



Professional Manicures & Pedicures for our residents! Please contact Charlotte Mogelinski or Raul Pernites for more information



### HAIR BY MICHELLE

#### PRICE LIST 2024

SHAMPOO AND SET.....	\$25.00
SHAMPOO, BLOWDRY, AND CURL.....	\$30.00
COMB OUT CURL.....	\$20.00
WOMEN'S HAIRCUT.....	\$25.00
WOMEN'S CUT W/ SHAMPOO & SET.....	\$40.00
MEN'S HAIRCUT.....	\$22.00
PERMANENT WAVE.....	\$60.00
PERMANENT WAVE WITH HAIRCUT.....	\$75.00
COLOR.....	\$55.00
COLOR WITH CUT.....	\$80.00
FULL FOIL WITH CUT.....	\$100.00
PARTIAL FOIL WITH CUT.....	\$70.00

Please Contact

MICHELLE JENKINS (757-377-7591)

To Schedule an Appointment for Your Loved One



Coastal Dental Care is the dental group that visits Our Lady of Perpetual Help. Please contact your unit coordinators if you would like to make an appointment for your loved one,

### BUS OUTINGS

Our most frequent bus outing is a scenic joy ride. There is no additional cost for the joy ride. We try our best to rotate the residents who go on these so different residents have the opportunity to go. For outings involving an additional cost (i.e., outings to restaurants), we ask that you give either Raul Pernites (for residents in the Christopher Center) or Charlotte Mogelinski (for residents in Nursing or Extensive Assisted Living) money for your loved one for the outing. Please note that we do not keep more than \$40 on hand for an individual resident.



## OLPH Residents' April Birthdays!



- 8th ~ Melvin Sautter
- 9th ~ Charlotte Garrette
- 18th ~ Tomiko Rago
- 18th ~ Bobbie Nantz
- 26th ~ Mary "Catherine" Zagorski
- 29th ~ Ernest "Ernie" Frens
- 30th ~ Pasty Fansler

#### OLPH BUS SCHEDULE\*

Our routine bus schedule for resident doctors' appointments is Mondays through Friday allowing two doctor visits per day. Please call Rob Ware, our Bus Driver, on his cell phone at (757) 633-2596 if you would like to use the bus service.



## OLPH Team Members' April Birthdays!

- 2nd ~ Carie Burchett
- 3rd ~ Matthew Brewer
- 5th ~ Alice Campbell
- 5th ~ Yolanda Wilburn
- 10th ~ Nerissa Precilla
- 11th ~ Veronica Marlow
- 13th ~ Karen Marie Letner
- 17th ~ Shawn Johnson
- 18th ~ Elizabeth Rehfuß
- 18th ~ Shari Oliver
- 21st ~ Tiaan Miller
- 22nd ~ Melissa May

Thanks for All You Do!

# Our Lady of Perpetual Help

4560 Princess Anne Road \* Virginia Beach, Virginia 23462 \* (757) 495-4211

\*www.ourladyperpetualhelp.com



April is National Stress Awareness Month. According to the [National Institute of Mental Health](#). The definition of stress is "an emotional or physical response to an external cause". A trigger for stress may occur once or repeat over time. Everyone, at some point in their lives, feels stress. It is important to realize the impact of stress in our daily lives and the effect it can have on our physical, mental, and emotional well being. Listed below are common reactions to stress and healthy ways to cope with stress. If you find that you have trouble managing your stress such that it interferes with your everyday life you may benefit from talking to a health professional; including your Powerback Rehab team. Please contact us at 757-474-1249 if you would like to discuss specific ways to reach your health goals, including reducing stress.

Some common reactions to stress may be:

- Feelings of fear, shock, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty sleeping or nightmares, concentrating, and making decisions
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

Healthy ways to help yourself cope with stress:

- Take breaks from watching, reading or listening to news stories about traumatic events
- Take care of your body with healthy eating, a good night's sleep, and exercise
- Make time to unwind and complete activities that you enjoy like painting or gardening
- Talk with friends or family about your feelings
- Connect with others in your community or faith based organization
- Avoid the use of drugs or alcohol which could increase stress
- Recognize when you need additional assistance from a professional



### Welcome New Residents!



Monique Adams was born in Paris France.. She was a homemaker. She has enjoyed extensive traveling, gardening, swimming, hiking, teaching French and was an avid reader. She now enjoys looking through French magazines, listening to classical/Italian/French music, watching Masterpiece theater, bird watching and being with family.



Geraldine "Geri" Coulliette was born in Harrisburg PA but grew up in Steelton, PA. She was an accountant/supervisor with the civil service who received many awards while working as a supervisor. She has enjoyed traveling, having her schnauzer named Alex, listening to classical music, family get togethers, reunions and spending time with her husband.



Charlene Kearney was born in Darby, Pennsylvania. She was a social worker in the ER and Peds. She is a member of the Red Hat Society. Charlene enjoys reading the newspaper, watching tv, listening to music, and attending spiritual services. She also loves playing Solitaire and her two cats.



Angela McCotter was born in Portsmouth, Virginia. Angela had various jobs such as being a nurse, secretary, phlebotomist, office manager, and working for a congressman. She loves animals, country music, Christmas music, as well as hamburgers and fried chicken.



Victoria Matthews was born in Massachusetts. She was a housewife and after worked in offices, specifically dental and borough offices. She loves reading and watching TV with her favorite shows being, Blue Bloods, Hawaii Five-O, NCIS, and Chicago Fire. She also loves listening to Frank Sinatra and Tony Bennett.

**APRIL**

**Marketing Events  
at Our Lady of Perpetual Help**

**Progressive Open House**  
Thursday April 25 2 p.m.-5 p.m.  
Please contact Melissa May

**Shred It Event**  
Friday April 26 9 a.m.-12 p.m.

**Bereavement Support Group**  
Every Thursday, April 4, 11, 18, & 25  
10:30 a.m. - 12:00 p.m.

**Alzheimer's Support Group**  
Monday, April 15  
12:00 p.m. - 1:30 p.m.

**Craft Fair**  
Saturday May 18 9 a.m.-3 p.m.  
Vendors Needed



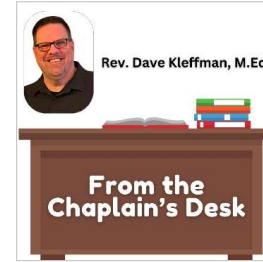
Priscilla "Ann" Sanderlin was born in a small New England town called Sheldon Springs, Vermont. Ann was a secretary. She is a fan of Old Big Band Music, watching movies, reading, and going on trips and outings.



Vina Clifton was born in North Carolina. She worked as a state accountant. She enjoyed singing in the church choir, going to church, antiquing, gardening, and cooking for family gatherings. She now enjoys listening to music, watching old sitcoms/ animal shows and being with family.



Ellen Yorke was born in St. Louis, Missouri. Ellen worked as a Respiratory Therapist, and for TWA, for reservations and plane loading. She also was a Deacon of her church, girl scout troop leader, and the quality director for respiratory therapy. She loves gospel music and playing Solitaire on her iPad.



### March 2024 – The Resurrection – A Promise of Hope!

Scripture for the Month:  
"He is not here; he has risen, just as he said."  
Matthew 28:6

As you think about Easter, what are your most cherished memories? For me, they transport me back to my childhood, where coloring eggs and eagerly anticipating Easter baskets packed with different types of candy were the highlights. Yet, amidst the festivities of bunny rabbits and sweet treats, it's crucial to recognize that Easter holds far deeper significance. Beyond the surface traditions lies a profound reminder of God's promise—a promise of hope, forgiveness, and redemption. In preparation for Easter, let us reflect on two significant aspects:

#### 1. The Resurrection: A Beacon of Hope

At the heart of Easter lies the extraordinary resurrection of Jesus Christ, symbolizing hope amidst despair. The proclamation from Matthew's gospel echoes: "He is not here; he has risen, just as he said." (Matthew 28:6) This announcement assures us that even in life's darkest moments, there exists the promise of great peace and victory over death and the grave. The resurrection of Jesus instills in us the enduring promise of hope.

#### 2. The Gift of Forgiveness and Redemption

Through Jesus' sacrificial death on the cross, we are granted the gift of forgiveness and redemption. John 3:16 captures this divine love: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." Easter serves as an important reminder of God's immeasurable love and the pathway it offers to restoration and reconciliation.

As Easter draws near, may these truths resound deeply within your soul, imparting comfort and great hope.

Wishing you a blessed Easter season!

Your friend at Our Lady,

*Chaplain Dave*

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

### Administrative Staff

- Administrator - Terri Anderson, RN, LNHA  
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- Social Worker – Kari Griffin, MA, BS  
[kgriffin@ourladyperpetualhelp.com](mailto:kgriffin@ourladyperpetualhelp.com)

Please take a moment of silence and prayer to remember those who went to their home eternal in March:

- Sarah Savage
- Julina Thomas
- Sarah Cruise
- Delores Katazienski
- Judy Nelson
- Margaret Tolly
- Lois Younkins
- Marlene Murphy
- Janet Stokley

Our next Celebration of Life Memorial Service will be held on June 26, 2024 at 6:30 pm. At this service, we remember those residents who have gone to their home eternal this past year.

