



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

Home for the Holidays

Decorating your home with vibrant Christmas lights is a favorite American tradition. Here at Our Lady, our Grand Illumination event was a wonderful opportunity to light up our home and the neighborhood while spreading holiday cheer to our residents and neighbors. We also had fun with Santa and Mrs. Claus (portrayed by our very own Mrs. Fansler), and made memories at our annual Family Christmas Dinner.



Martha Fansler (Mrs. Claus), with Santa and Gladys Smith.



Barbara Burton and her daughter, Ann Marie.



Resident Peg McIrvin (seated) with her sister-in-law Kelli, nephew James, and brother Paul.



Santa and Mrs. Claus share a happy moment with Gloria Overfield (far left) and Norma McNelly.

New Year's Countdown



Marianna Price



Barbara Burton

Our residents said "goodbye" to 2024 and "hello!" to 2025 with a special New Year's Eve countdown. The ball dropped early for our group, who celebrated with festive food and music, and kind wishes to our friends for a blessed new year!



Ruth Lanyi



Charlene Kearney



Ruth Wood (left) and Jancie O'Blak



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

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Memory Care
Newport News, Virginia • 757-249-0355

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Assisted Living, Memory Care,
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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

2024 cornhole tournament champs Alex Ortiz and Mae



Assistant Administrator Lawrence Green and Administrator Terri Anderson recognize Mae at Employee Appreciation 2024.



Mae as Santa's helper during Christmas 2021.

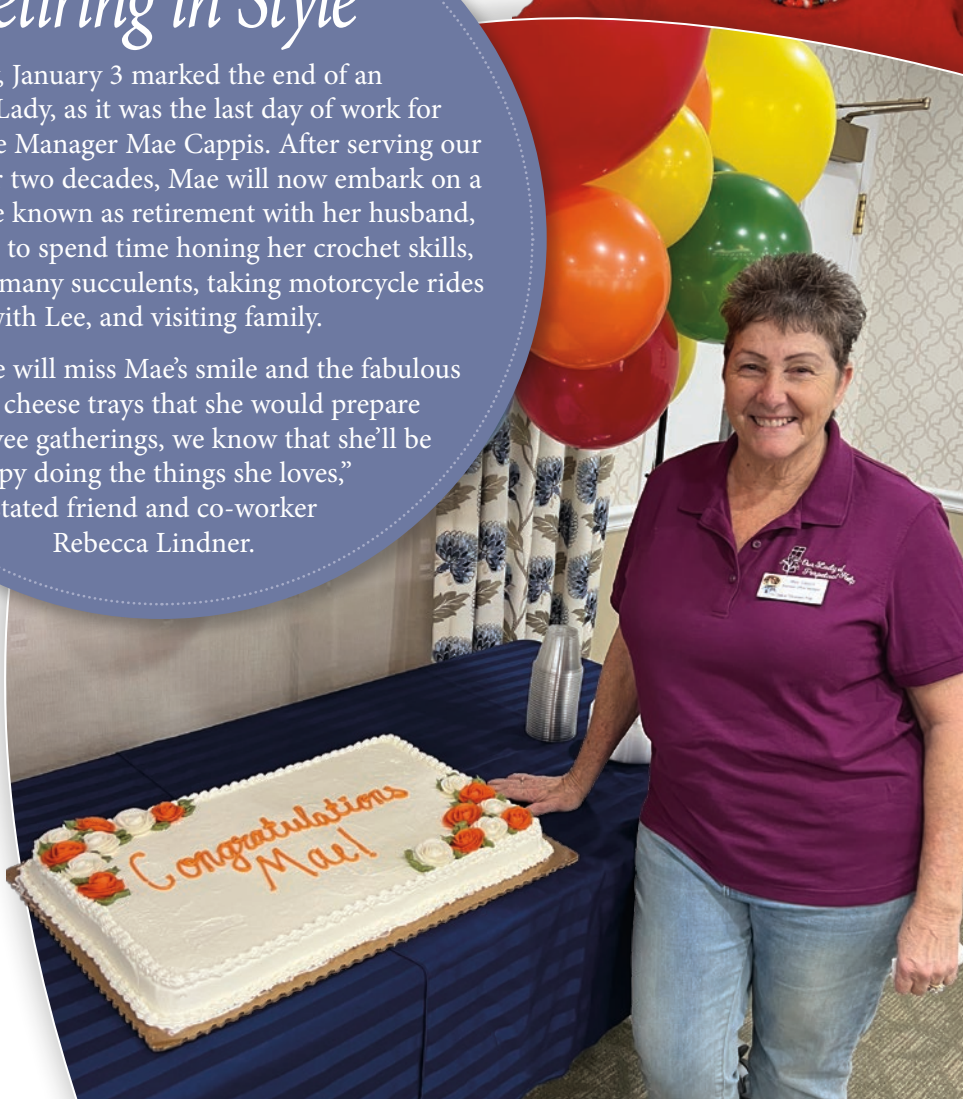


Retiring in Style

Friday, January 3 marked the end of an era at Our Lady, as it was the last day of work for Business Office Manager Mae Cappis. After serving our community for two decades, Mae will now embark on a new adventure known as retirement with her husband, Lee. She plans to spend time honing her crochet skills, tending to her many succulents, taking motorcycle rides with Lee, and visiting family.

“Although we will miss Mae’s smile and the fabulous meat and cheese trays that she would prepare for employee gatherings, we know that she’ll be happy doing the things she loves,” stated friend and co-worker Rebecca Lindner.

Mae with her celebratory retirement cake.



Butternut Squash Ravioli with Lobster Sauce

From Roger Barber, Dining Services Director

INGREDIENTS

- 1 Large Butternut Squash, halved and seeded
- 1 (18 oz) bag Frozen Butternut Squash Ravioli
- 2 Tbsp Unsalted Butter
- 3 Sage Leaves
- ½ Tsp Cinnamon
- ½ Tsp Allspice
- 1 cup Vegetable Stock
- ½ cup Heavy Cream
- ½ cup Cooked Lobster Meat
- ½ cup Cooking Sherry
- Olive Oil
- Old Bay Seasoning, to taste
- Chives, chopped
- Fresh Spinach Leaves

DIRECTIONS

1. Preheat oven to 350°F . Rub the cut sides of the squash halves with olive oil. Roast until tender, about 90 minutes.
2. Melt butter in a saucepan over medium heat. Add sage leaves and cook for 2 minutes until fragrant.
3. Scoop roasted squash from skin into a blender. Add butter, sage, cinnamon, and allspice. Blend until smooth.
4. Pour squash puree into a saucepan. Add vegetable stock, heavy cream, lobster meat, and Old Bay seasoning to taste. Simmer gently, heating until lobster is cooked. Stir in sherry. Thicken sauce slightly if desired.
5. Cook ravioli according to package directions. Drain well.
6. In a large bowl, combine cooked ravioli and fresh spinach leaves. Pour sauce over the ravioli. Top with roasted lobster meat. Garnish with chopped chives and serve immediately.



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