



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

Walking with Purpose

The 2024 Coastal Virginia Walk to End Alzheimer's event was held on a beautiful September morning at Chesapeake City Park. Our Lady's "Angels for the Cure" Alzheimer's Walk Team was honored to sponsor the Tribute Wall at this year's event. Team members and their families proudly represented our team, showing our dedication to supporting the mission of the Alzheimer's Association to find a cure for Alzheimer's disease and dementia.



Hair Stylist Michelle Jenkins & Unit Secretary Amy Halley



RN ReJoy with his mother-in-law Nora



LPN Barb with her Grandsons & her daughter LPN Valerie



LPN Trisha (top left) with her husband Curtis and granddaughters London & Nyla. CNA Shamecka (top right) with her husband James, and Assistant Administrator Lawrence with his son Nicolas.



Director of Community Relations and Marketing Melissa May with her daughter, Life Enrichment Aide Kaitlyn, Jacob Jones, and dog Maverick.

Full and Thankful Hearts

“When I count my blessings, I count you twice.” As we enter the season of thanksgiving, we reflect on what we’re truly thankful for. For our team, it’s our amazing residents! Of all the wonderful smiles and happy faces we see every day, here are just a few that reflect the amazing people we care for... and love!

Rosemay McCombs



Gladys Smith



Monique Lefrak



Arnold Moyler



Stephen Olzinski



Kathleen Bronstein



Norma McNelly



Mary Alice Dalton



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

26 Celebrating

Each fall, we look forward to commemorating another year of service, laughter, and memories. This year was no different as we celebrated our 26th anniversary with good food, friends, and fun!



Life Enrichment Coordinator Raul Pernites (left) and Our Lady of Perpetual Help Board Vice President David Lamb.

Barbara Burton with Virginia Beach Mayor Bobby Dyer.



Ruth Wood (center) with her daughter Ruth Anne Hering (right) and family friend Dottie Sykes (left)



CSM Senior Living Management

Above and Beyond



Karen Marie, center, with CSM President Denise White and Vice President Dave Rawlings.

Kudos to two of the many amazing team members who make Our Lady such an amazing place to live and work. Administrator **Terri Anderson** recently celebrated her 20th work anniversary! Terri served as a nursing department leader before moving into her current role as administrator. In October, Life Enrichment Associate **Karen Marie Letner** was honored as Our Lady's nominee at CSM's annual STAR awards ceremony in Charlottesville. Karen Marie was nominated by our leadership team for her exemplary work with residents.

Congratulations, Terri and Karen Marie!



Terri Anderson with her celebratory cake.



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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