



Our Lady of Perpetual Help

Memory Care • Assisted Living
Nursing Care

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

From the Heart

Nothing embodies the spirit of our community like the concept of love. We work diligently to foster relationships between residents, families, and our team members—it's like we're one big, loving family! It's probably why Valentine's Day is one of our favorite annual holidays. From resident celebrations to staff goodies, we embraced all things "love" during February.

CNA Juliet Cabingas is all smiles for Valentine's Day.



Raul Pernites hands out individual Valentine's treat bags to his co-workers.



Our team shows support for American Heart Month on National Wear Red Day.® From left: Karen Moore, Jackie Pereras, Eileen Komuves-Overstreet, Linda Dennis

Community Kings and Queens!
Fred Becchetti and Ellen Davis (below), Russell and Beverly Worthley (below right)



'Tis the Season

This Christmas season our residents and staff were able to let go and have fun during a variety of festivities. We snacked on milk and cookies, met the Grinch, exchanged meaningful gifts, dressed in our holiday best, and made memories to last a lifetime!

Clayton Ortiz was excited to "take a chance" on a scratcher ticket.



Crystal Fields and Elizabeth Reh fuss (right).



Left to right: Erica Carson, Vilma Lacson, Tempest Smith, and Juliet Cabingas pick up some tasty holiday refreshments.



Administrator Terri Anderson smiles with therapy dog Emma, who was hoping for a job pulling Santa's sleigh!



Sweethearts Raymond and Margery Lafferty share a moment by the Christmas tree.



Fred Becchetti poses with a cast of characters, including the Grinch, a reindeer, and one of Santa's elves



Left to right: Nia Smith and Nicole Maximowicz and Mary Smith (pictured below)



The Coordinated Services Management Community Family

Chesterbrook Residences
Residential Living, Assisted Living
Falls Church, Virginia • 703-531-0781

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

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

Our Lady of Hope
Assisted Living, Memory Care,
Intermediate & Skilled Nursing Center
Richmond, Virginia • 804-360-1960

Our Lady of Peace
Residential Living, Assisted Living,
Memory Care, Nursing Center
Charlottesville, Virginia • 434-973-1155

Our Lady of the Valley
Assisted Living, Memory Care,
Intermediate & Skilled Nursing Center
Roanoke, Virginia • 540-345-5111

Potomac Place
Assisted Living, Memory Care
Woodbridge, Virginia • 703-494-3817

St. Mary's Woods
Residential Living, Assisted Living
Richmond, Virginia • 804-741-8624

Tall Oaks Assisted Living
Assisted Living, Memory Care
Reston, Virginia • 703-834-9800

Thankful Thursdays

Showing Appreciation to our Amazing Team!

Every Thursday we treat our employees to a variety of goodies as a gesture of thanks for all their hard work. We set up a station with different kinds of snacks, sweets, juices, and coffee—something for everyone! It's just one small way we show our gratitude for all they do.

Shaniqua Massey, and Dave Kleffman (pictured below)



REFER & Earn



Did you know that by telling friends and family about life at Our Lady of Perpetual Help, you can save money on rent?

It's all part of our Refer & Earn program, which rewards current residents when they make a referral resulting in a lease — savings of \$1,500 per referral over three months!

“Our Refer & Earn program is our way of saying ‘thank you’ to our greatest ambassadors – our residents and their families,” states Administrator Terri Anderson. “They are eager to let others know about their experiences at Our Lady, and we are so appreciative for that!”

To learn more or make a referral, contact the marketing department today.



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