

Our Lady of Perpetual

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

*www.ourladyperpetualhelp.com



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' May Birthdays!



- 8th ~ Edward Britt
- 11th ~ Janice Oblak
- 14th ~ Michael Caputo
- 26th ~ Joyce Gordon
- 29th ~ Jerry Molochko

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' May Birthdays!

- 5th ~ Roger Barber
- 12th ~ Jordan Wingco
- 15th ~ Sara Bayer
- 15th ~ Kyaira Gatling
- 17th ~ Janet Grady
- 18th ~ Stacy Canady
- 20th ~ Letitia Whidbee
- 21st ~ Jasmine Jones
- 22nd ~ Manuel Padilla
- 25th ~ Maricel Villagomez
- 29th ~ Barbara Clemens
- 30th ~ Ramou Secka

Thanks for All You Do!



Marketing Events at Our Lady of Perpetual Help

Bereavement Support Group

Every Thursday
May 2, 9, 16, 23 & 30
10:30 a.m. - 12:00 p.m.

Alzheimer's Support Group

Monday, May 20
12:00 p.m. - 1:30 p.m.



Saturday, May 18th
9 am - 3 pm

\$25 per table suggested donation will benefit The Our Lady of Perpetual Help Employee Assistance Fund

Vendors and local businesses are also encouraged to donate one raffle item.

Sign up for your table by APRIL 26th!

Contact Melissa May via email or phone: mmay@ourladyperpetualhelp.com • 757-495-4211



Our Lady of Perpetual Help
Memory Care • Extensive Assisted Living • Nursing Care
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4560 Princess Anne Road, Virginia Beach

Coordinated Services Management, Inc. - Professional Management of Retirement Communities since 1988



Welcome New Residents!



Margaret Johnson was born in Wilmington, North Carolina. She is a retired Deputy Sheriff of Norfolk Virginia. She enjoys listening to music and being with family.



Lucy Martini was born in Buffalo, New York. She was a homemaker. She worked for the ABC Board. She helped many members of AA. She enjoys listening to spiritual music on K-Love.



Gloria Overfield was born in the Bronx, New York City. She retired from banking – corporate relations, customer service and mortgages. She enjoys being with family. She loves Christmas, Halmark Christmas movies, and has a collection of Santa Clauses in her room.



Marlene Bremer was born in Portsmouth, Virginia. She worked in retail and was a Clerical Administrative for the state of Virginia. She enjoys watching movies, music and being with family. Her favorite musical is the Phantom of the Opera.



Mary Alice Dalton was born in Fancy Gap, Virginia. She is a retired VP of Human Resources at Life Savings Bank. She is a member of the Lady's Shrine. She enjoys going for walks and listening to 50's music.



Eric Symonette was born in Rock Sound, The Bahamas. He is a retired mechanic and heavy equipment operator. He served in the Army reserves. He likes to cook and read.



May is a month when Speech-Language Pathologists and Audiologists are recognized for their work to better their clients hearing, speech, communication and swallow function.

Speech-Language Pathologists (SLPs) work in schools, clinics, hospitals, nursing homes, Assisted and/or Independent Living Facilities and even their patient's homes.

SLPs evaluate adults for communication and swallowing disorders that can impact their ability to remember events, speak with caregivers and family and even take medications. SLPs can help people with understanding questions, directions, conversations; express thoughts and help with word finding and reading and writing. If clients are having difficulty communicating, SLPs work to restore the ability to communicate but are also experts in finding other suitable ways to communicate. These often include visual aids, gesturing, or the use of technology to get the message across.

There are many adults that develop swallowing difficulties, called dysphagia, in their lifetime which can affect the way people eat, drink and even take medications. SLPs diagnose and treat dysphagia and can help a person with this difficulty strengthen swallowing musculature, develop strategies that make it easier and safer to swallow as well as make recommendations on certain textures to avoid and what to consume.

SLPs are considered experts in various areas, and can help treat clients with various diagnoses including: Parkinson's, Multiple Sclerosis, strokes, dementia and even helping older adults maintain their cognition with brain fitness techniques.

If you or someone you know is experiencing any difficulty with any aspects of communication: voice, speech, word finding, recall, problem solving or any difficulty chewing or swallowing please reach out to your physician or your Powerback Rehab Department at 757-746-9556.



May 2024 – A Season of Spiritual Renewal Scripture of Reflection for May:

"The earth is the Lord's, and everything in it, the world, and all who live in it; for he founded it on the seas and established

it on the waters." - Psalm 24:1-2 (NIV)

Thoughts From My Desk:

May is one of my favorite months! The weather is usually warm and the days are often Sunny. What is your favorite part of May? As the last month of Spring unfolds with new life in the air, it reminds me of the Spiritual renewal we can experience. I want to give you four ways to deepen your faith this May.

Pentecost Power: Celebrate Pentecost this month on May 19th, recalling the Holy Spirit's empowering presence in the early church. Open your heart to His guidance and boldness in sharing the Gospel.

Reflecting on Mary: May is dedicated to honoring Mary, whose faith and obedience inspire us. Seek to emulate her example of trusting in God and living a life of faith.

Nurturing Spiritual Practices: Renew your commitment to prayer, fasting, and Scripture reading. These disciplines nourish our souls and deepen our intimacy with God.

Rejoicing in Creation: Take time to be filled with wonder and astonishment at God's creation. Whether it's the blooming flowers or the lush greenery, let every aspect of nature remind you of His love and creativity.

May this month be a time of growth and spiritual refreshment as you journey closer to God.

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
tanderson@ourladyperpetualhelp.com
- Director of Nursing** – Wanda Steffens BSN
wsteffens@ourladyperpetualhelp.com
- Assistant Director of Nursing** – Karen Moore, LPN
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- Director of Admissions** – Wanda Willman
wwillman@ourladyperpetualhelp.com
- Director of Community Relations** – Melissa May
mmay@ourladyperpetualhelp.com
- Director of Life Enrichment** – Charlotte Mogelinski
cmogelinski@ourladyperpetualhelp.com
- CC Life Enrichment Coordinator** – Raul Pernites CTRS CDP
rpernites@ourladyperpetualhelp.com
- Director of Dining Services and Environmental Services**
Lawrence Green, CDM/CFPP
lgreen@ourladyperpetualhelp.com
- Director of Maintenance** – Matthew Brewer
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- Chaplain/Director of Pastoral Care** – Dave Kleffman, M.Ed.
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- Administrative Assistant** – Rebecca Lindner
rlindner@ourladyperpetualhelp.com
- Business Office Manager** – Mae Cappis
mcappis@ourladyperpetualhelp.com
- Social Worker** – Kari Griffin, MA, BS
kgriffin@ourladyperpetualhelp.com

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

- Oscar Self
- Vincent Mascitti
- Kenneth Broun
- Eugene Engebratsen
- Judith Caputo

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.

