



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

Christopher Center nurse
Trish Hipp-Vasser



Stephen
Olzinski



Sun-kissed by the Eclipse!

Family, residents, and staff all enjoyed looking at the Eclipse through special eclipse glasses and even welding masks. We all had so much fun learning more about the eclipse and enjoying the experience together. The star-gazing fun brought out the kid in all of us!

Judy
Levesque



Diana Campean, resident,
views the eclipse with her
daughter Debra Boettiger



Eclipse Facts:

- Solar Eclipses Only Occur at New Moon.
- There Are Four Types of Solar Eclipses.
- Solar Eclipses Go Through Cycles.
- Total Solar Eclipses Are Not Visible Everywhere.
- There Are Four Stages to a Total Solar Eclipse.
- Day Turns to Night During Totality.

Our Lady team members
peek at the eclipse through
the lobby's large skylight.

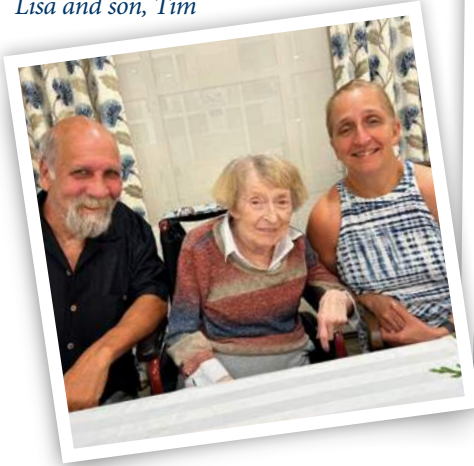




Cheers to Mom!

We filled the assembly room of Our Lady with love, tasty food, and laughter to celebrate all our moms during our annual Mother's Day Brunch! The smiles say it all and we can see how these ladies are so loved. Thank you to all the families that came out to celebrate their moms!

Norma McNelly with her daughter Lisa and son, Tim



Joyce Gordon and her daughter Donna

Joan Hastings with her sons Patrick (left) and Paul



HAPPY
Mother's Day

Jane Stevens with son Bruce and daughter-in-law Kathy



Phyllis Workman with her husband John, daughter, Chell, and son-in-law, Tim



Betty Williams and her son Jim



Navigating Life's Final Chapter

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



As I write these words today, a profound sense of sadness fills my heart. I just finished preparing three sympathy cards for families of residents who recently passed away. Our community has already mourned the loss of 20 residents this year and we are only in the month of April. After nearly six years at Our Lady of Perpetual Help, it does not get easier. However, in the intersection of faith and life, a profound truth emerges—death is not the end but a transition. King Solomon, known for his wisdom, once said:

“To everything there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die...” ~ Ecclesiastes 3:1-2a

God's plan grants us a full life (see John 10:10) but also asks us to face the end of our earthly journey and look forward to what lies beyond.

If you are coping with the death of a friend or loved one, I want to recommend a meaningful book to you that has made an impact in my life. It is called, “The Four Things that Matter Most” by Ira Byock, M.D. In his book, Byock highlights four impactful phrases—“Please forgive me,” “I forgive you,” “Thank you,” and “I love you”—that have proven to heal and nurture relationships as well as our inner selves. By applying these key phrases, especially as one is nearing the end of life, we can find emotional comfort even during times of family conflicts, personal losses, separations, or grief.

Here's the truth—what we say matters—especially in situations of death and dying. Perhaps there is someone in your life that needs to hear one or more of those four phrases?

Don't wait to express love, forgiveness, and gratitude. Let's work together to create a legacy of emotional richness and happiness with our family and friends and let's begin today.



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
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

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Residential Living, Assisted Living, Memory Care, Nursing Center
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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 • 804-741-8624

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



Team Member Spotlight

In April, Our Lady celebrated these two special employees! Business Office Manager Mae has been with OLPH for 20 years and our Administrative Assistant Rebecca has been here for 21 years. Talk about the backbone of Our Lady! Our days run smoother because of these two amazing women and the knowledge and experience they bring to the team. Mae and Rebecca, thank you for all you do for our residents, families, and most of all, the OLPH team!



Administrative Assistant Rebecca Lindner (the knower of all things!), left, and Business Office Manager Mae Cappis, right.



Our Lady of Perpetual Help is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.
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