



# A "Manor" of Speaking MARIAN MANOR

5345 Marian Lane, Virginia Beach, VA 23462 • [marian-manor.com](http://marian-manor.com) • 757-456-5018

## Embracing Technology to Improve Residents' Quality of Life!



Technology is enabling Marian Manor to engage our residents in a meaningful, fun, and individualized manner thanks to Linked Senior, an interactive platform that helps maximize residents'

We can interact one-on-one or as a group. We are also able to download games on our residents' iPads so they can play in their apartments. From word games and trivia that support brain health, to sensory games, music and art, there is something for everyone!



quality of life through programs such as music therapy, cognitive games, and much more. Our favorite feature of Linked Senior is it allows our team members to spend more time on direct, personal interactions with residents.

In the Chapel, Linked Senior helps to engage residents in worship through song – lyrics to hymns are linked from the app to a screen with large, easy-to-read letters, taking the place of a hymnal. We play bingo with Lynnhaven Cove residents, travel the world in the history section, and compete for high scores in the gaming section.

The interactive programs on the app make it easy for residents to engage in virtual and in-person activities, as well as track which activities are the most popular so we can better cater to their needs and interests.

*Peggy Gibson enjoys using Linked Senior to play her favorite quiz games in her apartment on a tablet or her laptop!*



Learn more in the News section of our website, [marian-manor.com](http://marian-manor.com), where we've posted a Linked Senior case study detailing Marian Manor's success.



# The Garden that Keeps on Giving

The family of Louise Hall has always been supportive of her and the Marian Manor community, but her son Harry takes support to a whole new level. Harry helped us establish our lovely garden two years ago and has been tending to it ever since with the help of our residents. Most days, you can find Harry pulling weeds and planting seedlings that residents grow in their apartments year-round. We love watching our veggies grow and enjoying the tasty bounty of our winter garden—squash, collards, and cabbage!

*Thank you, Harry, for volunteering your green thumb to our garden.*



*Harry Hall shows off a few sweet potatoes pulled from the winter crop.*



*Louise Hall checks on some new vegetables in the fall.*

*Ernie Frens smiles with one of countless onions grown in the garden last season.*





# A Homemade Holiday Treat!

The holidays always bring great cheer and yummy recipes. Eggnog is one of the seasonal treats our residents look forward to the most. Our Dining Services Manager, Marian McCray, developed a recipe that allows residents to indulge in the flavor of eggnog any time during the year!

## MARIAN'S EGGNOG POUND CAKE:

### CAKE INGREDIENTS

- 1 ½ cups unsalted butter, room temperature
- 3 cups sugar
- 5 large eggs
- 3 cups all-purpose flour
- 1 tsp salt
- ¾ tsp nutmeg
- 1 ¼ cups of eggnog (if not in season you can find canned eggnog on the supermarket shelf)
- 2 tsp vanilla extract

### ICING

- 1/3 cup sugar
- ½ cup eggnog
- 1 ¼ cups of powdered sugar

### INSTRUCTIONS

Cream butter and sugar for about 5 mins. Add one egg at a time. With mixer on low, add flour, nutmeg, and salt until just combined. Add eggnog and vanilla extract and mix until combined. Spread batter evenly in a well-greased bundt pan and bake at 325 degrees for about 80 minutes, or until toothpick comes out clean. Allow to cool before removing from pan.

To make the icing, combine all ingredients until well mixed and pour on completely cooled cake.

Optional: Garnish with your favorite fruit and/or whipped cream!



## Warm Hearts, Warm Feet for the Homeless

As temperatures drop, one of the greatest needs at homeless shelters is warm socks. Residents, family members, and staff donated over 300 pairs of socks to the Virginia Beach Housing Resource Center in December, which will help ensure warm feet and toes for our area's most vulnerable residents.



Erin Walker, Resource Development Coordinator with the Housing Resource Center, accepts donations from Marian Manor team member, Vicki Bohannon.



## The Coordinated Services Management Community Family

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# The Restoration of the Blessed Virgin Mary

Five years ago, Marian Manor was gifted a statue of the Blessed Virgin Mary by the Catholic Diocese of Richmond, which we placed at the entrance of our community. However, after years of braving the elements, our Mary was in dire need of a facelift! As his retirement date approached, our outgoing Director of Maintenance, Roger Cote, worked diligently to restore her to her original beauty as his parting gift to the community.



Marian Manor is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.  
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**Pet Friendly**

