



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.

Seniors On The GO!



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.

Happy November Resident Birthdays!



- 3rd ~ Joan Phifer
- 4th ~ John Rawls
- 7th ~ Steven Thalman
- 8th ~ Judith Dodson
- 11th ~ Joan Delamotte
- 14th ~ Charles "Tom" Beckner
- 21st ~ Mary Roth
- 22nd ~ Helen Kukura
- 27th ~ Allycia Capwell
- 28th ~ Karen Harmeyer



OLPH Team Members' November Birthdays!

- 1st ~ Van Long
- 2nd ~ Kelly Burkes
- 2nd ~ Evelyn Caluza
- 4th ~ Casey Haffner
- 6th ~ Francisca Paulmino
- 7th ~ Loretta King
- 8th ~ Angela Wilson
- 10th ~ Maria Anna Leano
- 10th ~ Belqis Niaz
- 13th ~ Cherielyn Monterola
- 16th ~ Ralph Mulherin
- 23rd ~ Willianny Quezada
- 25th ~ Ruben Muletpons
- 26th ~ Kari Griffn

Thanks for All You Do!

Our Lady of Perpetual

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

*www.ourladyperpetualhelp.com

November

Marketing Events at OLPH

Support Groups

Bereavement Support Group

Every Thursday
November 7th, 14th, 21st & 28th
10:30 a.m. - 12:00 p.m.

Alzheimer's Support Group

Monday, November 18th
12:00 p.m. - 1:30 p.m

Thanksgiving Family Dinner

Friday

November 15th, 2024

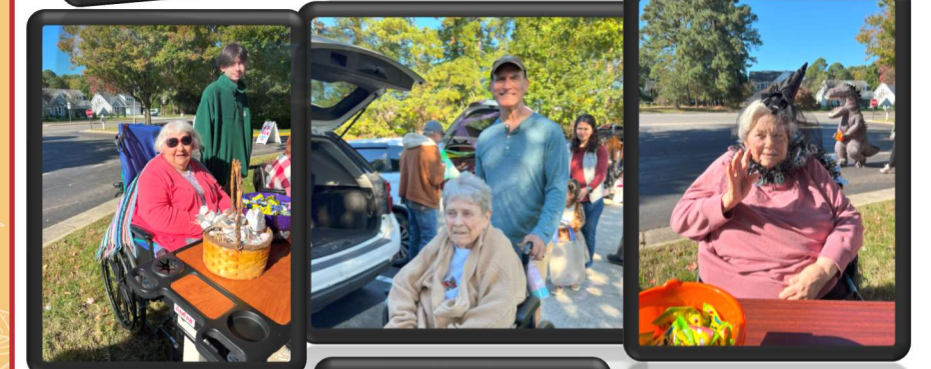
First seating at 4:00 pm

Second seating at 6:30 pm

Please make reservations in the front office no later than November 13th
Or Call 495-4211.

Please specify which seating is preferred and the number of guests attending

The cost is \$25.00 per guest.



Welcome New Residents to the OLPH Family!



Barbara Burton was born in Goldsboro, North Carolina. She was a homemaker and retired payroll clerk. She enjoys praying the Rosary, knitting and sitting outdoors. She has done for others and still wants to help those around her. She was a leader of the Camp Fire Girls for many years.

Alycia Capwell was born in Luzerne County, Pennsylvania. She has a master's degree in administration. She was a teacher at Kempsville Meadows Elementary School. She later became assistant principal at Birdneck Elementary School. She was a principal at Louise Luxford Elementary and retired as a principal at John B. Dey Elementary School. She worked 43 years in the Virginia Beach school system. She lives and loves music. She also enjoys going for walks.



Clark Glenn was born in Johnstown, PA. He is career Air Force and retired as a Lieutenant Colonel. He also worked as a Procurement Officer. He belonged to the toast masters and Senior Olympics. Some of his past interests were traveling, being active in the church, being a deacon, going to the theater and family celebrations. He now enjoys listening to music, spending time with family, church, enjoying the outdoors and watching TV.



Doris Glenn was born in Chester PA. She worked as a Vice Principal and a Catholic school teacher for 40 years. Some of her past interests were traveling, crocheting, knitting, gardening, family gatherings, cooking and being active in her church. She now enjoys watching TV, listening to music, reading, church and being with family.



Managing an active lifestyle is crucial for those with diabetes. Regular physical activity can help control blood sugar levels, improve insulin sensitivity, and reduce the risk of complications. Integrating occupational, physical, and speech therapy can ultimately result in a healthier, more active lifestyle. Your Powerback Rehab therapists have the knowledge and ability to help you do just that. Here are some ways that they can be utilized:

Occupational Therapy:

- **Daily Routines:** We can help you prioritize important tasks and create routines and integrate strategies that balance activity with rest.
- **Adaptive Strategies:** Provide strategies for managing changes in vision, endurance, sensation, and dexterity (Is it hard to open containers, pick up medication or coins, test your blood sugar?)
- **Bladder Health:** Addressing leakage or incontinence issues can enhance overall quality of life.

Physical Therapy

- **Mobility, Strength and Flexibility:** Focused exercises can enhance mobility and flexibility, making everyday activities easier.
- **Chronic Pain Management:** Targeted strategies can alleviate pain associated with diabetes, leading to improved sleep and reduced fall risk.

Speech Therapy

- **Cognitive Support:** If cognitive changes arise, speech therapy can help maintain communication skills and cognitive function.

Please reach out to your Powerback Rehab team at 757-474-1249 if you would like to discuss ways we can help you reach your health goals.



through Him."

November 2024
Scripture for the Month:
 Colossians 3:17
"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father

As the Thanksgiving season draws near, it's the perfect time to reflect on the many ways we can give thanks to God. From the joy of loved ones to the beauty of creation, His blessings are abundant. Just as the turkey has become a Thanksgiving symbol, our gratitude should always point back to the One who blesses us with all we need.

Did you know wild turkeys can run up to 25 miles per hour? Despite their size, they are swift and agile. This reminds us that with God's strength, we too can face life's challenges with surprising swiftness and grace.

This Thanksgiving season, let's not forget the greatest thing to be thankful for — Jesus. His love and sacrifice are the ultimate reasons to be thankful, every day. Whatever comes our way, His love endures, and His presence is constant. May we live with hearts full of gratitude, knowing He walks with us through every season of life.

Your Friend at OLPH,

Chaplain Dave

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

Administrative Staff

Administrator - Terri Anderson, RN, LNHA
tanderson@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 – 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
 Roger Barber
rbarber@ourladyperpetualhelp.com

Director of Maintenance – Matthew Brewer
mbrewer@ourladyperpetualhelp.com

Chaplain/Director of Pastoral Care – Dave Kleffman, M.Ed.
dkleffman@ourladyperpetualhelp.com

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 October:

*Romana Furey
 Edward Britt
 Peter Van Heest*

Our next Celebration of Life Memorial Service will be held on December 4, 2024, at 6:30 pm. At this service, we remember those residents who have gone to their home eternal this past year.

