

May 2019

Our Lady of Perpetual Help

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



Mother's Day Brunch Sunday, May 12th

Look at the Menu:

*Fresh Fruit
Assorted Danishes,
Corn Muffins,
Scrambled Eggs,
Crispy Bacon/Turkey Bacon,
Pork Sausage Links,
Honey Buttered Biscuits,
French Toast Bar,
Herbed Baby Baker Potatoes,
Green Beans Amandine,
Beef Tenderloin with
Mushroom Gravy,
Seafood Newburg,
Jasmine Rice
Yogurt Parfait*

Details

Two seatings- 11:00 a.m. & 1:00 p.m.

Cost per Guest: \$20.

Please note that seating is very limited. We ask that you please call or stop by the front desk to make your reservation.

Happy Spring!



Welcome New Residents!



Janet Clouting is from New York City. She had a career as a secretary and was a military spouse. Janet likes to read, garden and be around animals. She has traveled to Hawaii, Alaska and the Virgin Islands.



Janet Meyer is from Michigan. She was a minister of a nondenominational church and a nurse. Janet enjoys a variety of activities including being read to, gardening, playing games, exercising, doing arts & crafts and watching movies,



Alice Mulvaney was born in Illinois. She earned a Master's degree in education and worked as a high school Guidance Counselor. Alice used to own a few race horses. She enjoys movies, spiritual activities and socializing.



NATIONAL VOLUNTEER WEEK Celebrate Service

We honored our volunteers for National Volunteer Week in April at a delicious dinner prepared by Dietary Services. We are so grateful for their amazing dedication to our residents. They do such a variety of activities to enrich our residents' lives like spiritual activities, entertainment (music, theater playing games, trivia, reading, etc), visits by Pet Therapy dogs, donations and educational events. With the majority of our residents in wheelchairs, our volunteers are frequently assisting residents to events and wheeling our most frail residents around our community for a change of scenery. The list of what they do for our residents is too long to list here.

A special note of thanks to the staff at Bishop Sullivan Catholic High School for supporting 105 students (since last summer) to volunteer here. These students are in addition to our large number of volunteers not connected to the high school. Many years ago Bishop Sullivan envisioned this relationship between the young and old by purposely placing our community and the high school within easy walking distance. All of us benefit from this. Not only do the young students bring a special vibrant energy to our community but also they create a "connection" for our residents to the greater community at large. At the same time, the students learn about making a difference and improving the quality of life for others which will hopefully continue for the rest of their lives.

May Activity Highlights

Celebrate Cinco de Mayo with Roberto!, May 4

Mother's Day Brunch (RSVP to the front desk. Space very limited.), May 12

Tribute to Military Spouses and the Armed Forces with music by the barbershop group "The Day Timers," May 18

Salem High School Theater Group, May 20

Evening Outing to the Hoedown at the VA Beach Farmer's Market, May 31

And in June...

Commemorate the 75th Anniversary of D-Day with a Special Ceremony by American Legion Post #110 and Entertainment by Singer Barbara Blair, June 6

Our Annual Community Pet Parade, June 8

Visit by the Cape Henry Model A Car Club, June 15

Annual Father's Day Lunch (RSVP to the Front Desk), June 16

Dance Performance by "Beauty for Ashes," June 22

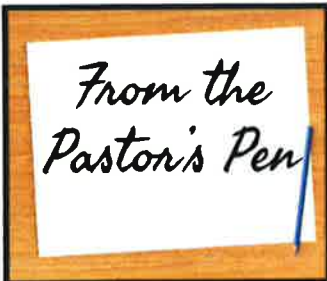


ATTENTION RESIDENTS AND STAFF AT OUR LADY OF PERPETUAL HELP

Did you know there is a new prayer box located in the chapel from our Pastoral Counselor, Dave Kleffman's office? If you need prayer and would like Pastor Dave to pray for you, please fill out the provided prayer sheet and place it in the prayer box! He will check the box regularly and pray for you!



Coastal Dental Care is the new dental group that will be visiting Our Lady of Perpetual Help once a month to meet our residents' dental needs. If you would like to make an appointment for your loved one, please contact Beth Tan, our Social Worker, at (757) 495-4211 or btan@ourladyperpetualhelp.com.



Dave Kleffman
Pastoral Counselor



May – “My Mother Gave Life!”

Scripture for the Month: “I have come that they may have and enjoy life, and have it in abundance [to the full, till it overflows] John 10:10b AMP

As you know, May is the month we celebrate Mother’s Day. I had a wonderful mother! She was kind, loving, patient,

inspirational, and would give the “shirt off her back” to help somebody in need. She was a great encourager too. She even wrote what she called “cheerful letters” to 3 or 4 men who were incarcerated and had long prison sentences just to encourage them.

Who does that? She did! She exemplified Jesus’ words in John 10:10 when He said that He came to *give life* to others. My Mom truly was a giver of life. She was very funny too! She loved to sing and entertain family and friends. Everybody loved her! The neighborhood kids would always want to come to our house because my Mom would make them laugh, act out a funny play, tell funny stories, or sing a beautiful song. Sometimes she would even make cookies or pizza for them! In fact, I don’t think she had ANY enemies. Yes, I may be biased but my mother truly exemplified Jesus. She literally/physically gave life to me and my four siblings but continued to give life to others the rest of her life. She went to heaven in 2004 but her life-giving legacy continues. (The photo you see was my Mom’s high school graduation photo in 1947. ☺)

If you are a woman reading this, I want to wish you a very Happy Mother’s Day! Maybe you do not have children or maybe you are a grandmother or great grandmother and don’t feel like a “mother” on Mother’s Day. I want to wish a Happy Mother’s Day anyway! Why? Because you give LIFE to others! It may not have been physical life – but your encouragement, love, support, and investment in others exemplifies what Jesus came to do - which is to give life! I really hope you have a wonderful Mother’s Day! You deserve it!

Your friend at Our Lady,

Pastor Dave

Dave Kleffman, Pastoral Counselor

Administrative Staff

Administrator - Terri Anderson, RN, LNHA
tanderson@ourladyperpetualhelp.com

Director of Nursing, Debbie Drewyor, RN
ddrewyor@ourladyperpetualhelp.com

Assistant Director of Nursing – Shirley Carr, RN
scarr@ourladyperpetualhelp.com

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 April:

Joan Condon

Nettie Liverman

Barbara McMahon

Doris Parker

Clyde “Skip” Schroeder

Our Semi-Annual Memorial Service will be held on
Tuesday, October 8, 2019 at 6:30 p.m. At this service,
we remember those who have gone to their home
eternal during the months of April, May, June, July,
August and September 2019.



May Marketing Events at Our Lady of Perpetual Help

Bereavement Support Group,
Every Thursday, May 2, 9, 16, 23 & 30
10:30 a.m. - 12:00 p.m.

Alzheimer's Support Group Lunch,
Monday, May 13, 12:00 p.m. - 1:30 p.m.
(RSVP to our office).

Agng Matters Series:

"Understanding Alzheimer's," Presented by Ellen
Clements, Alzheimer's Association
Thursday, May 23, 10:00 a.m.

"What you Need to Know about Skin Cancer,"
Presented by Eastern Virginia Medical School
Department of Dermatology,
Thursday, May 30, 10:00 a.m.



Happy May Birthdays!



Join us for our
monthly
resident
birthday
celebration on
Monday,
May 27th
at **2:00 p.m.**
in the
Assembly
Room with
music by
Steve Daley!

- 2nd ~ Lenora Reavis
- 3rd ~ Betty Brickell
- 8th ~ Margaret Morton
- 10th ~ Rosemarie Fereday
- 12th ~ Madeline Jones
- 20th ~ Rose Farmen
- 31st ~ Barbara Franklin

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!



OLPH Team Member May Birthdays

Queenie Alviore	5/22
Roger Barber	5/5
Shirley Carr	5/28
Maricel Genato	5/25
Janet Grady	5/17
Cambryo Hightower	5/22
Sarah Kelley	5/17
Caitlyn Morse	5/21
Eileen Overstreet	5/12
Manuel Padilla	5/22
Ashmita Poudel	5/18
Barbara Tenalio	5/29

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