



# Our Lady of Perpetual Help

Memory Care.  
Extensive Assisted Living.  
Nursing Care.

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

## Springtime Celebrations

What do Mother's Day and St. Patrick's Day have in common? They are just two of many special days we had this spring that brought smiles to our faces! Whether it was time with family or the simple joy of wearing green, we "cheesed" for the camera while making new holiday memories. They say a photo is worth a thousand words, and these precious moments are proof of that!



Michael Caputo



Marianna Price



Ellen Davis



Nola Frances Pike adds some St. Patrick's Day green to her outfit with a festive shamrock headband.



Mary Roth pictured with her daughter, Monica, on Mother's Day.



Theresa Swank was all smiles during a visit with her daughter, Debbie.

# Where Flowers Bloom, So Does Hope

*A message from Pastoral Counselor  
Dave Kleffman*

Claudia Alta Johnson was known for saying, “Where flowers bloom, so does hope.” You might first ask, who is Claudia Alta Johnson? You may know her as “Lady Bird” Johnson, wife of President Lyndon B. Johnson. She served as first lady of the United States from 1963 to 1969.

Lady Bird believed that flowers make the nation a better place and spearheaded the Highway Beautification Act in 1965. It was implemented to beautify our nation’s highways and led to her winning the Presidential Medal of Freedom in 1977—a reflection of the impact of flowers.

Flowers in the spring can certainly brighten our lives, just like those that bloom right outside the doors of Our Lady of Perpetual Help. Our residents love to go outside, breathe in the fresh air, and look at all the beautiful flowers. I think they are like sunshine and medicine for a weary soul.



*Pastor Dave gives an encouraging and thoughtful message on Good Friday as part of our special Easter programming.*

I am also comforted by the fact that even when the flowers stop blooming and the leaves fall off our trees, we still have great hope from the Word of God. I like what the Prophet Isaiah said in Isaiah 40:8: “*The grass withers and the flowers fall, but the Word of our God endures forever.*” Yes, the onset of spring ushers in the growth of new life, but true new life and hope are birthed from an empty tomb on Easter. Our greatest hope doesn’t come from flowers, but the hope of Jesus.

Scripture gives us many reminders of how God wants to give us hope. The 2022 scripture verse of the year for our residents is Jeremiah 29:11. It is a great reminder to all of us.

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

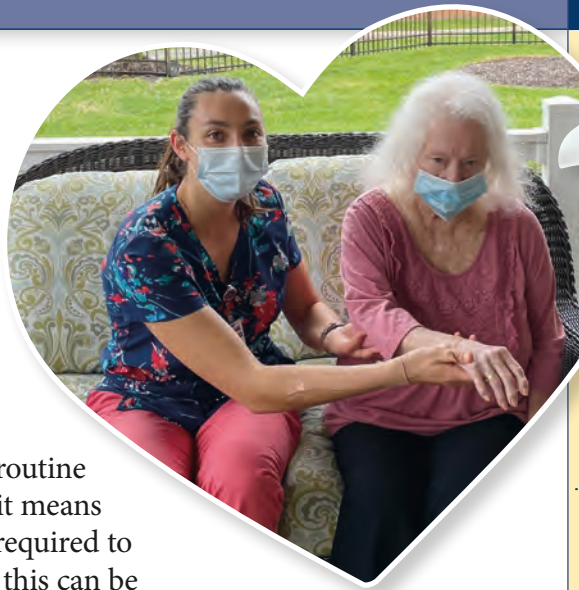
Even though it was a prophetic oracle addressed to the Israelites living in exile in Babylon about 2600 years ago, I believe it is a promise for us as well! Be encouraged today! Your true hope comes from God.



# Occupational Therapists: Helping Our Residents Do What They Love!

Did you know that April was Occupational Therapy Month? In honor of their work, here are a few interesting facts about Occupational Therapists (or OTs).

1. OTs help their patients get back to their routine “occupations.” In this sense of the word, it means any of the meaningful activities that are required to fully participate in daily life. For seniors, this can be things like cooking, walking, or getting dressed.
2. Occupational Therapy emerged as a profession over 100 years ago in 1917.
3. To become an OT, one must earn a bachelor’s degree in a relevant area (such as biology or health science) and a master’s degree in occupational therapy, and then pass the National Board of Certification of Occupational Therapy.



*We are thankful for our on-site Occupational Therapist, Nicole Maximowicz, who has worked with our Genesis team since 2020. Residents like Carolyn Patterson enjoy working with Nicole in our rehab center or out in the community!*



## The Coordinated Services Management Community Family

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## Giving Back with Love

A special thanks goes to Victoria Long for her recent donation of beautiful, handmade teddy bears. Victoria is a member of a charity circle at Children’s Hospital of The King’s Daughters (CHKD). The group crafted these unique creations that have been distributed to our residents as gifts and prizes, reminding them that they are loved! A familiar face here at Our Lady, Victoria can regularly be seen visiting her favorite resident – her mom, Carol Plant.

*Victoria Long*



*Resident Mary with her handsewn bear.*



*“It gives me such peace of mind knowing the kind of loving care Mom receives daily,” Victoria shared. “I feel so blessed to have her here.”*





# Brown Sugar Dijon Salmon

If you're hosting a family get-together, this tasty summer recipe is a real crowd-pleaser!

Start with one large, fresh-cut salmon fillet (approximately 9 servings).

## Marinade Ingredients:

- 6 cloves of fresh peeled garlic (minced)
- 2 teaspoons of fresh rosemary (chopped)
- 1 ½ teaspoons of fresh thyme (chopped)
- ¼ cup of Dijon mustard
- 1 ½ tablespoons of brown sugar
- ¼ cup of Sherry wine
- 1 lemon (juiced and zested)
- 1 ½ cup of olive oil

## Instructions:

Mix together all marinade ingredients except the oil. When all other ingredients are combined, slowly mix in the oil to ensure the consistency thickens well without separating.

Pour over fish. Marinate overnight for best results. Preheat oven to 350 degrees. Arrange marinated salmon on a sheet pan and cook for 15 to 20 minutes. Cut into individual servings and serve with grilled asparagus, a tossed salad, or rice!



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