

EXTRAS AT MARIAN MANOR

Genesis Rehab:
Physical,
Occupational, and
Speech Therapy

Location:
First Floor
Phone:
(757) 473-0693
Amanda Hill, DOR/LPTA
Amanda@marian-
manor.com

**Angie Harris Hair/
Barber Shop Hours:**
Now including;
Waxing, and Manicures

**Friday from
9:30am – 5:00pm**
Call to schedule your
appointment
Location: Third Floor
Phone: (757) 644-9163

**Wal-Mart & Wegmans
Shopping/ Post Office
Drop off/Banks**
Every Tuesday - 9:30

**Haygood/Pembroke
Shops/Banks/Library**
Every Saturday - 9:30

Dr. Appointments
Wednesday mornings
&
All day Thursday

AT YOUR SERVICE

Karen Land Ext: 122
Executive Director
Karen@marian-manor.com

Surena Hendricks Ext: 138
Business Manager
surena@marian-manor.com

Desiree Mitchell Ext: 130
Life Enrichment Administrator
Desiree@marian-manor.com

Nile Sara, Ext: 131
Dining Director
Nile@marian-manor.com

Teresa Pearson Ext: 132
Director of Admissions
Teresa@marian-manor.com

Pastor Vicki Bohannon Ext: 126
Pastoral Counselor
Vicki@marian-manor.com

Roger Cote Ext: 135
Director of Maintenance
Roger@marian-manor.com

Adeline Pierce Ext: 120
Administrative Assistant
Adeline@marian-manor.com

Imelda Angat Ext: 133
Director of Nursing
Imelda@marian-manor.com

Bremda Paredes Ext: 127
Marketing Associate
Bremda@marian-manor.com

**Allayne Dalesio, Hayley Leigh,
Krysti Streeter & Phillip Earls
Ext: 134**
Activity Coordinators & Driver
hayley@marian-manor.com
allayne@marian-manor.com

Michelle Ruffin Ext: 137
Assistant Director of Nursing
Michelle@marian-manor.com



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keep up with all
the news and
happenings at
our community



Chatterbox

A CARING ASSISTED LIVING
RETIREMENT COMMUNITY

5345 MARIAN LANE
VIRGINIA BEACH, VA 23462
757-456-5018



Celebrating
September

Labor Day
(U.S.)
September 2

Grandparents
Day Picnic
September 8

Resident Lunch
at KFC
September 9

9/11 Honoring
our Fallen
Heroes
September 11

Farmers Market
Trip
September 20

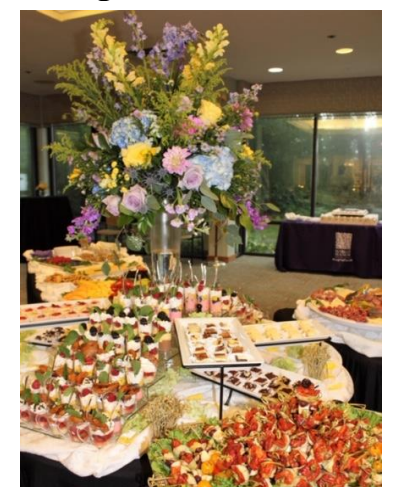
End of Summer
Blowout
September 22

Trip to Orchid
Conservatory
September 23

Resident Picnic
at Mt. Trashmore

Celebrating 30 Years of Dedication!

The residents, their families, staff, and board members enjoyed a very special evening celebrating Marian Manor's 30 years of service to the community. Special appearances by Beverly Kidd from WTKR TV 3 as Mistress of Ceremonies, as well as Bobby Dyer the Mayor of Virginia Beach, Virginia Beach Senator Bill DeSteph, Delegate Chris Stolle, Delegate Glenn Davis, Councilmember Rosemary Wilson, Councilmember Shannon Kane and Councilmember Michael Berlucchi were gracious enough to join in the celebration. The Hampton Roads Metro Band, led by Dick Schreoder filled the air with their orchestral melodies. It was truly an evening to remember!



ACTIVITY HIGHLIGHTS

- ❖ **First Friday Mass**- Friday, September 6th at 9:30AM in the Chapel.
- ❖ **Rosary and Mass Services**- Every Wednesday and Sunday at 9:00AM in the Chapel.
- ❖ **Making Stuffed Animals for the EMS and VB Police Department**- Every Tuesday at 1:00PM in the Activity Room. Join Ginger and her crew as they stuff teddy bears for EMS and the Virginia Beach Police Department to give to children in need. This activity is both a fun time and a rewarding act of community service!
- ❖ **Simple Mending**: Tuesday's at 1:00PM in the Activity room Ginger will be doing simple mending and alterations for our residents.
- ❖ **Crochet Club**- Every Tuesday at 1:00PM in the Activity Room. Come and bring a pal to learn a new hobby. Yarn and needles will be provided. Bring your smiling faces. We would love to see you all!
- ❖ **Dancing Lessons with Carmen**- Line Dancing Lessons every Tuesday at 6:00PM in the Terrace Room. Ball Room Dancing Lessons every Friday at 6:00PM in the Terrace Room. Free for residents and staff, \$4.00 for outside attendees.
- ❖ **Grandparents Day Picnic** - Sunday, September 8th from 4:00-6:00. In honor of Grandparents Day, all are invited to join us for Marian Manor's annual Pig Pickin'. There will be live music by the band Desert Dust, homemade ice cream cones from Doumars and a visit from the Cape Henry Model A Club! **Please RSVP in the Front office.**
- ❖ **Symphony by the Sea** - Thursday, September 5th at 7:00PM. Van loads at 6:00 and departs at 6:30PM. Join us for a summer night out at the Virginia Beach Oceanfront to see a wonderful musical performance. **FREE! Sign up in the Living Room.**
- ❖ **September 11th Honoring our Fallen Heroes** - Wednesday, September 11th at 10:00AM in the Chapel. Please join us for a prayer service as we honor our heroes and remember those who were lost on September 11th.
- ❖ **Democratic Women's Luncheon** - Wednesday, September 11th at 12:00 noon. 12:00. Residents are invited to attend this event. **Please RSVP in the Living Room by September 10th if you plan to attend the luncheon.**
- ❖ **S'more Social** - Thursday, September 12th at 3:00PM in the Activity Room. Do you love s'mores? If so you do not want to miss this S'more Social! Come down to the activity room where the activity staff will be serving up some delicious S'mores. **Free! Sign up in the Living Room.**
- ❖ **Red Hat Ladies Lunch at Mermaid Winery** - Monday, September 16th at 12:30 in the Terrace Room. Van Loads at 12:00 and departs at 12:15PM. The Red Hat ladies are heading out to the Mermaid Winery for their September luncheon. The Mermaid Winery features wine tastings along with a delicious lunch menu. **RSVP in the Living Room.**
- ❖ **Resident Lunch at KFC** - Monday, September 9th at 12:00PM. Van loads at 11:30AM and departs by 11:45AM. September 9th is Colonel Sanders Birthday! What better way to celebrate than getting some lunch at KFC? **Sign up in the Living Room.**



“What does a Christian life look like?”

The distinguishing mark of the Christian life is to live by faith. A person becomes a Christian by grace through faith in Jesus Christ. Ephesians 2:8-9 teaches, **“For by grace you have been saved through faith. And this is not your own doing, it is the gift of God, not a result of works, so that no one may boast.”** This faith in Jesus Christ changes one's life, beginning the process of a life of faith.

Galatians 3:11 then teaches that the Christian life is to be lived by faith: **“Now it is evident that no one is justified before God by the law, for “The righteous shall live by faith.”** Christians seek to live the teachings of Jesus and of Scripture, yet do so by faith based on love for God and others. A Christian lives for Christ because of God's love, not in order to earn God's love.

Romans 12:1-2 shows what this life looks like: **“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”** A Christian life is one devoted to living for God. Instead of being changed by the world, the Christian is changed by Christ and then changes the world.

The life of a Christian is also one of service. Jesus came to serve others and calls His followers to do the same, like loving one's neighbor as yourself, helping those in need, making disciples of all nations, and sharing the reason for the hope within you. Living by faith is not easy. It is a life of love, and hope.

Keep the Son in your eyes!
Pastor Vicki





AUGUST FUN AT MARIAN MANOR



Our residents enjoyed a delicious seafood lunch at the new hot spot Jumpin' Shrimp at Virginia Beach Oceanfront.

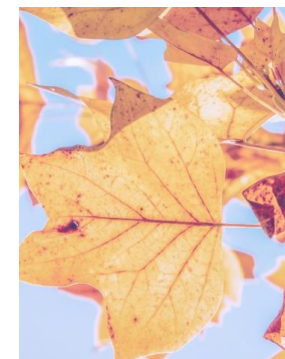


Pictured to the left are residents and sisters Ruth Harrell & Rita Hazlebeck with our Tuesday volunteers. They all celebrated Ruth as she turned 101 during the Marian Manor Helping Hands Ministry and Crochet Club.



ACTIVITY HIGHLIGHTS

- ❖ **Trip to the Farmers Market - Friday, September 20th at 9:30AM. Van loads at 9:15 and departs by 9:30AM.** Fresh produce, homemade ice-cream, and local shops! Sign up for a morning trip over to the Virginia Beach farmers market. **Sign up in the Living Room.**
- ❖ **End of Summer Blowout - Sunday, September 22nd at from 6:00-9:00PM.** As we say goodbye to summer we invite residents, families and friends to an End of Summer Blowout event. Come and enjoy music by The Original Superband. Light refreshments will be provided. **RSVP in the Front Office! By Wednesday, September 18th.**
- ❖ **Trip to the Orchid Conservatory at ODU- Monday, September 23rd at 10:00AM Van loads at 9:15AM and departs by 9:30AM.** Come along with the activity staff for a tour of the Orchid Conservatory at Old Dominion University. **Free! Sign up in the Living Room.**
- ❖ **Resident Picnic Lunch at Mount Trashmore - Tuesday, September 24th at 12:30PM. Van Loads at 12:00 and departs at 12:15PM.** Come join the activity staff for a fun lunch at Mount Trashmore. We will have a picnic lunch, kite flying and games! **FREE! Sign up in the Living Room.**
- ❖ **Bratwurst & Beer Bash- Wednesday, September 25th 12:30PM in the Activity Room.** The activity staff will be hosting a Bratwurst & Beer Bash as Oktoberfest begins! **Residents must RSVP in the Living Room by Monday, September 23rd.**
- ❖ **History Class Luncheon Seminar - Thursday, September 26th at 12:30PM in the Activity Room.** **RSVP in the Living Room by Wednesday, September 25th.**
- ❖ **Sweet Charity at The Little Theatre of Norfolk-- Sunday, September 29th at 2:30PM Van loads at 1:00 and departs by 1:30PM.** Inspired by Federico Fellini's Nights of Cabiria, SWEET CHARITY explores the turbulent love life of Charity Hope Valentine, a hopelessly romantic but comically unfortunate dance hall hostess in New York City. **Adult tickets cost \$16, Military tickets cost \$15 Sign up in the Living Room. Please turn money in to activities for your ticket by Wednesday, September 25th.**



Resident Council Meeting Tuesday, September 24th at 3:00 PM

Due to the passing of our Resident Council President Jeannie Oatridge and Chaplain, Lucy Davis, we will be holding an election to fill these two positions. In the meantime, Vice President Al D'Amico will serve as Resident Council President. Please turn nominations into the deposit box on the first floor by Monday, September 23rd.

Resident Birthdays & Employee Birthdays

Residents

Peggy Shiflett 9/5
 Catherine Boyd 9/6
 Ruth Morris 9/6
 Annie Hiatt 9/21
 Louvenia Little 9/23
 Susan Igareda 9/11
 Jean Shaddeau 9/12
 Robert Gunter 9/30



Employees

Adeline Santiago 9/1
 Michelle Ruffin 9/5
 Daniel Burchett 9/5
 Janis Hinson 9/6
 Desiree Mitchell 9/9
 Shanice Causby 9/10
 Jacklyn Cordova 9/10
 Mary Doughtie 9/12
 Mariama Sillah 9/14
 Honesto Rosantina 9/17
 Exequiel Palafox 9/18
 Ainisha Rawls 9/26
 Alexander Alvarado 9/27

Welcome

A very warm welcome to our new residents!

Helen Meima Apartment # 307
 William & Elaine Barth Apartment #343
 Evelyn Mechler Apartment #319

Congratulations

Employee of the Quarter
 Antonio Branairos
 Second Floor Charge Nurse



SEPTEMBER MOVIES



September 3rd – Book Club Movie: Water for Elephants 2:00PM/ Library
 September 4th – Mary Poppins Returns 2:00PM/ Sunroom
 September 17th – The Graduate 2:00PM/ Library
 September 23rd – Monty Python and the Holy Grail 2:00PM/ Library

Visiting Paws SPCA Visit



Our monthly visit from the Virginia Beach SPCA was with Angel, an adorable Golden Retriever-Shepard mix puppy! She loved greeting our residents pictured above; Mary, Sr Nancy and Felicia.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Rosary – C 9:30 Mass – C 1:30 All Faith Service– C 2:00 LC Balloon Toss w/ Krysti-SR 2:30 LC Gardening-SR 3:15 Piano Serenade w/ Dr.V– LR 4:00 LC Karaoke w/ Krysti-SR 6:00 Local & World News-TVRM 6:30 Bingo with Oli-L	2 Labor Day 8:15 St. Gregory’s Mass-V 9:00 Shuttle to OLPH-V 10:00 Labor Day Word Game Printouts –SR 10:30 LC Word Games w/ Krysti-SR 3:00 Bible Study W/ Arnie-C 6:00 Evening Prayer w/ Sister Nancy-C 6:30 Bingo w/ Barbara – L	3 9:00 Trip to Walmart/Wegmans/ Bank/Post-V 10:00 Pet Therapy visit w/ Alice & Grace 10:30 Baking w/Hayley-SR 2:00 Book Club Meeting & Movie Showing-L 6:00 Line Dancing- TR 6:30 Horse Racing with Luciana-L	4 AM Doctors’ appointments 9:00 Rosary – C 9:30 Mass– C 10:00 LC Price is Right Day-SR 11:30 Bingo w/Al-SR 2:00 LC Afternoon Movie-SR 2:00 Coupon Clipping-L 2:00 Bridge Club-L 2:30 History Class w/ Susan-TR 6:30 Bingo w/ Barbara – L	5 AM/PM Doctors’ appointments 10:00 LC makes dog treats for the SPCA-SR 1:30 Balance in Action-LR 2:00 Bingo – L 3:00 LC Flower Arranging – SR 3:00 WOW! Computer Class-AR 3:15 Hot Off the Press-TR 4:00 Relaxation Station-SR 6:30 Pokeno w/ Jane – L 6:30 Symphony By the Sea-V	6 8:15 Shuttle to Mass at St. Gregory-V 9:30 Walking Group w/ Hayley-P 10:15 Beautiful Nails- AR 11:00 Bible Trivia with Hayley – AR 2:00 Happy Hour with Performance by the MJ Frogs-TR 6:00 Ballroom Dancing-TR 6:30 Card Games-L	7 9:00 Shopping at Haygood/Pembroke Mall- V 9:30 LC Morning Chat-SR 10:00 LC Sit & Stretch w/Krysti 11:00 LC Gardening w/ Krysti 11:30 LC Porch Stories-SR 2:00 Penny Poker – L 3:00 Vinyl Play w/ the Paytons – LR 6:00 Canasta-L 6:00 Local & World News-TVRM
8 Grandparents Day 9:00 Rosary – C 9:30 Mass – C 10:00 Jewelry sale w/ Angie-LR 1:30 All Faith Service – C 2:00 LC Balloon Toss w/ Krysti-SR 2:30 LC Gardening-SR 3:15 Piano Serenade w/ Dr.V– LR 4:00 Grandparents Day Picnic 6:30 Bingo w/ Harold & Lana-L	9 8:15 St. Gregory’s Mass-V 9:00 Shuttle to OLPH-V 9:30 Rosary- C 10:15 Mall walk-V 10:00 LC OMA Session-AR 11:00 LC Trivia –SR 12:00 Resident Lunch at KFC-V 1:30 Balance in Action w/ Genesis-LR 2:00 Dining Committee-L 2:00 LC Beautiful Nails-SR 3:00 Bible Study with Arnie– C 3:30 Book Club w/ Allayne-L 6:00 Evening Prayer w/ Sister Nancy-C 6:30 Bingo w/ Barbara – L	10 9:00 Trip to Walmart/Wegmans/ Bank/Post-V 10:00 Pet Therapy visit w/ Alice & Grace 10:30 Baking w/Hayley-SR 1:00 Making Stuffed Animals for EMS/ Crochet Club-AR 2:00 Men of Faith Meeting-L 3:30 LC Music Time 6:00 Line Dancing- TR 6:30 Horse Racing with Luciana-L	11 AM Doctors’ appointments 9:00 Rosary – C 9:30 Mass– C 10:30 9/11 Honoring our Fallen Heroes -C 12:00 Democratic Women’s Luncheon-TR 2:00 Bridge Club-L 2:00 Coupon Clipping-L 6:30 Bingo w/ Barbara – L	12 AM/PM Doctors’ appointments 10:00 Visiting Paws SPCA Visit-SR 11:00 LC Flower Arranging – SR 1:30 Balance in Action– LR 2:00 Bingo –L 3:00 S’more Social!-AR 4:00 Relaxation Station-SR 3:15 Hot Off the Press-TR 6:30 Pokeno w/ Jane – L	13 8:15 Shuttle to Mass at St. Gregory-V 9:30 Walking Group w/ Hayley-P 10:15 Beautiful Nails-AR 11:00 Bible Trivia with Hayley – AR 11:30 LC Friendly Visits 2:00 Happy Hour!–TR 6:00 Ballroom Dancing-TR 6:30 Card Games-L	14 9:00 Shopping at Haygood/Pembroke Mall- V 9:00 Taxpayers-TR 9:30 LC Morning Chat-SR 10:00 LC Sit & Stretch w/Krysti 11:30 LC Porch Stories-SR 2:00 Penny Poker – L 3:00 Vinyl Play w/ the Paytons – LR 6:00 Canasta-L 6:00 Local & World News-TVRM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Monday-Friday Visits from Dulce 10:30AM/ Sun Room 1:00PM/ AL Room visits by request. See activity coordinators if you would like a special room visit.	Transportation is provided for Doctors appointments Wednesday Mornings & Thursday All Day  Appointment slips can be found in the activity room	18 <i>AM Doctors' appointments</i> 9:00 Rosary – C 9:30 Mass – C 10:00 Morning Exercise-LR 11:00 Word Game Wednesday-SR 11:30 Morning Bingo w/ Al-SR 2:00 Bridge Club-L 2:00 LC Trip to Dollar Tree-V 2:00 Coupon Clipping-L 2:30 History Class w/ Susan-TR 3:00 Craft Corner w/ Hayley-AR 6:30 Bingo w/ Barbara – L	19 <i>AM/PM Doctors' appointments</i> 10:00 LC Trivia- SR 11:00 LC Scrapbooking-SR 1:30 Balance in Action – LR 2:00 Bingo – L 3:00 WOW! Computer Class-AR 3:00 LC Flower Arranging – SR 4:00 Relaxation Station-SR 3:15 Hot Off the Press-TR 6:30 Pokeno w/ Jane – L	20 8:15 Shuttle to Mass at St. Gregory-V 9:30 Morning Trip to Farmers Market-V 2:00 Happy Hour-TR 3:30 Beautiful Nails-AR 6:00 Ballroom Dancing-TR 6:30 Card Games-L	21 9:00 Shopping at Haygood/Pembroke Mall- V 9:30 LC Morning Chat-SR 10:00 TRIAD-TR 10:00 LC Sit & Stretch w/Krysti 2:00 Penny Poker – L 3:00 Vinyl Play w/ the Paytons – LR 6:00 Canasta-L 6:00 Local & World News-TVRM
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