
Our Lady of Perpetual Help

January
2012



4560 Princess Anne Road * Virginia Beach, Virginia 23462 * (757) 495-4211 * www.ourladyperpetualhelp.com

Happy New Year!



The month of December was filled with the spirit of Christmas at Our Lady of Perpetual Help. Carolers, choirs, the train show and craft fair, and the generous donations of time and gifts created a joyous season. Mr. Cuddles, the teddy bear friend of a first-grade class at Rosemont Forrest Elementary School, came back to spend the holidays with the residents! He even helped pass out all the Christmas presents!



The staff of Our Lady of Perpetual Help extends a heartfelt thank you to the residents and families for their generous Christmas donations and gifts. The employee Christmas party was a wonderful success which everyone enjoyed.



“Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.”
~Alfred, Lord Tennyson, 1850

Happy New Year!



JANUARY

- 5th ~ Scenic Joyride
- 13th ~ Chrysler Museum Outing
- 16th ~ Martin Luther King, Jr. Day
- 19th ~ Lunch Outing to Cracker Barrel
- 20th ~ Birthday Party with Music
by Eddie Sal
- 23rd ~ Chinese New Year:
Year of the Dragon
- 26th ~ Scenic Joyride



Mark Your Calendar!

DMV 2 GO

Monday, March 12, 2012
9:00 A.M. – 4:00 P.M.

Renew your driver's license, get an ID card, almost any service at the DMV you can get done at the DMV 2 Go! Regular service fees apply.



Welcome New Residents!

Mary Lopez was born on August 11, 1916 in Springfield, Massachusetts. She worked as a seamstress and a housewife. She is Italian-American and loves to be social and talk to people!



Marian Alderman was born on December 20, 1925 in Gloucester, Virginia. She worked as a homemaker and at United States Lines. She enjoys reading, shopping, traveling, and loves cats!



Carl Tennefoss was born on September 1, 1928 in Norfolk, Virginia. He served as a pilot in the United States Navy, and then worked as an architect. He loves reading the newspaper and used to enjoy traveling!



Jim Hertz was born on March 2, 1931 in Oklahoma. He served in the United States Marine Corps for 23 years, then taught Industrial Arts for 5 years in Virginia Beach schools. He was an avid hunter and fisherman, and enjoys wood carving and playing corn hole!

Esther Feldman was born on December 23, 1919 in Poland and then grew up in Brooklyn, New York. She worked as a bookkeeper and loves music and dancing!



No Image Available

John Scotece was born on August 2, 1927 in Norfolk, Virginia. He worked in construction and enjoys bowling, watching westerns, and listening to music!

Happy New Year 2012
from your Chaplain and Pastoral Counselor

A New Year Wish

May the bright spots in the old year be
but flickers in the dark
When compared with what the New Year
will enkindle with its spark.

Margaret Rorke

This is the time of year when we think about making New Year's Resolutions! We make resolutions to do all sorts of things: lose weight (that's me, again!), stop smoking, exercise more, get more rest, and slow down. We may or we may not keep these resolutions.

My resolution for 2012 is this - to learn exactly where and how I can make a difference - and to be sure that, in everything I do, I put the feelings of my Heavenly Father first - knowing that with His help, all things are possible. That's a resolution I can live with!

My wish for you is this - that you will take a few moments to reflect on where you have been, and where you want to go. Take a few minutes each day to pray, read a devotional or your Bible. You will be surprised to find out how those few minutes will grow, over time. If you have not been attending Mass on Wednesday mornings, our Chapel Services on Wednesday afternoons, or our Bible story time on Thursday afternoons, I invite you to do so. Make a resolution that you can live with. Make it your resolution to do something different in your spiritual life in 2012, and see what a difference it will make on how you look back at things in January of 2013.

I am here for the sole purpose of serving you. Though I'm in the facility each day, you may not all see me. If you ever have a need to talk to me, all you have to do is let any staff member know and they will get your message to me.

God's blessings to you and yours in 2012!

Keith Willyard
Chaplain/Pastoral Counselor

Administrative Staff

Administrator - Cathy Hieneman, LNHA

Director of Nursing - Terri Anderson, RN, LNHA

Assistant Director of Nursing - Shirley Carr, RN

Director of Resident Services - Karen Moore, LPN

Director of Admissions and Marketing - Elizabeth Parrish

Director of Community Relations - Kathryn Bennett

Director of Activities - Katherine Moody, CTRS

Director of Food Services - Kim Svercauski

Director of Maintenance - Matthew Brewer

Social Worker - Beth Tan

Pastoral Counselor/Chaplain - Keith Willyard

Administrative Assistant - Rebecca Lindner

Business Office Manager - Mae Cappis

Häppý Nöw Yéár!

Our Resident's New Year's Resolutions:

Penny: to write more letters and keep
in touch with family and friends

Ethel: to continue learning new things

Donna: to be happy every day

Bill: to wake up every day with a
positive mindset

Karen: to do more for her family



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Upcoming Marketing Events In January:

- 3rd ~ Aging Matters 4:00-5:00 P.M.
- 4th ~ Diabetes Workshop 10:00-12:30 P.M.
- 5th ~ Bereavement Support Group 10:30-12:00 P.M.
- 9th ~ Alzheimer's Support Group 12:00-1:30 P.M.
- 12th ~ Bereavement Support Group 10:30-12:00 P.M.
- 12th ~ Alzheimer's Workshop 2:30-4:00 P.M.
- 17th ~ Aging Matters 4:00-5:00 P.M.
- 18th ~ Diabetes Workshop 10:00-12:30 P.M.
- 19th ~ Bereavement Support Group 10:30-12:00 P.M.
- 19th ~ Alzheimer's Workshop 2:00-4:00 P.M.
- 25th ~ Diabetes Workshop 10:00-12:30 P.M.
- 26th ~ Bereavement Support Group 10:30-12:00 P.M.
- 26th ~ Alzheimer's Workshop 2:00-4:00 P.M.
- 31st ~ Aging Matters 4:00-5:00 P.M.

Please RSVP for each event by
calling (757) 495-4211



- 1stDorothy Urban-Koba
- 2ndRuby Hanes
- 6thMildred Denson
- 9thFlorence Jackolski
- 11thBarbara Brinson
- 16thDorothy Bodenmann
- 17thMildred Carter
- 21stPatricia Gearhart
- 22ndCharles Russell Miller
- 30thBill House
- 30thAlbert "Mac" Perry

Join us for our monthly birthday party on
Friday, January 20 at 2:00 P.M. in the Assembly
Room with Music by Eddie Sal!

