



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

Porch Sitting Season:

How We're Making the Most of It!

One of our favorite things about summer is all the time we're able to spend in the great outdoors! We are blessed with a variety of shady and sunlit areas where we can relax, converse with friends, or bask in a peaceful, quiet moment of solitude.



Reading in the Breeze

What's better than a great book accompanied by fresh air from a nice summer breeze? Nancy Holub, daughter of Lucy Daly (pictured at right), snapped a photo of her mom on the front porch during a recent visit. "Mom and I had such a great time while she read a book that I got at a library sale," Nancy said. "Mom loves to read. We both used to sit outside and read for hours. Happy memories!"



Afternoon Date

Jerry Nowicki and his lovely wife, Barbara (pictured above), found our porch to be the perfect place to connect. After an impressive 59 years of marriage, they continue to live out the wedding vows they exchanged so long ago and still make time to go on dates.

A Very “June” Birthday

June Owens has an extra special birthday—she’s named for it! Celebrating her 90th birthday this June, she reflected on her full and happy life. June was born and raised in Norfolk and worked as a telephone operator and receptionist. She still loves many of the pastimes that she’s enjoyed for decades, including watching movies, playing dominoes and other games, and spending time with her family. Happy birthday, June!



Cristy Hansen serves up some tasty ice cream.



Lois Chiarenza (left) and Floria Bragg enjoy their favorite flavors and toppings.



Cool Treats to Beat the Heat

It’s not really summer until that first bowl or cone of delicious ice cream. Everyone was excited for our first ice cream social of the season, graciously provided by Cristy Hansen, community liaison with Affinity Hospice. Thanks, Cristy, for making our day!



Downsizing: A New Beginning!

By Nancy Alberts of Moving On! Services



Gazing at a mixture of household items, books, and more, Jack and Joan were so excited they were almost jumping with glee. The decision to move to a smaller home had been made. No more upkeep or lawn work. Best of all, more time for friends, family, and grandchildren.

But first, they had to downsize.

Over the years, they had inherited many items and added to their own collections. They had not given serious thought to what should be done with the “stuff” as they grew older. Early in the process, Jack called me and said, “We need your help! We’re overwhelmed!”

We sorted, planned, and prioritized. We discovered treasures that left us in awe. A dreaded chore now evolved into a series of fascinating conversations about where pieces originated. As seemingly ordinary items became symbols of cherished memories, even their grown children began to enjoy the process.

What to keep, what to save, what to pack, what to move, what to send to family and friends, and finally, where and how to sell, recycle, or donate the surplus – we were there to guide them every step of the way, bringing focus and order to the experience.

Jack and Joan quickly saw the value that a knowledgeable and experienced team can bring to the downsizing process, and we were honored to help them impart history to their family and contribute to their new beginning.



Are you or someone you love intimidated by downsizing, frustrated with a current move, or simply not sure how to start the process? For resources, helpful blog articles, and how to contact Nancy, you can visit www.movingonservices.com.



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Genesis Rehab Services is Now Powerback Rehabilitation

With over 36 years of success and expertise, Genesis Rehab—our community’s on-site provider of physical, occupational, and speech therapy—is refreshing their brand to better reflect the scope of services they provide. They will soon be known as **Powerback Rehabilitation**. The name change reflects their commitment to wellness and their mission to help patients get their power back. Residents can expect the same quality care from the same friendly therapists. A full transition to the new branding is expected by January 2023. To learn more, visit www.powerbackrehab.com.



Physical Therapy Assistant Pia Jimeno has fun tossing a ball outside with Julina Thomas as part of her therapy.



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