



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

Four-Wheels & Fun Times

Marjorie Mischak



Our annual summer car show was a great way to take a stroll (or drive) down memory lane! The Cape Henry Car Club returned to showcase their beautiful, vintage vehicles—each with a unique style and personality. After viewing the classic automobiles, residents had a blast chatting about their favorites and sharing stories about the cars they had “back in the day!”

Vicky Matthews



Director of Community Relations and Marketing
Melissa May and Vicky Matthews are ready to roll!

Diana Campean



Animal All Stars

Our Annual Pet Parade always brings lots of smiles—but this year, it also had a twist! In addition to our typical “indoor pets,” we also hosted a petting zoo featuring everyone’s favorite barnyard friends. This is always one of our favorite days at Our Lady of Perpetual Help—you might even call it the GOAT (“Greatest of All Time”)!

Charlene Kearney



Judy Levesque



Steven Olzinski



Lucy Daly

Embracing the Ministry of Presence:

Building Meaningful Connections in Resident Care

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



CNA Shamica
Gunnison is all smiles
with Marjorie Mischak.



The CSM Community Family

We are Called to the Ministry of Presence

In the quiet corners of our community—amidst the routines, activities, and care—arises a crucial need for authenticity. This goes beyond mere physical presence; it involves a genuine effort to spend quality time and a willingness to listen.

I am drawn to the Apostle Paul's writings in Galatians 6:2, where we are told to "bear one another's burdens and so fulfill the law of Christ." Our presence and support by "bearing the burdens" of our residents can provide much-needed care that is often neglected in the hustle and bustle of daily life.

Spending time with the elderly can also significantly impact their well-being and longevity. A study by the University of California, San Francisco, found that loneliness in older persons can lead to a decline in quality of life, functionality, and even death.*

Fostering Meaningful Connections

Every resident in our community has a unique story waiting to be heard. Spending time together forges a bond that can transcend the professional caregiver-resident relationship. We can join them in the final years of life's journey and become compassionate friends during their time of need.

Embracing the Ministry of Presence

As caregivers, volunteers, and team members, we are all tasked with participating in this ministry of presence. By sharing a meal, reading together, or simply being present, every moment spent together enriches lives.

Amid life's chaos, the ministry of presence reminds us of the importance of slowing down to truly connect. What matters most is not the tasks completed but the relationships nurtured. Let us continue to embrace this ministry, recognizing that our presence provides comfort, companionship, and above all, love.

Mother Teresa aptly said, "The most terrible poverty is loneliness, and the feeling of being unloved." By entering the lives of our residents with authenticity and intentionality, we serve as a beacon of hope and a source of warmth for all those under our care.

*"Loneliness in Older Persons: A Predictor of Functional Decline and Death," Carla M. Perissinotto, MD, MHS; Irena Stijacic Cenzer, MA; Kenneth E. Covinsky, MD, MPH, *Arch Intern Med.* 2012;172(14):1078-1084. doi:10.1001/archinternmed.2012.1993

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Pup-town Girl

Meet Sophie, the newest member of the Our Lady of Perpetual Help Volunteer Team. Sophie is a two-year-old Maltipoo (a cross between a Maltese and Poodle) who loves visiting with our residents. Research shows that the simple act of petting a dog can boost your mood and reduce stress! A special thank you to Patricia for sharing your sweet Sophie with the Our Lady family.



Sophie and her owner, Patricia Kemner (right), with resident Gladys Smith.



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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