



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

Let the good times Roll!

Marianna
Price and
Community
Intern
Alexis Kelley

From left: Life Enrichment Associate Bella Ortiz, Judy Levesque, and a Spinclusion volunteer Anne Desantos-Burns are ready to roll.

The simple joy of riding a bike is something that everyone should be able to experience, regardless of their age. And now they can! Thanks to the free services provided

by SPINCLUSION, residents can enjoy short bike rides in Virginia Beach. One bike accommodates two people who can pedal together. They also have an electric "tricycle" that can hold two passengers and a driver (no pedaling necessary). Our residents love getting out in nature and exercising at the same time!

More information about this great nonprofit can be found at www.spinclusion.org

Judy Levesque soaks in the sun during a ride with a Spinclusion volunteer Anne Desantos-Burns.



Riders Myrtle Woolard (left), and Melvin and Jane Sauter enjoy time on the trail with volunteers Diane Haupt and Pete Tempest.

Fairy Gardens

Catherine Brooks (seated on left) and Margaret Tolly with volunteers Barbara Pritchard (standing on left) and Sue Wilson.

Our residents are embracing a new trend—fairy gardens! These miniature, magical places are designed to be whimsical and fun for all ages, featuring real plants and small accessories with a fairy theme. Thank you to the Virginia Beach Master Gardeners for helping our residents create these playful spaces in our sun porches and raised gardening beds.



Rufina Gonzaga and Judy Nelson



Jeanne Greif (left) and Emily Williams admire one of the new gardens.





The Coordinated Services Management Community Family

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A Hot Summer & Cool Cars

It's been over a century since the invention of the automobile, and in that time our fascination with these four-wheeled wonders has only grown. It's no wonder that our summer car show was a hit! UAW 919 Retirees graciously brought a variety of classic cars to display around our front porch for residents and guests to enjoy.



Residents and family gather to reminisce about the good 'ol days and simpler times.



Betty Williams (left) and Judy Levesque



Woody Pusey and his wife Elizabeth McMullen



Have You Heard?

Our “Activities” department is now known as our “Life Enrichment” department. This may seem like a small change, but it represents our holistic approach to care. Because while we do have fun and stay busy, this new name better reflects how our programming is truly *enriching* lives!



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