



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

Breaking Ground on Our Expansion

On Wednesday, September 23, 2026, Our Lady of Perpetual Help celebrated a ceremonial groundbreaking for the expansion of our Nursing Home alongside project partners, supporters, board members, and staff. (While originally planned as an outdoor event, inclement weather forced us to move inside.) John Albert, Vice President of Development and Project Management for CSM Senior Living, opened the program by welcoming guests and expressing appreciation for their support.

Administrator Terri Anderson shared in her remarks, "As we grow, our goal is not to change what people value about Our Lady of Perpetual Help. As exciting as the new and updated spaces will be, what matters most is what will happen inside them—the care that will be provided, the relationships that will be formed, the moments families will share, and the lives that will be touched."

Also speaking was Myles Pocta, President of the OLPH Board, who reflected on the significance of the project. Myles concluded the program with a special prayer, offering a blessing for the construction process and the community's future.

A reception followed, where guests gathered to chat and enjoy charcuterie and desserts.



Our speakers reflected on the exciting changes that lay ahead, and we didn't let the rain damper our celebration. The symbolic "turning of the soil" moved indoors—complete with shovels and hard hats!

Mix, Make & Munch

Mary Bird



Mix... A special thanks goes out to our incredible community partner, Westminster Canterbury at Home, for providing delicious root beer floats in celebration of National Root Beer Float Day! It was a cool and sweet summer treat.

Make... Our residents had a blast showcasing their crafty side with “crabby croissants,” creating crabs using delicious food items. It was a fun and creative activity that brought plenty of smiles and laughter!



Joan Baecher



Gladys Smith



Dietary Team Member
Sarah Bayer



Munch... Chef's Corner continues to be a monthly favorite that residents look forward to. In August, residents learned how to use tart shells in a variety of creative ways, including making savory mini quiches and sweet lemon dessert tarts.

Celebrating CNA Week

We kicked off the summer with a weeklong Hawaiian-themed bash applauding our hardworking and dedicated CNAs! Our community partners—Legacy Hospice, Always an Angel Home Care, Generations Home Health, FirstLight Home Care, Trinity Hospice, and Westminster Canterbury at Home—helped make the week extra special by providing delicious refreshments and encouragement to amazing CNAs.



Above, team members take advantage of tropical sundaes. At right, CNAs stop by for mocktails and charcuterie, served with a smile!



Spinning Around Mt. Trashmore

An adventurous crew enjoyed another bike outing with Spinclusion! This trip took residents all around Mt. Trashmore, allowing us to bask in the sunshine and fresh air of the great outdoors.

Spinclusion Volunteer with Merlita Collier.

What an amazing day for our residents!



Joan Baecher is ready to roll!!



The CSM Community Family

Chesterbrook Residences
Residential Living, Assisted Living
Falls Church, Virginia • 703-531-0781

Marian Manor
Assisted Living,
Intensive Assisted Living
Virginia Beach, Virginia • 757-456-5018

Mennowood
Independent Living, Assisted Living,
Memory Care
Newport News, Virginia • 757-249-0355

Our Lady of Hope
Assisted Living, Memory Care,
Intermediate & Skilled Nursing Center
Richmond, Virginia • 804-360-1960

Our Lady of Peace
Residential Living, Assisted Living,
Memory Care, Nursing Center
Charlottesville, Virginia • 434-973-1155

Our Lady of the Valley
Assisted Living, Memory Care,
Intermediate & Skilled Nursing Center
Roanoke, Virginia • 540-345-5111

Potomac Place
Assisted Living, Memory Care
Woodbridge, Virginia • 703-494-3817

St. Mary's Woods
Residential Living, Assisted Living
Richmond, Virginia • 804-658-2085

Tall Oaks Assisted Living
Assisted Living, Memory Care
Reston, Virginia • 703-834-9800



CSM Senior Living Management

You're Invited!



Planning the Next Chapter:

Guidance for Seniors & Families

Wednesday, October 14 ~
4:00 to 5:30 pm

Join our panel of three senior living experts as they help you navigate the process of downsizing, selling your home, financial planning, and overall preparedness for when it comes time for you or a loved one to make a move into senior living.

Celebrating 28 Years on the 28th!

Wednesday, October 28 ~ 3:00 to 5:00 pm

Join us as we celebrate this special milestone and honor the incredible residents, friends, staff, and partners who have been part of the Our Lady story. Enjoy an afternoon of hors d'oeuvres and fellowship as we raise a glass to 28 years!

RSVP is required for either event. Please contact Meghan at 757-495-4211.



Our Lady of Perpetual Help is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond. © CSM Senior Living • Professional Management of Retirement Communities Since 1981



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