



## 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,



second Monday of each month

Give us a call to book an appointment! 757.579.8730 or contact Charlotte and Raul

### 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 January Resident Birthdays!



- 2<sup>nd</sup> ~ Marianna Price
- 13<sup>th</sup> ~ Donna Hudson
- 13<sup>th</sup> ~ Mary Jane Craft
- 24<sup>th</sup> ~ Elizabeth "Betty" Lovering
- 25<sup>th</sup> ~ Emily Williams
- 26<sup>th</sup> ~ Norma McNelly
- 29<sup>th</sup> ~ Kathleen Sanzone
- 30<sup>th</sup> ~ Ann Felix



## OLPH Team Members' January Birthdays!

- 3<sup>rd</sup> ~ Charlotte Mogelinski
- 8<sup>th</sup> ~ Raul Pernites
- 11<sup>th</sup> ~ Jocelyn Beasley
- 14<sup>th</sup> ~ Jorge Manalos
- 15<sup>th</sup> ~ Glenda Concepcion
- 20<sup>th</sup> ~ Tina Green
- 23<sup>rd</sup> ~ Crystal Okonkwo
- 26<sup>th</sup> ~ Brittany Hooker
- 26<sup>th</sup> ~ Clayton Ortiz
- 30<sup>th</sup> ~ Kathylean Nimmo

*Thanks for All You Do!*

January 2025

# Our Lady of Perpetual

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

\*www.ourladyperpetualhelp.com

## January

Marketing Events  
at Our Lady of Perpetual Help

### Support Groups

#### Bereavement Support Group

Every Thursday

January 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>  
10:30 a.m. - 12:00 p.m.

#### Alzheimer's Support Group

Monday, January 20<sup>th</sup>  
12:00 p.m. - 1:30 p.m.

## Family Meet & Greet

Open to all Our Lady of Perpetual Help families

January 9<sup>th</sup> 4:30-6:30

hors d'oeuvres and refreshments will be served





## Welcome New Residents to the OLPH Family!



Jane Gainer was born in Reading PA. She was a schoolteacher before having her family. She was active within her church and played both the piano and organ. She has been a lifelong marathon runner who traveled to different states to compete in marathons. She loved being active in many things over the years since she disliked being stagnant.

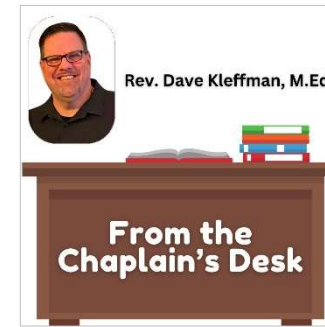


Armanda Roelle was born in Benghazi, Libya. She worked as a secretary in the Air Force and a homemaker. She has lived all over the world, from Italy to the Philippines. She enjoys listening to the music Andrea Bocelli.



### New Year, New You: Setting Realistic Health Goals for 2025

The start of a new year is the perfect time to reflect on your health and set meaningful goals. Whether it's improving mobility, reducing pain, or staying active, small, realistic steps can help guide you toward a healthier, more vibrant year. Consider goals like engaging in activities to boost mental clarity, incorporating gentle physical exercises, improving sleep, or managing chronic pain. Even focusing on fall prevention with balanced exercises and a safe home environment can make a big difference. The Powerback Rehabilitation team is here to help you achieve your goals with a personalized plan tailored to your needs. Whether you're aiming to stay active, improve balance, or explore new ways to manage pain, our experts will guide you every step of the way. Take the first step today and let us support you on your journey to a stronger, healthier 2025!



January 2025  
 "Embracing the New Year"  
 Scripture for January:  
 Isaiah 40:31

*"But those who hope in the Lord will renew their strength. They will soar on*

*wings like eagles; they will run and not grow weary, they will walk and not be faint."*

**Welcome to 2025!** Can you believe we're here? As a child, I imagined by 2025 we'd be flying around in space suits or living on the Moon. While those dreams remain in the realm of science fiction, the reality of entering a new year still brings a sense of awe and possibility. Each January offers us something extraordinary: a chance to reflect, reset, and embrace what's to come.

**Here are three ways to start the NEW year:**

**N – Nurture Your Spirit**

Take time to renew your spirit. Isaiah 40:31 reminds us, "Those who hope in the Lord will renew their strength." Through prayer and reflection, find peace and strength in God's presence.

**E – Embrace Change**

Change can be hard, but it brings growth. Trust in God's plan, and as Isaiah 40:31 says, "You will soar on wings like eagles." With faith, God will guide you through every challenge.

**W – Walk in Love**

Love is the foundation of faith. Walk in kindness and compassion, reflecting the strength and grace God provides, as Isaiah 40:31 encourages us to "walk and not faint."

Let's make this year one of hope, joy, and God's blessings. Happy New Year!

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](mailto:tanderson@ourladyperpetualhelp.com)
- Assistant Administrator** – Lawrence Green, LALA, CDM/CFPP  
[lgreen@ourladyperpetualhelp.com](mailto:lgreen@ourladyperpetualhelp.com)
- Director of Nursing** – Wanda Steffens, BSN, RN  
[wsteffens@ourladyperpetualhelp.com](mailto:wsteffens@ourladyperpetualhelp.com)
- Assistant Director of Nursing**- Martha Easter, RN  
[measter@ourladyperpetualhelp.com](mailto:measter@ourladyperpetualhelp.com)
- Director of Admissions** – Wanda Willman  
[wwillman@ourladyperpetualhelp.com](mailto:wwillman@ourladyperpetualhelp.com)
- Director of Community Relations** – Melissa May  
[mmay@ourladyperpetualhelp.com](mailto:mmay@ourladyperpetualhelp.com)
- Director of Life Enrichment** – Charlotte Mogelinski  
[cmogelinski@ourladyperpetualhelp.com](mailto:cmogelinski@ourladyperpetualhelp.com)
- CC Life Enrichment Coordinator** – Raul Pernites CTRS CDP  
[rpernites@ourladyperpetualhelp.com](mailto:rpernites@ourladyperpetualhelp.com)
- Director of Dining Services** – Roger Barber  
[rbarber@ourladyperpetualhelp.com](mailto:rbarber@ourladyperpetualhelp.com)
- Director of Maintenance** – Matthew Brewer  
[mbrewer@ourladyperpetualhelp.com](mailto:mbrewer@ourladyperpetualhelp.com)
- Chaplain/Director of Pastoral Care** – Dave Kleffman, M.Ed.  
[dkleffman@ourladyperpetualhelp.com](mailto:dkleffman@ourladyperpetualhelp.com)
- Administrative Assistant** – Rebecca Lindner  
[rlindner@ourladyperpetualhelp.com](mailto:rlindner@ourladyperpetualhelp.com)
- Business Office Manager** – Amy Halley  
[ahalley@ourladyperpetualhelp.com](mailto:ahalley@ourladyperpetualhelp.com)
- Social Worker** – Kari Griffin, MA, BS  
[kgriffin@ourladyperpetualhelp.com](mailto:kgriffin@ourladyperpetualhelp.com)

*Please take a moment of silence and prayer to remember those who went to their home eternal in December:*

- Brenda Dye*
- Joan Phifer*
- Barbara Hastings*
- Lucy Daly*
- Henry Martell*

*Our next Celebration of Life Memorial Service will be held on June 25, 2025, at 6:30 pm. At this service, we remember those residents who have gone to their home eternal this past year.*

