



# 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



*Chef and Food Service Director Lawrence Green worked with his team to create an amazing holiday meal and dessert buffet for residents and guests.*



*Bonnie Whitesel (left) and Marianna Price (below) are master Christmas-tree-decorators!*



## A Christmas to Remember

Holiday celebrations are important at Our Lady of Perpetual Help. Perhaps none more so than Christmas! This holiday season, our residents enjoyed decking the halls, eating amazing food, and making memories with friends and loved ones. It truly is the most wonderful time of the year.



*Ruth Lanyi (right) poses with her daughter and son-in-law, Deborah and John Farland.*

# Thankful for Thanksgiving



*Virginia McCoy shows off her finished turkey.*



*Margaret DeLoach with her artful creation.*

In 2022, we were grateful for many things, including family and fun. A new craft made us giggle as we created adorable turkeys out

of clothespins, coffee filters, and googly-eyes. Thanksgiving visits from loved ones also brought smiles to our faces as we embraced the wonderful blessing of time spent together.



*Floria Bragg and her daughter, Tanya Orama, are ready to enjoy our Thanksgiving dinner.*

## The Lunch Bunch

*“Donde comen dos, comen tres!”* In Spanish, this phrase means “where two people eat, so do three,” and there is always room at the table. This was the case during a recent outing to Las Palmas Mexican Restaurant, where residents enjoyed generous helpings of chips and salsa, tacos, fajitas, and more!



*Ellen Davis*

*Frances Pike*



*Happy customers! This lunch outing was a hit with residents and team members.*

# A New Year's Devotion

By Rev. Dave Kleffman, M.Ed.  
*Chaplain and Director of Pastoral Care*



*“When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.”*

*~ Isaiah 43:2, NLT*

Welcome to 2023! The first months of the new year are packed with hope and promise. However, some people get through the holidays and experience a January let-down. The days seem colder and darker, leaving some feeling hopeless.

In this verse from Isaiah, God talks to his people, the Israelites. After years of captivity in Egypt, they rejoiced at the freedom to return to their homeland. But to get there, they would have to travel a long distance. Their journey did not include a plane to catch or a truck to haul their belongings. They had to walk through the desert! Can you imagine the challenges they faced?

God's reminder to them can be God's reminder to us. God never promised we wouldn't face trials, but countless times in the Bible, He reminds us that He is with us. Be encouraged.

Yes, you may face hard challenges, but remember:  
God loves you and He is with you!



## The Coordinated Services Management Community Family

Chesterbrook Residences  
*Residential Living, Assisted Living*  
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*Assisted Living, Intensive Assisted Living*  
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*Independent Living, Assisted Living, Memory Care*  
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## What Families are Saying

“My mom loves it here. The food is great every day, but this special Thanksgiving dinner was amazing! I love all the staff here and appreciate the wonderful care my mom receives.”

*Nina Page, (pictured left) with her mom, Lucile Kucharczk*

“Our Lady is amazing. We love everything and everyone at Our Lady. It is truly like our home away from home. I don’t think anyone could find a better place for their loved ones!”

*Shell Riddle, daughter of resident Phyllis Workman*



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