



# Our Lady of Perpetual Help

Memory Care • Assisted Living  
Nursing Care

4560 Princess Anne Road, Virginia Beach, Virginia 23462-7905 • Telephone 757-495-4211 • ourladyperpetualhelp.com

## A Reason to Smile

### The COVID-19 Vaccine is here!



The COVID-19 vaccine has arrived, and we are thrilled that our residents and staff were among the first to have the opportunity to receive it! The health and safety of those in our community has always been our top priority, and we are overjoyed thinking of the peace of mind that will come with the vaccine's protection.

Our first vaccination clinic was held on January 8 and our second clinic was held on January 29. We received an overwhelmingly positive response from residents and family members. They have responded as this generation always has, by setting a good example: 93% of our residents received the vaccine during our clinics. It is a great privilege to do our part by participating in vaccination clinics and we are proud to be a part of this scientific achievement.

Vaccination clinics at Our Lady of Perpetual Help are administered by CVS through the Pharmacy Partnership for Long-Term Care Program, which was created by the CDC. Staff and residents will not incur any costs to receive the vaccine. Those with questions and concerns about the vaccine were grateful for the educational resources we have provided on the development, clinical trials, efficacy, and safety of the COVID-19 vaccines. That information is also available on our website: [ourladyperpetualhelp.com/vaccine](http://ourladyperpetualhelp.com/vaccine).

*Our Lady of Perpetual Help residents and staff were all smiles receiving their first COVID-19 vaccinations.*





# Making our days Merry and Bright



*With holiday meals, activities, crafts, cookies, and music, our residents and team members were sure feeling jolly throughout the Christmas season!*



Even COVID-19 couldn't stop us from celebrating the holiday season at Our Lady of Perpetual Help! With no less than seven Christmas trees, the community was full of cheer. During a holiday meal, residents enjoyed a light show through the windows of the dining room while listening to festive music. Residents also enjoyed shopping for their families and watching our staff "elves" wrap gifts. Perhaps the most entertaining activity of all was the "Shoot the Reindeer" game, with Activity Aide March Santom playing the part of the reindeer!







# Eating for a Healthy Brain

By making changes in your diet and lifestyle, you can significantly reduce the risk of cognitive decline and dementia.

## Whole Grains

- Vitamin E protects healthy cells
- May help preserve brain function and prevent neurodegeneration
- Oatmeal, brown rice, quinoa, amaranth

## Avocados

- High in monounsaturated fats, which help lower your LDL (bad) cholesterol level
- Keep blood sugar at a steady level and keep the skin, hair, and nails looking and feeling healthy
- Rich in folate and vitamin K, which improve cognitive brain functions such as concentration

## Leafy Greens

- Vitamin K, which aids in the formation of fat inside the brain cells
- Improves memory

## Eggs

- B vitamins, which slow cognitive decline
- Choline aids in mood and memory health

## Fatty Fish

- Very high in omega-3 fatty acids (60% of the brain is composed of fat containing Omega 3s)
- Help reduce brain fog and increase memory and concentration

## Walnuts

- Rich in minerals, vitamins, and antioxidants
- Excellent source of protein and healthy fats
- Can increase memory, alertness, and concentration
- May help to decrease the risk of Alzheimer's disease

## Blueberries

- Protect the brain from toxins, degeneration, and stress
- Contain the highest antioxidant level of any food
- Can help ward off certain cancers, aging, and environmental toxins
- High in fiber and vitamin K
- Reduce inflammation

Visit [ourladyperpetualhelp.com/memorycare](http://ourladyperpetualhelp.com/memorycare) for additional information on our memory care program and helpful resources, such as a checklist to assist you in determining if now is the time for memory care for a loved one.



## The Coordinated Services Management Community Family

### Our Lady of the Valley

Assisted Living,  
Intermediate & Skilled Nursing Center  
Roanoke, Virginia • 540-345-5111

### Our Lady of Hope

Assisted Living, Alzheimer's Center,  
Intermediate & Skilled Nursing Center  
Richmond, Virginia • 804-360-1960

### Our Lady of Peace

Residential Living, Assisted Living,  
Nursing Center, Alzheimer's Center  
Charlottesville, Virginia • 434-973-1155

### Our Lady of Perpetual Help

Extensive Assisted Living,  
Alzheimer's Center, Nursing Center  
Virginia Beach, Virginia • 757-495-4211

### Potomac Place

Assisted Living,  
Enhanced Assisted Living,  
Alzheimer's and Dementia Center,  
Woodbridge, Virginia • 703-494-3817

### Tall Oaks at Reston

Assisted Living, Alzheimer's Center  
Reston, Virginia • 703-834-9800

### Marian Manor

Assisted Living, Intensive Assisted Living  
Virginia Beach, Virginia • 757-456-5018

### Dunlop House

Assisted Living, Alzheimer's Center  
Colonial Heights, Virginia • 804-520-0050

### Chesterbrook Residences

Assisted Living  
Falls Church, Virginia • 703-531-0781

### Mennowood

Independent Living, Assisted Living,  
Memory Care  
Newport News, Virginia • 757-249-0355



# Spread the Love!

We are grateful for our families, neighbors, and partners, and we want to make sure we are a friend you are proud to have in the community. If you have a compliment, please feel free to add it to any one of our review sites: **Google, Yelp, or Facebook**. Your feedback will help others find Our Lady of Perpetual Help. Thank you for the opportunity to work with you, your family, and your patients!



Our Lady of Perpetual Help is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.  
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