



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

Surf's Up! Making Ocean Dreams Come True

Our Lady of Perpetual Help resident Ellen Davis was able to check "swimming in the ocean" off her bucket list thanks to our Memory Center Activity Coordinator Raul Pernites and our amazing therapy team.

When Raul learned of Ellen's bucket list "wish," he immediately thought of the Life Rolls On organization and their signature event, They Will Surf Again Virginia Beach (TWSA). With adaptive equipment and dedicated volunteers, TWSA empowers people living with paralysis to ride a wave. The organization pairs roughly seven volunteers with each surfer for a safe and fun day filled with excitement, joy, and best of all, surf!

After months of discussion with Ellen and the help of our therapy team (including Nicole Maximowicz, OT; Pia Jimeno, PTA; and Amanda Talbert, PTA), her wish came true on August 13 when she joined other individuals with varying abilities for a day of surfing, inspiration, and camaraderie. We were thrilled to help Ellen cross this wish off her bucket list!

Raul Pernites, in green, serves as Director of Operations for Life Rolls On Virginia Beach.



Ellen (shown above in lime green shorts) poses with the rest of her Life Rolls On team.

Volunteer Kevin May, Occupational Therapist Nicole Maximowicz, Ellen Davis, and Physical Therapy Assistant Pia Jimeno spend time in the sun and waves at the August TWSA event.



Opening Minds Through Art

Our residents and activity team members were very excited about the recent launch of Opening Minds through Art – also known as OMA – at our community. OMA is an intergenerational art program that pairs elder artists with volunteers to create abstract, modern art in a variety of mediums.

By working together one-on-one and expressing themselves creatively, the program benefits the artists and volunteers by building bridges across age and cognitive barriers.

Volunteers may include students, family members, and caregivers who have been trained in the OMA program. They encourage participants to rely on imagination instead of memory or lost skills. More information about the program can be found at scrippsoma.org.

An OMA volunteer works with Judith Levesque (in pink).



Bill Atilas (right) smiles beside his OMA volunteer partner.

Activity Assistant Maddie Gourley (left) and Bonnie Whitesel.



Delores Katuzienski (left) and an OMA volunteer pose with her finished art work.



A Taste of the Tropics

Team members enjoyed a well-deserved “thank you” during September’s employee appreciation week, which included cool treats from Kona Ice!



The Coordinated Services Management Community Family

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Senior Housekeeping Supervisor Angela Chadprachong



Housekeeper Clayton Ortiz



Andrea Pineda, LPN, attempts to pick from the endless flavors!

Golden Years: Celebrating a Century!

Mrs. Frances Pike recently celebrated her 100th birthday in the company of friends and loved ones. With help from our team, her family threw her a gold-and-pink themed birthday bash – complete with a lovely sash for the birthday queen.

An Our Lady of Perpetual Help resident of three years, Frances enjoys reading and music and can often be seen greeting visitors with a smile on our front porch. Happy birthday, Frances!



Angels for the Cure



Angels for the Cure team members Michal Kittrell (on left) and Brianna Sepelak.



Finding a cure for Alzheimer's disease. It is the dream and a goal of millions of Americans, and it has a special meaning for the residents, families, and staff of Our Lady of Perpetual Help.

To help bring an end this devastating disease, our community participates in the Walk to End Alzheimer's every year. All proceeds from this event benefit the Alzheimer's Association, whose mission is to offer care, support, and research in the fight against Alzheimer's.

This year, our team – Angels for the Cure – raised **over \$4,000** in support of this worthy cause! We also participated in the Walk event held at Chesapeake City Park in late September.

To learn more about the Alzheimer's Association, visit alz.org.

Angels for the Cure team member and Our Lady of Perpetual Help Director of Marketing Wanda Willman is surrounded by the Alzheimer's Association's signature color, purple, at this year's event.



Our Lady of Perpetual Help is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.
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right around the corner!*

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for details on upcoming family festivities and
pictures of all the fun.

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