



# 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

## Gathering & Gardening

The signs of spring are all around us, including the sounds of songbirds, warm breezes, and lots of greenery!

The new season has inspired residents to update the plants in our garden. They love working in the raised gardening beds and showing off their green thumbs.

Marranda Hansford (left) shares her gardening skills with June Owens.



June Owens



Lois Chiarenza



Many hands make light work! From left: Dora Lou Southern, Joan Phifer, Marj Mischak, Judy Levesque, and Betty Williams.



# The “Royal” Treatment

A celebration of Valentine’s Day included festive red and pink decorations, tasty treats, and time with friends. And as part of our annual tradition, there was also the crowning of our royal court! Ronald Behrle and Beatriz Ferrario (pictured below) were named King and Queen of the Christopher Center, and Francis Pike and Tom Bechner were given in the honor for Extensive Assisted Living.

*Marie DiPietro (left) and Marlene Murphy perfectly match the Valentine decor!*



*From left: Rosanne Barstow, Monique Lefrak, and Phyllis Mattice.*



*Ernest Frens is happy and festive in red!*



*King and Queen Ronald Behrle and Beatriz Ferrario.*



## Pick of the Litter

Twice a month, the Virginia Beach SPCA brings puppies to play and visit. It's always a tail-wagging good time!



Ruth Lanyi



June Owens

John Rawls



## 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

### Did you know?

According to the American Kennel Club website, the simple act of petting a dog can lower blood pressure and heart rate, as well as relax muscle tension. Time spent with these lovable dogs can also help alleviate stress and anxiety.

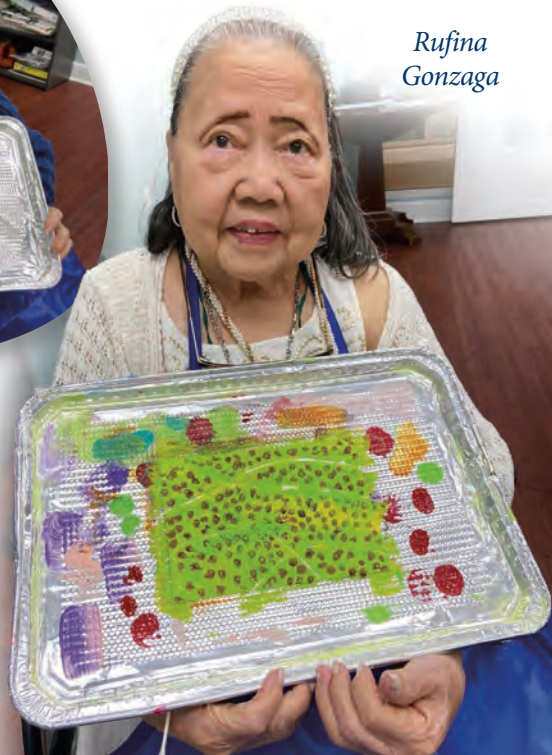
## A Work of Art!

The Opening Minds through Art (OMA) Program continues to be a hit with residents and volunteers. OMA is specially designed to provide older adults with opportunities for self-expression and socialization as they create unique, abstract paintings.

Shirley Cook



Rufina Gonzaga





# *Livin' the Good Life!*

Longer days have us longing for our favorite outdoor space—the front porch! Residents are often found lounging in our rocking chairs, socializing with neighbors and visitors, or watching the geese that frequent the yard.

***This*** is the good life!

*From left: Betty Williams, Judith Levesque, Carolyn Patterson, Monique Lefrak, and Marianna Price.*

*Margaret Tolly basks in the afternoon sun.*



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