

September 2019

Our Lady of Perpetual Help

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



JOIN OUR TEAM!



Angel's for the Cure Team T-Shirt for 2019 Walk
Designed by Rosemont Forrest Elementary
School Student Seren Simmons

To join Our Lady of Perpetual Help's
"Angels for the Cure" Walk Team either
register online at <https://www.alz.org/seva/events>
or contact Raul Pernites,
Christopher Center Activity Coordinator,
at 495-4211 or rpernites@ourladyperpetualhelp.com.

Upcoming Fund Raising Event



**Tuesday, September 17, 5-8 pm
PRESENT THIS TO THE CASHIER**

Stop by Azar's Mediterranean Specialties
Restaurant (1624 Laskin Road, Hilltop North
Shopping Center, VA Beach) for dinner on
Tuesday, September 17 and Azar's will
donate 10% of the evening's sales to Lady of
Perpetual Help's Memory Walk Team –
"Angels for the Cure." (Proceeds will benefit
the Southeastern VA Alzheimer's Association
Chapter) Total Purchase: \$

Summer Fun and Relaxation



Always a resident favorite, Tidewater Winds Summer Concert



Up Close and Personal at the Oceanfront



The Hurrah Players Perform Scenes from "Madagascar"



Summer Luau with Eddie Sal performing Don Ho Favorites



At a recent performance with his music
ensemble at the Sandler Center, Jazz Pianist
Justin Kauflin visited with his grandmother 97
year old resident Julia Nagao. At the age of 6,
Kauflin began performing throughout the area.
After losing his sight when he was eleven years
old, Kauflin continued to develop his music
abilities and excel at his craft. Kauflin's
relationship with his mentor, Clark Terry, was depicted in the
documentary *Keep On Keepin' On* (2014).

Welcome New Residents!



Richard Bailey was born and raised in St. Louis. Richard served in the Army for 22 years. He was a medic during the Korean War and retired as a Master Sergeant. Richard enjoyed playing golf. He likes to read and play solitaire on his iPad.



Ron Behrle was born in Philadelphia. Ron was in the Army during the Korean War. He majored in History in college and later earned a law degree from Indiana Univ. Ron enjoys spiritual events, reading, exercise and television.



Charlie Cooke is from Rutherford Co., NC. and grew up on a farm. He earned a Ph.D. at NC State and worked for Bell Labs and IBM. Charlie was a professor of Applied Mathematics at Old Dominion Univ. He enjoys animals, spiritual events and chess.



Please Join Us Next Sunday, September 8, 2019 at 2:00 p.m. for a Special Grandparents' Day Celebration:

Arthur "Drum Your Dreams" Drum Circle!

Arthur Lopez will engage you and your family in a memorable, fun, high-energy activity for the Young and Old!

Space is limited. RSVP to Mary Kell Powers, Director of Life Enrichment, at mpowers@ourladyperpetualhelp.com or at 757-495-4211.



September Activity Highlights

Evening Outing to the Hoedown at the Virginia Beach Farmer's Market, September 6

Grandparents' Day Celebration For Residents and Families including Cake and Ice Cream and a Drum Circle lead by Arthur "Drum Your Dreams" Lopez, September 8

Duet Lyle and Linda Dowling, September 14

New Entertainment: "Swing Time," September 22

Violinist Amy Miller, September 29

And in October...

Outing to the Neptune Festival for the Sand Sculpting Competition, October 1

Evening Outing to Catholic High Football Game, October 4

Performer Eddie Sal, October 10

Resident and Team Member Children's Halloween Party with a Magician followed by a Costume Parade and Trick or Treating throughout Our Lady of Perpetual Help, October 26

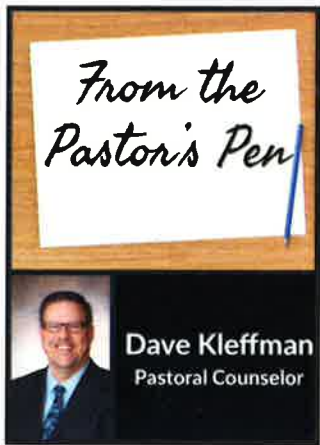


ATTENTION RESIDENTS AND STAFF AT OUR LADY OF PERPETUAL HELP

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



SEPTEMBER-
Let's Celebrate the Seventh Month of the Year!

Scripture for the Month:
"Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times." Matthew 18:21-22 NIV.

Did you know September originally was the seventh month of the Roman calendar? September comes from the Latin word, "Septem" which means seven. September was named during a time when the calendar year began in March.

Seven is a popular and significant number. For example, there are seven wonders of the world. Seven is the jackpot number on a slot machine. Snow White had seven dwarfs. There are seven colors in the rainbow. There are seven continents. Research even shows that seven is the number most people say is their lucky number. And of all the British Secret Service agent numbers author Ian Fleming could have selected for James Bond – he chose seven! "It's Bond. James Bond." (Agent 007).

Did you know seven is also significant in the bible? God used seven days to measure time to equal one week. He created everything in six days and rested on the seventh! Seven is God's perfect number. One significant time Jesus used seven was in Matthew 18 when Peter asked Jesus how many times we should forgive. Peter even used the number seven himself by asking Jesus, "...up to seven times?" To make his point about the importance and depth of forgiveness, Jesus told him it wasn't seven, rather, it was seventy-seven times! Wow!

My question for you in this "seventh" month is – do you need to forgive someone who has sinned against you? Jesus calls us to do this. He gave no conditions. Forgiveness can be difficult but it can also heal our soul. I think it is easier to forgive when we realize Jesus died on the cross so we can find forgiveness! He did this in love. We forgive because He forgave us! Someone once said, "In the blink of an eye, everything can change. So, forgive often and love with all your heart. You may never have that chance again." Those are good words to live by! Happy September Everyone!

Your friend at Our Lady,

Pastor Dave

Dave Kleffman
Pastoral Counselor 007

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 August:

*Becky Moye
Alice Mulvaney
Louis Short*

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.





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 Extensive Assisted Living) 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!



September Marketing Events at Our Lady of Perpetual Help

Bereavement Support Group,
 Every Thursday, September 5, 12, 19 & 26
 10:30 a.m. - 12:00 p.m.

Alzheimer's Support Group Lunch,
 Monday, September 9, 12:00 p.m. - 1:30 p.m.
 (RSVP to our office).



Happy September Birthdays!



- 1st ~ Carrie Pfeiffer
- 3rd ~ Eloise Bryant
- 8th ~ Dee Ackels
- 9th ~ Dorothy Rohanna
- 10th ~ Louis Lucente, Frances Pike
- 20th ~ Sherran Williams
- 22nd ~ Carol Hill
- 25th ~ Jerry Becker, Ginny Taylor
- 29th ~ Carol Marshall
- 30th ~ Mary Ann Nash

Join us for our monthly resident birthday celebration on **Monday, September 30th at 2:00 p.m.** in the Assembly Room with music by Roberto!

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.



OLPH Team Member September Birthdays

Terri Anderson	9/8
Ofie Bioc	9/5
Lauren Broom	9/24
Bianca Brown	9/15
Lindsay Brown	9/2
Stephanie Concepcion	9/29
Selina Cuffe	9/5
Cammile Denton	9/6
Marie Gillis	9/30
Claudette Hinton	9/14
Suquin Johnson	9/11
Christian Lewis	9/20
Rebecca Lindner	9/8
Kris Mason	9/7
Ifeoma Mensah	9/4
Nsam Nyeanchi	9/12
Emerita Pangilinan	9/22
Mary Kell Powers	9/23
George Reed, III	9/9
Robin Rice	9/2
Ana Santos	9/19
Miriam Vidal	9/11
Sapporah Watkins	9/23
Asja Woolston	9/29
Sarah Wright	9/14

Thanks for All You Do! Have a Great Day!