

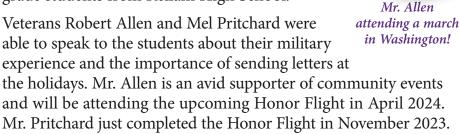
Robert Allen and Mel Pritchard sharing their stories with local students.

Retired Veteran's visit Kellam High School

In November residents Mel Pritchard and Robert Allen, retired veterans visited with 10th grade students from Kellam High School.

Veterans Robert Allen and Mel Pritchard were in Washington! able to speak to the students about their military experience and the importance of sending letters at the holidays. Mr. Allen is an avid supporter of community events and will be attending the upcoming Honor Flight in April 2024.

The Kellam High School sophomore class signed holiday cards for the Marian Manor residents and veterans spending the holidays in the hospital at the Veterans affairs care center.



Kenya Crafts

Residents, staff, and visitors enjoyed a holiday pop-up event with beautiful, handcrafted gifts from Kenya made by the amazing women's crafters sponsoring children's education. Thank you to the

Margaret Ball (left) and Dora Sockell (below) view all the beautiful items on display!



Marian Manor's Country Style Collard Greens Recipe

INGREDIENTS

DIRECTIONS

Southern Collard Greens Recipe with Smoked Turkey

- Six bunches of Fresh Collard Greens
- 1 pound Smoked Turkey Leg or Wing
- 1 tsp crushed red pepper flakes.
- One gallon water
- Three quarts Chicken Stock
- 2 tsp Accent Seasoning
- 1 tsp Lawry's seasoning

Country Collard Greens with Pork

- Six bunches of Fresh Collard Greens
- 1 Pound of Country Ham or Fat Back
- 1 tsp crushed red pepper flakes.
- One gallon water
- Two quarts Chicken Stock
- · One cup bacon grease
- 1 tsp Accent Seasoning
- 1 tsp Lawry's Seasoning

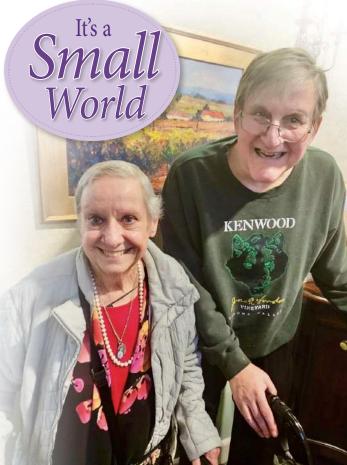
- 1. In large sink rinse collard greens .
- 2. Remove stems from collard greens and discard.
- Clean the sink and fill it with fresh water and soak for about 30 minutes to an hour.
- 4. Drain and rinse collards again under running water.
- Fill large pot with water and add all of the seasoning in each recipe.
- Cut collard greens into medium sized strips and add to the seasoned water.
- Bring to a rapid boil and reduce heat to a steady simmer.
- 8. Cook for 2 hours and check to doneness of the collard green.
- 9. Cook until tender.
- 10. You can add hot sauce if you desire a little heat, and you can add vinegar for extra taste.





Lori Wack & Father Ken Wood

Father Ken Wood and Lori Wack are no strangers. They met at the Blessed Sacrament over 20 years ago in Harrisonburg, Virginia. Father Wood traveled to many parishes and was instrumental in helping to raise funds to build a new church in Harrisonburg. Resident Lori Wack attended this church in Harrisonburg Virginia.





Chesterbrook Residences

Residential Living, Assisted Living Falls Church, Virginia • 703-531-0781

Mennowood

Independent Living, Assisted Living, Memory Care Newport News, Virginia • 757-249-0355

Our Lady of Hope

Assisted Living, Memory Care, Intermediate & Skilled Nursing Center Richmond, Virginia • 804-360-1960

Our Lady of Peace

Residential Living, Assisted Living, Memory Care, Nursing Center Charlottesville, Virginia • 434-973-1155

Our Lady of Perpetual Help

Extensive Assisted Living, Memory Care, Nursing Center Virginia Beach, Virginia • 757-495-4211

Our Lady of the Valley

Assisted Living, Memory Care, Intermediate & Skilled Nursing Center Roanoke, Virginia • 540-345-5111

Potomac Place

Assisted Living, Memory Care Woodbridge, Virginia • 703-494-3817

St. Mary's Woods

Residential Living, Assisted Living Richmond, Virginia • 804-741-8624

Tall Oaks Assisted Living

Assisted Living, Memory Care Reston, Virginia • 703-834-9800

© Coordinated Services Management, Inc. Professional Management

Since 1981

of Retirement Communities



Upcoming Events

Saturday March 16th ~ 10 am-Noon

TRIAD - S.A.L.T. (Seniors and Law Enforcement Together) Presentation

Topic "Keeping the Keys" with Vickye Parker of AAA. In the Terrace Room.

1st & 3rd Wednesdays of Each Month 7 – 9 pm

Toastmasters: You are invited to develop and improve your public speaking abilities.

> Tuesday evenings at 6:30 pm Beginning March 5th, 2024

Line Dancing: Terrace Room, \$3 per person for outside guests.

Saturday, March 23rd ~ 2 pm - 4 pm

Easter Egg Hunt, Photos with the Easter Bunny and a Magic Show!

Thursday, March 28th

Marian Manor University

Lunch and Learn: Senior Service Seminar with Preston Mangum.

Thursday, April 25th $\sim 2 - 4$ pm

Journey to Assisted Living - Open House with Marian Manor and Our Lady of Perpetual Help

Join us for a progressive tour of our continuum care in Virginia Beach.

You're Invited! Mark your calendar with these upcoming opportunities and events. Follow our Facebook page (facebook.com/marianmanorvb) for more details and updates on individual events.



Marian Manor is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond. © Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981.

5345 Marian Lane Virginia Beach, Virginia 23462 Live the Charmed Life!

Offering Assisted Living and Intensive Assisted Living









marian-manor.com