



# 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

## Cheers to 25 Years!



Our Lady of Perpetual Help's 25th Anniversary Celebration was held on Tuesday, October 17. Guests were welcomed with live music and a variety of delicious hors d'oeuvres expertly prepared by our dining team. The evening's program included remarks from Board President Myles Pocta; our management team's Vice President of Operations Dave Rawlings; and Our Lady of Perpetual Help Administrator Terri Anderson, who recognized our longest-tenured residents and staff. A Rite of Blessing and Blessing of the Sacred Heart—a new statue installed in honor of our residents—was given by Father Daniel Malingumu, Pastor of Church of the Ascension. Residents, family members, and friends of the community spent the remainder of the evening fellowshiping and sharing memories of their time at Our Lady!



Musician Stan Howard



Guests mingled before and after the program.

Robert Fanning with Katie McDonough, Executive Director of the Alzheimer's Association.



Terri Anderson (left) and Ashley Green



Father Malingumu gives a blessing during the service (above). Terri Anderson and Lawrence Green, Jr., Director of Dining and Environmental Services, share the honor of cutting the cake as Sara Warden, CSM Regional Director, looks on.





# Flower Power

Did you know that a study by a Rutgers University professor found that flowers have an immediate impact on happiness and can have positive effects on your mood? Our residents are convinced! Members of the Virginia Beach Master Gardeners Club stopped by recently to gift our residents with some freshly cut blooms and help them create small bouquets for their rooms. Their smiles prove the power of the flower!



*Norma McNelly (above) and Lucy Daly choose bright yellow for their arrangements.*



*Roseanne Barstow (left) and Eve Campbell (above) show off their vibrant personalities with a mix of colorful blooms.*



# 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*  
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**Mennowood**  
*Independent Living, Assisted Living, Memory Care*  
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**Our Lady of Hope**  
*Assisted Living, Memory Care, Intermediate & Skilled Nursing Center*  
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**Our Lady of Peace**  
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**Our Lady of the Valley**  
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**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



David Jacobs

## Music to Our Ears

We love listening to our favorite tunes throughout the day, but nothing beats a live show! This fall, we welcomed several gifted entertainers—from a large choir to a gifted guitarist and vocalist. Our Life Enrichment Team schedules a mix of musicians reflecting a variety of styles throughout the year to ensure that there is something for everyone to enjoy!

*A Tidewater Arts Outreach Volunteer (left) and Kathleen Bronstein have their tambourines ready to play along with David Jacobs.*



Lucy Daly (left) and Janice Oblak

Members of Kings Choir of Hampton Roads sing for residents.



Betty Williams



Dora Lou Southern

# No Tricks, Just Treats!

Our Halloween Trunk or Treat was *scary* good. Residents, family members, and friends of the community came out with decorated trunks and an endless supply of candy for our young trick-or-treaters. Unseasonably warm weather, sunshine, and smiles combined for the perfect afternoon!

Gerald Molochko and his wife, Liz.



Janice Oblak (left) and Emily Williams are about to get a fright from a visiting dinosaur!



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