



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

Seniors On The GO!



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.

Happy March Resident Birthdays!



- 1st ~ *Marion D'Ancona*
- 7th ~ *Susan Partida*
- 8th ~ *Catherine Brooks*
- 11th ~ *Jeanne Greif*
- 13th ~ *Eric Symonette*
- 14th ~ *Clark Glenn*
- 21st ~ *Marie Langdale*
- 28th ~ *Geri Coulliette*
- 28th ~ *Carole Johnston*



OLPH Team Members' March Birthdays!

- 3rd ~ *Breanna Walker*
- 3rd ~ *Emeterio Dipasupil*
- 5th ~ *Begildes Oida*
- 13th ~ *Megan Christner*
- 19th ~ *Chundalous McLean*
- 19th ~ *Donna Reviere*
- 20th ~ *Pablo Roque*
- 23rd ~ *Nia Smith*
- 24th ~ *Angela Chadprachong*
- 26th ~ *Imani Lewis*

Our Lady of Perpetual Help

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

*www.ourladyperpetualhelp.com



Marketing Events
at Our Lady of Perpetual Help

Support Groups

Bereavement Support Group

Every Thursday
March 6th, 13th, 20th & 27th
10:30 a.m. - 12:00 p.m.

Alzheimer's Support Group

Monday, March 17th
12:00 p.m. - 1:30 p.m.

EASTER EGG HUNT

Saturday, April 12
10 AM - 12 PM
(Egg hunt starts promptly at 10:30 AM.)

FREE EVENT
for kids 10 & under
FACE PAINTING

Entertainment by
Edna Salt
FOOD & PRIZES
and pictures with
THE EASTER BUNNY!



NO RAIN DATE Watch our Facebook page (facebook.com/ourladyperpetualhelp) for updates in case of inclement weather. Sponsored and hosted by Our Lady of Perpetual Help.



OLPH Kings & Queens



NF/EAL

Stephen & Joyce



Christopher Center

Barney & Barbara

happy Valentine's day



Mary Wray was born in Massachusetts and loves the New England area. She comes from a large family having 9 siblings. She worked in a nursing home in the dietary department. Mary loves to be with her family and always loved family get-togethers. She enjoys listening to music, reading, being around animals, watching detective shows and she finds strength in her religion.



Keith Willyard was born in Grand Rapids, Michigan. He served 4 years in the Navy as a corpsman. He was a pastor here at Our Lady for 20 years. He enjoys watching movies, listening to music and attending spiritual events.



Luise Cornwell was born in Germany. She lived in Germany until she was 19 years old, where she then moved to the United States to raise her family. She enjoys drinking coffee, spending quality time with her family, and planting flowers.

HUGO
Our
New
Pet
Therapy
Dog

SAINT PATRICK'S DAY

HELLO Spring

SHREDDING EVENT

PROSHRED SECURITY

Clear out your clutter and protect your personal information by attending our document shredding event.

Friday, May 2 • 9 AM - 12 PM

OPEN TO THE PUBLIC • LIMIT 3 BOXES PER VEHICLE

First come, first served basis! Please be aware that should the truck fill up before 12 p.m., our event will end early.

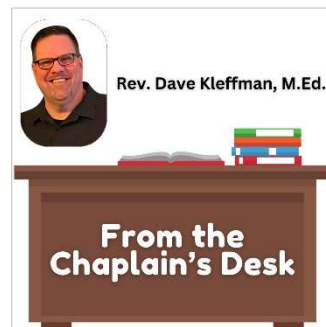
Monetary donations will be accepted to support our "Angels for the Cure" Walk to End Alzheimer's Team. All checks should be made payable to the Alzheimer's Association.

Our Lady of Perpetual Help
Memory Care • Extensive Assisted Living • Nursing Care

757-495-4211 • ourladyperpetualhelp.com
4560 Princess Anne Road, Princess Anne, MD 20686

CDM Senior Living Management
Professional Management of Retirement Communities

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March 2025 "Faithfulness of God" Key Scripture: Deuteronomy 7:9 – "Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his

commandments."

Doesn't it feel like we just packed away the Christmas decorations, blinked, and now it's March? Time moves quickly—except when you're waiting for warmer weather! But here we are, standing at the edge of winter, watching as the world slowly awakens to spring. The days grow longer, the air feels lighter, and soon, flowers will bloom, trees will bud, and the earth will remind us once again that new life always follows the coldest seasons.

Deuteronomy 7:9 reminds us of an unchanging truth: "Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments." Through every season—both in nature and in life—God remains faithful. Just as He sustained us through the winter, He now leads us into a time of renewal and growth.

As we step into this new season, let's take a moment to reflect on the ways God has been faithful in our lives. Maybe it was through a prayer answered in an unexpected way, strength given during a difficult time, or simply the daily grace that carries us forward. His love and promises never change, no matter the season.

So, as spring approaches, let's embrace it with hearts full of gratitude. Let every blooming flower, every warming breeze, and every sign of new life be a reminder that God's faithfulness never fades. Just as He brings the earth to life again, He continues to renew and sustain us, season after season.

Your friend at Our Lady,

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
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- 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** – Amy Halley
ahalley@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 February:

*Catherine Harrell
Josephine Boswell
Jean Shaddeau*

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 eternally this past year.

