



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 December Resident Birthdays!



- 2nd Marie Bellomo
- 5th ~ Linda Zaneski
- 9th ~ Romero Fajardo
- 9th ~ Janet Taylor
- 14th ~ Virginia Goodfellow
- 16th ~ Ruth Lanyi
- 20th ~ Kay Duling
- 22nd ~ Carolyn Patterson
- 30th ~ Florence "Sis" O'Kane



OLPH Team Members' December Birthdays!

- 6th ~ Camilia Aguilar
- 6th ~ Kaitlyn May
- 10th ~ Sandra Garrick
- 12th ~ Karla Matute
- 17th ~ Kelly Whitehouse
- 18th ~ Latoya Melvin
- 20th ~ Katherine Mendoza-Matute
- 25th ~ Rejoy Sison
- 29th ~ Alex Ortiz

Thanks for All You Do!

December 2024

Our Lady of Perpetual

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

*www.ourladyperpetualhelp.com

December

Marketing Events
at Our Lady of Perpetual Help

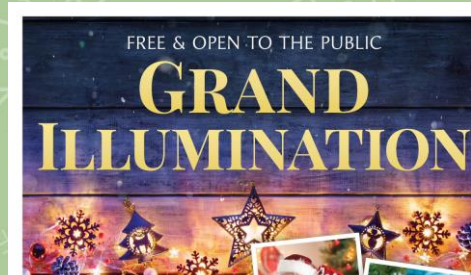
Support Groups

Bereavement Support Group

Every Thursday
December 5th, 12th, 19th & 26th
10:30 a.m. - 12:00 p.m.

Alzheimer's Support Group

Monday, December 16th
12:00 p.m. - 1:30 p.m.



Thursday,
December 5
6:00 - 7:30 p.m.

Bring the whole family for a fun and free holiday experience as you enjoy our bright and festive outdoor Christmas displays. Enjoy complimentary hot chocolate, egg nog, cookies, and an ornament craft. Plus, free pictures with Santa and Mrs. Claus (bring your camera!)

Call us at 757-495-4211 for more information!



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Welcome New Residents to the OLPH Family!



Jean Godman was born in Baltimore City, Maryland. She was an elementary school cafeteria worker. She enjoys crafts and cross stitch. She enjoys doing word find and playing solitaire.



Caring Through the Holidays: Strategies for Support & Self-Care

Tuesday, December 10 • 12 - 1:30 pm

Although typically full of joy and excitement, the holiday season can also be a challenge when you are caring for a loved one. Taking time to care for one's self is critical. Join us for helpful strategies and reminders for coping with holiday stress, "stress-tamers," and a free Self-Care Plan worksheet.



This free educational program is presented by **Sukie Martinez Bailey, MSW**, a Bereavement Counselor/Gerontologist with Medi Home Health and Hospice.

Space is limited! RSVP with Melissa May at 757-495-4211.

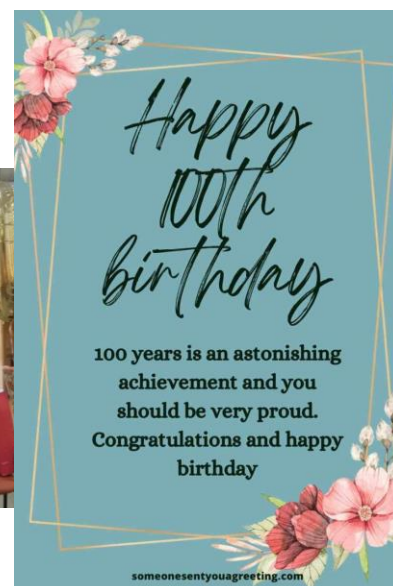


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Did you know that Older Driver Safety Awareness Week is December 2-6? This is a good time to remember that even routine changes that come with aging can impact our ability to drive safely. It is best to always communicate any questions or concerns with your physician but collaborating with healthcare professionals like physical and occupational therapists and speech language pathologists can make a difference in ensuring safety and comfort on the road. By addressing physical strength, comfort in the vehicle, and cognitive health, your Powerback rehab team can really help maintain your independence while driving safely. They can also recommend devices that provide increased support when getting in and out of the car or make it easier to reach and secure your seatbelt. Our therapists can also provide vision screenings and support for cognitive changes that are crucial for safe driving. Please reach out to your Powerback Rehab team at 757-746-9556 so they can guide you in the right direction. They're here to help you with any questions or concerns about maintaining your driving safety and independence!



"Finding JOY this Christmas Season"
December 2024
Scripture for December:
Luke 2:10

As we approach Christmas, it's a season to reflect on the birth of Jesus, a time filled with hope, warmth, and joy. The Bible verse of the month comes from Luke 2:10, where the angel proclaims to the shepherds: "Do not be afraid. I bring you good news that will cause great joy for all the people." This message of *great joy* is at the heart of Christmas, reminding us of God's love and His gift to us through Christ.

This season, let's think of JOY in a special way:

J - Jesus First: Christmas is a celebration of Jesus, who came to bring light to a dark world. When we put Jesus first, focusing on His message of love and compassion, we find a peace that transcends all circumstances.

O - Others Next: Jesus taught us to love others as ourselves. During Christmas, reaching out with kindness—whether through a smile, a prayer, or a caring word—spreads joy to those around us. Many of our friends here might feel lonely, so a small gesture can make a big difference.

Y - Yourself Last: Christmas joy often grows when we think of others before ourselves. Serving and giving are part of the joy God gives us, filling our hearts as we share His love.

This December may the joy of Christmas fill your heart. Remember that Jesus came to bring joy to everyone, including you. Merry Christmas and may God's peace be with each of you this season.

Your friend at Our Lady,

Chaplain Dave

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
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- Assistant Director of Nursing- Martha Easter, RN
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- Director of Admissions - Wanda Willman
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- 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
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- 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 November:

*Roger Renick
Mary Maurer
Shirley Tardy*

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.

