

Our Lady of Perpetual Help

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



Debbie Drewyor, R.N.
Our New Director of Nursing



Debbie Drewyor, R.N. recently became our Director of Nursing. Debbie initially began working here in 2017 as our Quality Assurance nurse. Debbie had an extensive career as the Director of Nursing at Autumn Care of Suffolk.

Debbie was born in Michigan and moved to this area with her husband who was in the Navy. Debbie has three children and three grandchildren. In her spare time, Debbie enjoys gardening and painting.

Here Comes the Bus!!
On February 20, our new 2019 Ford Bus was delivered! Has vehicle technology changed in 20 years!



February was Filled with A Variety of Music and Dance!

Our Annual Sweetheart Dance



Performances by "Symphonicity," a string quartet from the Virginia Symphony, a local theater group, The Hurrah Players, "Frank Sings Frank" & a Drum Circle with Arthur "Drum Your Dreams" Lopez





Welcome New Residents!



Catherine "Cathy" Benjaminson was born in York, PA. She was a member of the Navy WAVES during WWII. Cathy enjoys spiritual activities, reading and playing Bridge.



Irma Brodeur was born in Norfolk and grew up in Ocean View. She was a Navy wife and homemaker. Irma likes animals, sewing, music, movies and going on trips.



Earl Ingram is from Indiana. He was serving in the Navy at Pearl Harbor when Pearl Harbor was attacked. Earl has traveled around the world. He enjoys movies, playing cards and watching TV.



Louis Lucente was born in Jamaica, NY. He served in the Air Force and had a career in home construction and land development. Louis enjoys games, music and spiritual activities.



Floyd Palmer was born in Green Bay, WI. Floyd was in the Army and was active in the American Legion. He worked in the automotive industry. He enjoys television and visitors.



Janet Taylor was born and raised in Norfolk. She worked as an elementary school teacher and in daycare. Janet likes movies, music, animals, walking and watching TV.

March Activity Highlights

Mardi Gras Party, Mar. 5

Harpist Karen Stowe, Mar. 13

St. Patrick's Day Party, Mar. 15

Irish Band "Leigheas," Mar. 18

Suzuki Strings, Mar. 22

And in April...

Singing Duo Lyle & Linda Dowling, Apr. 11

Entertainer Dan Smith, April 15

Community Children's Easter Egg Hunt with Performer Tina Micula, Apr. 20

Performer Eddie Sal, Mar. 29

LulaRoe for the Cure!

Saturday, March 23
9 am - 2 pm
at Our Lady of Perpetual Help



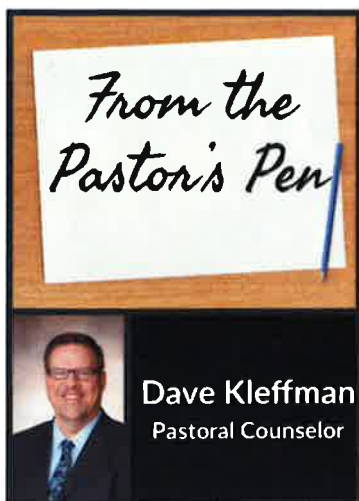
Multiple consultants will be on-site!

Other vendors will include:
Paparazzi Jewelry • Lipsence
Tupperware • Scentsy

Open to the public. No RSVP needed.

A portion of the proceeds from this sale will go to the Alzheimer's Association, "Angels for the Cure" Walk Team.





**March
Springtime is here!**

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." Isaiah 43:18-19

My dear mother, God rest her soul, used to sing a song to me

called, "Springtime in the Rockies". I can hear her singing it in my mind as I write this. Singers like Gene Autry and Slim Whitman made it famous back in the late 30's and early 40's. The song starts out by saying, "When it's springtime in the Rockies, I'm coming back to you. Little sweetheart of the mountains with your bonnie eyes of blue. Once again I'll say I love you, while the birds sing all the day. When it's springtime in the Rockies, in the Rockies far away." That song always reminds me of springtime and my mother's wonderful singing voice. When you think of spring, what do you think of? Maybe you think of blooming flowers, birds singing in the trees or warmer temperatures.

I believe spring is also a time for starting over and getting a fresh start! I also believe God wants us to have a fresh view of spring and a new and positive outlook for our future. Listen to what He says in Isaiah 43:18-19, "Forget the former things and not to dwell on the past. See, I am doing a new thing!" This spring, I believe God can do new things in your life. Forget the cold winter of bad memories or mistakes and look forward to the new hope that only God can give. Don't dwell on the past! God will do a new thing in you if you let Him. Pastor Perry Noble used to say that God isn't finished with you if you still have breath in your lungs. The question is...do you perceive it? Here's to spring and new beginnings!

Your friend at Our Lady,

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, Debbie Drewyor, RN
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Assistant Director of Nursing – Shirley Carr, RN
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Director of Resident Services – Stacey Phillips, LPN
sphillips@ourladyperpetualhelp.com

Director of Admissions – Vera Morgan
vmorgan@ourladyperpetualhelp.com

Director of Community Relations – Jackie Burke
jburke@ourladyperpetualhelp.com

Director of Life Enrichment – Mary Kell Powers, MS
mpowers@ourladyperpetualhelp.com

Director of Dining Services – Lawrence Green, CDM/CFPP
lgreen@ourladyperpetualhelp.com

Director of Maintenance – Matthew Brewer
mbrewer@ourladyperpetualhelp.com

Social Worker – Beth Tan, MSW
btan@ourladyperpetualhelp.com

Pastoral Counselor – Dave Kleffman, M.Ed.
dkleffman@ourladyperpetualhelp.com

Administrative Assistant – Rebecca Lindner
rlindner@ourladyperpetualhelp.com

Business Office Manager – Mae Cappis
mcappis@ourladyperpetualhelp.com

Please take a moment of silence
and prayer to remember those who went to their
home eternal in February:

*Ardis "Honey" Emmanuelson
Celeste Coleman
Virginia Jones
W. Faye Salyard*

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.





OLPH Team Member March Birthdays

| | |
|---------------------|------|
| Prishette Best | 3/17 |
| Carmina Burris | 3/14 |
| Angela Chadprachong | 3/24 |
| Emet Dipasupil | 3/3 |
| Tamirah Harris | 3/2 |
| Myla Mariano | 3/3 |
| Festus Njeba | 3/7 |
| Nathaniel Thomas | 3/10 |

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

Happy March Birthdays!



- 13th ~ Gabriele "Gabby" Flanagan
- 14th ~ Ira "Jack" Phillips
- 20th ~ Deodarto "Ricky" Ricardo
- 21st ~ Marie Langdale
- 23rd ~ Ruth Cochrane
- 27th ~ Judith Harris
- 29th ~ Louise Short

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

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.



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!



March Marketing Events at Our Lady of Perpetual Help

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

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

Aging Matters Series:
"A Matter of Balance" (8 week course)
Tuesday, Mar. 5, 12, 19 and 26, 10:00 a.m.-12:00 p.m. (Weeks 3-6)

"Preventing and Managing Heart Disease and Diabetes," Presented by Dr. Frank Lombardozzi,
Kempsville Chiropractic
Thursday, Mar. 28, 11:00 a.m.-12:00 p.m.

