

February 2019

Our Lady of Perpetual Help

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



"YOU ARE SPECIAL" WINTER EVENT

Step 1: Prepare treats to dip



Step 2: Dip in chocolate



Step 3: Prepare to serve



Step 4: Enjoy!



This is How to Make a Snowman in Virginia Beach



OMA – "Opening Minds Through Art"



Welcome New Residents!



Carol Marshall was born in Ohio. She moved to Hampton Roads from Texas. In addition to serving in the Air Force, Carol was a labor & delivery nurse for 45 years. She enjoys reading magazines and watching crime shows.



Arthur "Art" O'Toole was born in Brooklyn, NY. After serving in the Navy, he worked as a consultant. Art was a docent at the Military Aviation Museum where he received the Lifetime Achievement Award. He also volunteered with the Virginia Opera. Art loves dogs.



Pauline Vallee was born in Fitchburg, MA. Pauline moved here from our sister community, Marian Manor. She has traveled extensively in New England. Pauline loves dogs, socializing, spiritual activities and walking.

Please Help Us Make Your Time with Your Loved One Special

Please note that we ask for at least one week's notice to accommodate families who would like to use our space for an event for their loved one. Using space at Our Lady of Perpetual Help requires the coordination of multiple departments and maximizing the availability of space for all our residents. Please help us make the occasion special for both you and your loved one.

We appreciate your understanding.



February Activity Highlights

The Hurrah Players, Feb. 2

Residents' Sweetheart Valentine's Dance, Feb. 8

Symphonicity (String Quartet, part of the Virginia Symphony), Feb. 9

Drum Circle with Arthur "Drum you Dreams" Lopez, Feb. 10

London Bridge Baptist Church Choir "The Echoes," Feb. 28

And in March...

Louis Antonaccio's "Sentimental Journey," Mar. 1

Performer Chuck Moebus, Mar. 7

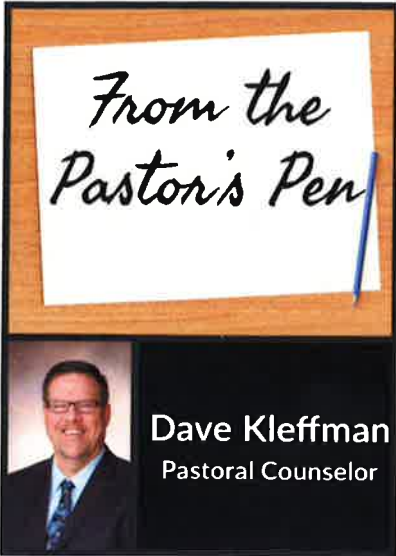
Suzuki Strings, Mar. 22

The Crazy Fun Hats of Singer Eddie Sal



Elvis is in the House!





February – A Time for Love

“Love is patient, love is kind.” 1 Corinthians 13:4

What is love? It is a simple yet profound question. British-American rock band Foreigner asked this question too in a popular song in the 1980’s. Their top hit, “I want to know what love is” reached #1

in both England and the U.S., and is continues to be one of the most popular songs of all time.

The bible tells us what love is. The Apostle Paul penned a description in his letter to the Church at Corinth found in 1 Corinthians 13:4-8. Paul highlighted these key things in his writings: Love is patient and kind. It does not envy, boast or dishonor others. It isn’t selfish or quick-tempered. It doesn’t keep a record of wrong nor does it delight in evil. He also said that love rejoices with the truth and always protects, trusts, hopes and perseveres.

As we celebrate Valentine’s Day in February and the month love, let us consider the words of Paul. What is love? I believe it is doing the things Paul talked about and displaying the virtues of Christ who paid the ultimate sacrifice of love by giving his life.

This month, I am praying for you for three things: first, that you experience God’s unconditional love in a profound way, second, that you experience the love of others, and three, that you return that love to those around you at OLPH.

Here is to a wonderful month of love!

In Christ’s Love,

Pastor Dave

Dave Kleffman
Pastoral Counselor, Our Lady of Perpetual Help

Administrative Staff

Administrator - Terri Anderson, RN, LNHA
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Director of Nursing, Priscilla Lanphere, RN
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Director of Admissions – Vera Morgan
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Director of Community Relations – Jackie Burke
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Director of Life Enrichment – Mary Kell Powers, MS
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Director of Dining Services – Lawrence Green, CDM/CFPP
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Director of Maintenance – Matthew Brewer
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Social Worker – Beth Tan, MSW
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Pastoral Counselor – Dave Kleffman, M.Ed.
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Administrative Assistant – Rebecca Lindner
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Business Office Manager – Mae Capps
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Please take a moment of silence and prayer to remember those who went to their home eternal in January:

*Margaret “Peg” Ahrendt
Donald Aquilino
Karen Ewing*

Our Semi-Annual Memorial Service will be held on Tuesday, April 9, 2019 at 6:30 p.m. At this service, we remember those who have gone to their home eternal during the months of December 2018, January, February and March 2019.





Professional Manicures & Pedicures for Our Lady of Perpetual Help Residents
 Group discounts available. Please contact Mary Kell Powers for more information.

BUS OUTINGS

Our most frequent bus outing is a scenic joy ride. There is no additional cost for the joy ride. We try our best to rotate the residents who go on these so different residents have the opportunity to go. For outings involving an additional cost (i.e., outings to restaurants), we ask that you give either Raul Pernites (for residents in the Christopher Center) or Mary Kell Powers (for residents in Nursing or EAL) money for your loved one for the outing. Please note that we do not keep more than \$40 on hand for an individual resident.

Seniors On The GO!



OLPH Team Member February Birthdays

Avis Drayton	2/24
Merry Duarte	2/20
Donna Hill	2/27
Judy Hockensmith	2/25
Markea Holley	2/1
Phillip Le	2/21
Hubert Parker	2/24
Alisa Patten	1/17
Jennifer Stanislaus	2/17
Margo Stevens	2/13

*Thanks for All You Do!
 Have a Great Day!*

February Marketing Events at Our Lady of Perpetual Help

Bereavement Support Group,
 Every Thursday, Feb. 7, 14, 21 & 28
 10:30 a.m. - 12:00 p.m.

Alzheimer's Support Group Lunch,
 Monday, Feb. 11, 12:00 p.m. - 1:30 p.m.
 (RSVP to our office).

Aging Matters Series:

"A Matter of Balance" (8 week course)
 Tuesday, Feb. 19 and 26, 10:00 a.m.-12:00 p.m.
 (Weeks 1-2)

"Protecting Yourself from Fraud & Scams"
 Thursday, Feb. 7, 10:00 a.m.

"Smart & Safe Living While Out & About"
 Thursday, Feb. 21, 10:00 a.m.-11 a.m.

"Taking Weight off & Keeping It Off"
 Thursday, Feb. 28, 11:00 a.m.-12:00 p.m.



Happy February Birthdays!



- 1st ~ Julia Nagao
- 2nd ~ Delores Katuziensi
- 8th ~ Frederick "Fred" Sunderland
- 10th ~ Enrico Fagnani
- 13th ~ Elena Conte
- 21st ~ Bernice Poleski
- 27th ~ Ellen Davis

Join us for our monthly resident birthday celebration on **Monday, February 25th at 2:00 p.m.** in the Assembly Room with music by Frank Sings Frank!

OLPH BUS SCHEDULE

Our bus schedule for doctors' appointments is Mondays & Wednesdays allowing two doctor visits per day. Please call George Reed, our Bus Driver, on his cell phone at (757) 408-8501 if you would like to use the bus service.