

Our Lady of Perpetual Help NEWSLETTER



March 2026



Marketing Events

Support Groups

Bereavement Support Group
Every Thursday
March 5th, 12th, 19th & 26th
10:30 a.m. – 12:00 p.m.

Alzheimer's Support Group
Monday
March 16th
12:00 p.m. – 1:30 p.m.



VALENTINE'S DAY KING AND QUEEN 2026



Charles S.



Alice W.



Stephen O.



Marlita C.

EASTER EGG HUNT

Saturday, March 28
10:30 AM - 12 PM
(Egg hunt starts promptly at 10:45 AM.)

FREE EVENT
for kids 10 & under

Eye
Entertainment

FACE
PAINTING

HOTDOGS
and pictures with
THE EASTER
BUNNY!



NO RAIN DATE Watch our Facebook page (facebook.com/ourladyperpetualhelp) for updates in case of inclement weather. Sponsored and hosted by Our Lady of Perpetual Help.



757-495-4211 • ourladyperpetualhelp.com

4560 Princess Anne Road, Virginia Beach

Our Senior Living Management
Professional Management of Retirement Communities since 1987

Facebook



Our residents are collecting donations to benefit new moms and babies in need! Bring donations to Our Lady of Perpetual Help by April 3 and support our Lent Service Project.



Requested Items

- Unopened, disposable diapers (newborn to size 4)
- Bottles (4 oz to 8 oz)
- Wipes
- Pacifiers
- Baby blankets and towels
- Baby wash, shampoo, and lotion
- New and gently used clothing (preemie to 9 months)

a collection benefiting:
Crisis Pregnancy Center
OF THEWATER

Scan the QR code for a full list of accepted items.

Questions?

Contact Melissa May at 757-495-4211



757-495-4211 • ourladyperpetualhelp.com

4560 Princess Anne Road, Virginia Beach

Our Senior Living Management
Professional Management of Retirement Communities since 1987

Facebook

From Pastor Greg's Desk

Waiting is something every one of us knows well. And being part of our culture, almost none of us have much appreciation for seasons of waiting. Waiting is no fun! In fact it can be brutal, right! At this time of year most of us are waiting for spring after a long, cold winter. We're watching to see the crocus and daffodils break through the soil with their early beauty. Some of us may be waiting for answers in a time of uncertainty. Others may be waiting for healing in seasons of pain, and for God to move in ways we cannot yet see. I want to share with you that Scripture never treats waiting as wasted time. Instead, it describes waiting as a sacred space where God forms us, strengthens us, and teaches us to trust Him more deeply.

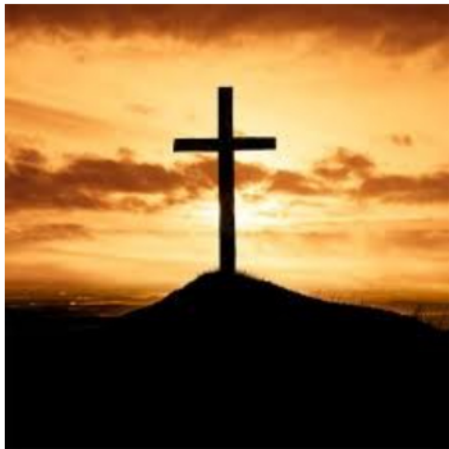
The psalmist invites us, "Wait for the Lord; be strong, and let your heart take courage" (Psalm 27:14).

Waiting takes courage because it competes with our human desire to be in control. But many times, while we're waiting, God is doing something important and special, even beautiful in us. Sometimes our lives feel like, or look like a barren field, but beneath the surface, God is preparing us for new growth.

James uses the image of a farmer to remind us that God's timing is never rushed and never late. "See how the farmer waits for seed he or she planted to produce a crop..." (James 5:7). The farmer cannot force the harvest; he can only trust the process and the One who governs the seasons. In the same way, our waiting becomes an act of faith... an acknowledgment that God is at work even when we cannot see any evidence that He is.

Paul reminds us that all creation is waiting... "groaning, longing" for renewal (Romans 8:22-25). For believers, waiting is part of a much larger story. We wait not only for answers to our present concerns but for the ultimate hope of Christ's return. Titus calls this our "blessed hope." It's the promise that Christ will come again and make all things new. This hope can and will shape how we live today, anchoring us in God's faithfulness, if we allow for it.

As we move through this season, which includes Lent, whether you are waiting for spring, for answers, for healing, or for God's perfect timing, may you find strength in knowing that He is present in every moment. He is working in the waiting. And the hope He gives is sure. He is the God who has never failed to keep a promise, and He loves you with a love that will never fail.



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

Margaret Carey
Frank Toy
Cecilia Datu
Mariana Price

Our next Celebration of Life Memorial Service will be held on June 23, 2026 at 6:30 pm. At this service, we remember those residents who have gone to their home eternally

Administrative Staff

Administrator - Terri Anderson, RN, LN
anderson@ourladyperpetualhelp.com

Assistant Administrator - Lawrence Green, LALA, CDM/CFPP
lgreen@ourladyperpetualhelp.com

Director of Nursing - Wanda Steffens, BSN, RN
wsteffens@ourladyperpetualhelp.com

Assistant Director of Nursing - Martha Easter, RN
measter@ourladyperpetualhelp.com

Director of Admissions - Dawn Orcutt
dorcutt@ourladyperpetualhelp.com

Director of Community Relations - Melissa May
mmay@ourladyperpetualhelp.com

Director of Life Enrichment - Stephanie Lohr
SLohr@ourladyperpetualhelp.com

CC Life Enrichment Coordinator - Raul Pernites CTRS
CDP
rpernites@ourladyperpetualhelp.com

Director of Dining Services - Roger Barber
rbarber@ourladyperpetualhelp.com

Director of Maintenance - Matthew Brewer
mbrewer@ourladyperpetualhelp.com

Director of Pastoral Care - Gregory Brotzman
gbrotzman@ourladyperpetualhelp.com

Administrative Assistant - Rebecca Lindner
rlindner@ourladyperpetualhelp.com

Business Office Manager - Amy Halley
ahalley@ourladyperpetualhelp.com

Social Worker - Kari Griffin, MA, BS
kgriffin@ourladyperpetualhelp.com



Happy Birthday Residents!

Marion D. - 1st
Madeline H. - 2nd
Susan P. - 7th
Catherine B. - 8th
Jeanne G. - 11th
Eric S. - 13th
Grace P. - 13th
Paul A. - 13th
Jacqueline H. - 14th
Marie L. - 21st
Carole J. - 28th



Happy Birthday Team Members!

5th ~ Begildes Oida
15th ~ Ahouefa Anyovi
19th ~ Chundalous McLean
23rd ~ Nia Smith
24th ~ Virginia Dawn Orcutt
30th ~ Amier Edmond

Welcome New Neighbors

Harry Allen



Harry Allen was born in New Kingston, Pennsylvania, and grew up in Kenmore, New York. Education and career-wise, Harry holds a bachelor's degree from Rochester and worked in the insurance industry. Harry is an animal lover, with a particular fondness for both dogs and cats. His last pet was a Yorkie named Bubba.

Mary Gray



Mary Gray was born in Brooklyn, New York. She started her career as a secretary but later became a nurse, eventually working on a mobile mental crisis team. Travel has been a significant part of Mary's life experiences. She has visited many parts of the United States and explored international destinations including Japan, Spain, Italy, London, and France. In her leisure time, Mary enjoys classical music and appreciates the finer things in life, such as Italian cuisine and a good glass of Merlot wine.

Connie Panfil



Connie Panfil was born in Milwaukee, Wisconsin. Connie completed high school and later worked as an office manager for a boat company. Throughout her life, Connie has been known for her personable nature and love for socializing. She enjoyed being active and was a member of the Eagles Club back in Florida. Cruises were a particular favorite of hers, allowing her to combine her love for travel and social interaction. She has a sweet tooth and enjoys candy as a treat. Bingo and Sudoku puzzles are activities she still finds enjoyable, and she appreciates a glass of wine or a cocktail from time to time.

Ethel Jones



Ethel Jones, a former Avon regional manager, hails from Connecticut. Her professional background is in sales management. She maintains her physical health through swimming and yoga. Her love for bridge showcases her sharp mind and enjoyment of strategic thinking. A true appreciator of the arts, Ethel delights in attending musical and Broadway productions at the Sandler Center. Ethel is also an avid reader, finding joy and relaxation in the written word.

Elizabeth Moynihan



Elizabeth Moynihan was born in New York. She holds an associate's degree and has worked in accounting, computer-aided drawing, and bookkeeping. She is a devout Catholic and a member of the Ascension Church. Elizabeth has a vibrant social life and enjoys connecting with others. She has a particular fondness for parties and social gatherings, where she can engage with friends and fellow residents. Elizabeth has a taste for barbecue, adding a flavorful dimension to her culinary preferences. This enjoyment of good food likely contributes to her appreciation for social events and gatherings.

Our mission is to enhance the quality of life for each resident through personalized attention and care. We believe in preserving dignity through personal choice, respect, and understanding in a comfortable and welcoming environment that brings joy and fulfillment to those who live and work at Our Lady of Perpetual Help.

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 Raul Pernites (for residents in the Christopher Center) or Stephanie Lohr (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

Resident Doctor Appointments

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.

Reserving A Space to Celebrate Your Loved One

If you would like to reserve a room, please be sure to contact Stephanie Lohr, Director of Life Enrichment, at least 24 hours in advance to make sure the room is available.



Hair By Michelle

PRICE LIST 2026	
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	



Second Monday of each month
Give us a call to book an appointment!
757.579.8730 or contact Stephanie or Raul