others in the area to be EMTs and paramedics. Elinor was a member of the women's club and the after-school program at their church. Their children are scattered across the country and across the world. Over the past couple of years, the children had been putting increasing

When Richard Uhrig saw a young lady heading into the kitchen at a resort where he was working a summer job as a waiter, he had no idea that she would become his wife. He also had no idea at the time, when he told her to get out of the kitchen, that

Meet Springdale residents Richard and Elinor Uhrig

pressure on their parents to make a move from the house that had become more of burden than a pleasure to a retirement community where they could still be involved in the broader Chester community and where everyone would have a sense of security and peace of mind about the future.

The Uhrigs moved into a Monacan apartment in May and report that all the children are tickled pink. Having raised a large family, Elinor loves to cook, and the full kitchen in their new home allows her to continue that love. Richard likes that he does not have to worry about home maintenance issues. Richard also commented that when he was a paramedic, he had seen a lot of health centers, and that the health center at Lucy Corr Village is just fabulous. Both enjoy the security of knowing that health care is only steps away should their situation change.

The Uhrigs are still adjusting to their new home but realize it is a great new home base where they can easily travel to see their children and where the children can come to visit them.

Community Partner Linda T. Caruthers Long Term Care Consultants, Inc.



Linda is the president of Long Term Care Consultants, Inc., located in Richmond, Virginia. She has specialized in long-term care insurance since 2001.

Linda's passion for providing education and awareness about long-term care planning is a result of her past personal experience. Her mother was physically handicapped when Linda was ten years old and required custodial, long-term care. Linda and her two sisters cared for their mother for eighteen years until she passed away in 1976. Linda's uncle was diagnosed with Alzheimer's in 1997 and lived in a nursing home for ten years until he died in May 2007.

Linda conducts educational meetings with individuals, groups, employer groups, civic groups, fraternal groups, and affinity groups as well as teaching Medicare and long-term care classes in the Adult Education Division of Chesterfield County, Virginia. Education about long-term care planning and how it must fit into one's financial planning—especially post-retirement planning—is becoming a necessity as we are living longer.

Linda can be reached at (804) 272-5827 or www.ltccinc.com.

Lucy Corr Village's New Executive Director

The Health Center Commission for the County of Chesterfield at Lucy Corr Village has appointed James R. Musgrave as Chief Executive Officer of Lucy Corr Village effective June 1, 2011.

Musgrave has a distinguished career in continuing care retirement communities and holds an MBA from Old Dominion University. Board Chair Dr. David Beam commended the new leadership: "As a former chief financial officer of other health care entities, Mr. Musgrave is uniquely qualified to lead Lucy Corr Village. He is an energetic team-builder who values customer satisfaction, quality improvement, and cost containment."

A longtime Virginia resident, Musgrave has held leadership positions in continuing care retirement communities in Mechanicsville and Lynchburg, Virginia, a financial services company in Norfolk and acute care hospitals in Culpeper and Norfolk, Virginia. Musgrave said, "I am looking forward to working with our committed and competent staff of Lucy Corr Village and to getting to know our residents and families."

Marketing is on the Move

Over the past few months, Springdale has hosted several successful luncheons for those interested in learning more about the questions they should be asking as they research retirement options. These luncheons have been hosted at favorite area restaurants like The Boathouse at Sunday Park and Crab Louie's.

Each event gave 25-30 seniors the opportunity to ask questions about retirement living and specifically about Springdale at Lucy Corr Village. It also gave adult children the opportunity to learn about retirement options that are available in the local community.

Springdale will be hosting luncheons in the coming months. Look for your invitation in your mailbox.



Bobbie Martorana (right) and her daughter Coni Portner attended the talk by Betty Booker sponsored by Springdale at The Boathouse at Sunday Park.

Lucy Corr Village Dedicates Springdale's Pub in Honor of Retired CEO



"Vince Lombardi once said, 'It is time for us to stand and cheer for the doer, the achiever, the one who recognizes the challenge and does something about it.' At this time, I invite you to raise a glass to Jake Mast, our friend and colleague who, as Vince said, took on and overcame numerous challenges. He did so on behalf of others (many who had lost their voices and ability to overcome obstacles on their own); he did so against much adversity and regulatory scrutiny; he did so not just through strength but by perseverance. Here's to you, Jake. May God Speed and Keep Wind In Your Sails and Love in Your Life. Here! Here!"

— Toast by new CEO Jim Musgrave at the dedication of Jake's Place

Pictured above: Jake Mast, Retired CEO, and Dr. David Beam, Chairman of the Health Center Commission for the County of Chesterfield.

Chesterfield County officials, Lucy Corr Village's governing board and staff, friends and family gathered on June 2 to dedicate *Jake's Place*, Springdale's Pub, in honor of Jacob W. Mast Jr., Lucy Corr's retired CEO. The dedication plaque has a nautical theme in recognition of Mast's longtime love of sailing.

Mast dedicated his career as a long-term healthcare administrator and CEO by serving Lucy Corr Village residents, families, staff and members of the community for nearly 30 years. He inspired the development and construction of a state-of-the-art health care center, the first memory support center in Virginia, the addition of licensed Assisted Living and an Adult Day Center. He was also instrumental in

creating Springdale at Lucy Corr Village. Springdale is the independent living community on the campus of Lucy Corr Village. With this addition, there is a full-service Continuing Care Retirement Community located right here in Chesterfield County.

Board of Supervisors Chairman Art Warren commented on Mast's years of dedicated service in providing for the health and well-being of Lucy Corr Village residents. Health Center Commission Chairman Dr. David Beam thanked Mast for recently serving as interim CEO and for providing quality care for the senior residents of Chesterfield County and surrounding localities.



For more information, go right to the source. Send this postage-paid card or call (804) 425-8280.

- I (We) would like to hear more about the new apartments and cottages at Springdale. Please call.
- I (We) would like to schedule a time to visit Springdale's model cottage and learn about all residential options.
- I (We) would like to attend a Lunch and Learn. Please contact me to set a date.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Best time to call _____

E-mail _____

Ready, set, let's get down to basics.

What is all this “social networking” stuff? Find out at our wireless Cyber Café events. Cyber Café is our new monthly

CYBER **café** series that will be hosted at Springdale and other locations to be announced.

You'll have an opportunity to socialize with other seniors as you learn valuable new computer skills. To learn more or RSVP for our upcoming Cyber Café events, call us today at (804) 425-8280. Visit us at www.SpringdaleAtLucyCorr.com.

NEXT EVENT

- July 21, 9 -10:30 am
- Springdale's first-ever E-Book Club for Nook, Kindle and PC owners. Enjoy great book discussions and free WiFi.
- Cyber Café to be held at Springdale's Brightwater Bistro
- RSVP by July 14

*Sponsored by Springdale in partnership with
The Shepherd's Center of Chesterfield.*

Springdale at Lucy Corr Village is a registered non-profit Continuing Care Retirement Community operated by the Health Center Commission for the County of Chesterfield.

**SPRINGDALE**
AT LUCY CORR VILLAGE

Paperwork, Paperwork

James W. Garrett, Esq., July 14, 2 - 4:30 pm
The Brightwater Town Center at Springdale

What documents do you need as you grow older? Learn exactly what a “Power of Attorney” really is, along with a whole host of other legal terminology and valuable information that will be beneficial to you and your children. This enlightening presentation will include a question-and-answer period pertinent to the topic. Please R.S.V.P. to (804) 425-8280 today as seating is limited, or go to www.SpringdaleAtLucyCorr.com.

 **SPRINGDALE**
AT LUCY CORR VILLAGE

6800 Lucy Corr Boulevard
Chesterfield, Virginia 23832

Presort
First Class
U.S. Postage
PAID
Richmond, VA
Permit #2367

