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*Marian Manor’s
 Belles and Beaus
 Salon*



Open Tuesday &
 Friday
 from 9am-5pm w/
 Carmen Thiergardt
 Call her for an
 appointment at
 (757) 650-1589



Extras at Marian Manor

AT YOUR SERVICE:

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Specialized Services

- Beltone – Grace Clarke**
- Wednesday, April 17th at 2:30pm
- Dermatologist – Vicky Cook, Physicians Assistant**
- A future date will be announced when a new dermatologist is hired.
- Podiatrist – Rhonda Johnson, Mid-Atlantic Long-Term Care**
- Monday, April 8th & Monday, April 22nd
- Dentist – Dr. Samuels, DMD**
- Residents needing dental services are encouraged to sign up at the Nurse’s Station.



Chatterbox

April 2024



*A Caring Assisted Living
 Retirement Community*
 Virginia Beach, VA 23462
 (757) 456-5018

Celebrating April

**Botanical Gardens w/
 Spinclusion**
*Tuesday, April 2 at 3:30
 pm and Thursday April
 18 at 9:15 am*
 Outing

**Christopher Newport
 University
 Senior Thesis
 Exhibition**
*Friday, April 5
 3pm*
 Outing

**St. Gregory Cub Scouts
 craft on Earth Day**
*Monday, April 22
 3pm*
 Terrace Room

**Grand Carousel
 Hampton**
*Tuesday, April 23
 10:30am*
 Outing

**Administrative
 Professional Day**
Wednesday, April 24

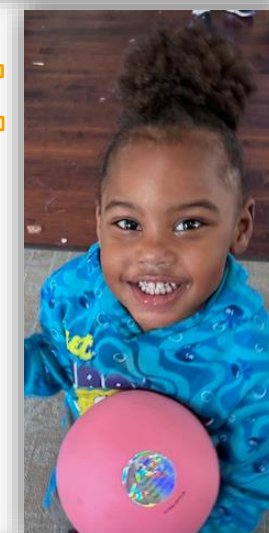
**Adventures w/
 Corey Langley**
*Wednesday, April 24
 1:30pm*
 Terrace Room

**International Jazz Day
 w/ Chuck Moebus**
*Tuesday, April 30
 2pm*
 Living Room

**Volunteer Appreciation
 Dinner** *Tuesday, April
 30*
5:30pm
 Terrace Room



Easter Egg Hunt Pictures w/ Easter Bunny & Magic Show



ACTIVITY HIGHLIGHTS

SAVE YOUR LARGE BROWN BAGS!!! St Gregory's food pantry needs large brown bags. Leave them at your door on *Tuesday mornings* and **AnnMarie Campbell** will come by and pick them up.

Spinclusion (Wheels for Wellness) Join us on a special Spinclusion ride at Botanical Gardens on *Tuesday, April 2nd van departs at 3:30pm then our usual ride on Thursday, April 18th at 9:15pm.* There is no fee for the rides. The ride starts at Oceanfront/LOVE Coffee Shop. They have various routes from 20 to 40 minutes. Usually, they will ask the individuals how far they want to go and what type of scenery they prefer. One bike will accommodate two people in the front seat. The other bike can accommodate one person next to the pilot and can help pedal if they want. Ride starts at 10:00am. *Please Sign-up at the concierge desk.*

Bingo w/ Mary & Michael Join our new volunteers Mary and Mike for Bingo on *Wednesday, April 3rd at 2pm.* **Mary:** I was a case worker for Putnam County Senior Services, where I performed various activities regarding the senior citizens of Putnam County NY. **Mike:** Mike is a retired supervisor from the NYC Transit. Before working for the busses for 26 years, he worked as a maintenance worker in a nursing home. Please attend Bingo and welcome our volunteers.

Christopher Newport University – Senior Exhibition Join us on an evening outing with Sarah and Kay, our Saturday art class volunteers, for Sarah's senior art exhibition. *Friday, April 5th,* the van will depart at *3pm. Please Sign-up at the concierge desk.*

Cathy Fever's Birthday Performance Join us on *Friday, April 5th* in the *Terrace Room* for Cathy Fever's Revolution Show. Cathy and E'Jaye will perform five selections that include Michael Jackson and Prince. You do not want to miss their last show before retirement.

History Class with Susan! Please join resident **Susan** for fascinating history lectures this month! Mark your calendars for *Friday, April 5th, 12th, & 19th at 2pm in the Chapel.*

Red Hat's Luncheon Join Jane Reynolds, volunteer, for the monthly Red Hatters Luncheon *Tuesday, April 16th at Pop's Diner* – a restaurant that gives people the home cooking they want with the service they deserve. They serve breakfast, lunch, and dinner all day - every day. Do not forget to wear your red and purple! *Please Sign-up at the concierge desk. Van departs at 11:30am.*

Marian Manor's Romeos Club Join **Keats** as he brings together Marian Manor's own **Romeos Club** also known as Retired Old Men Eating Out. This month we are going to enjoy sliders and curly fries with a sweet treat and maybe a beer while working together to refinish the Remembrance table in the Terrace Room. Handsome fellows of Marian Manor join us in the *Terrace room on Wednesday, April 17th at 12:00pm,* where the fun is endless. **Sorry Ladies, Men Only!**

Old Fashion Hymn Sing w/ Pastor Vicki & Dennis Come and enjoy guest entertainment and fellowship. Feel free to invite your neighbors, family and friends to a wonderful night lifting our voices in song. *Every other month starting on Thursday, April 18th in the Terrace Room at 6pm.*

A message from our Pastoral Counselor



How do I know that Christ is alive? What proof have I to give?

He rescued me from sin's dark prison. And I began to live.

How do I know He left the tomb? That Easter long ago?

I met him at dawn's fresh bloom. And life is all aglow.

How do I know he gained for me Access to Heaven's door? Christ's work in me is guaranteed.

Of life always. How do I know that Christ still lives, Rich blessings to impart?

He gives abundant grace and peace. And lives within my heart.

Does Christ Live within your heart?

That is my prayer for all to have Christ within our hearts!

Happy Easter to all...

Keep the **Son** in your eyes!

Pastor Vicki

Hello Marian Manor Family!

I am Laura Pannell. I am thrilled about being your Maintenance Director. With twelve years maintenance experience I look forward to serving you. I have worked with military housing luxury apartment communities, low-income housing, and senior living communities. I also worked in the maintenance department at the Norfolk Premium Outlets and was a plumbing installer at R.S. Andrews. I am a busy mom, raising two kids, and two dogs. I am excited about becoming a part of your family. I officially start on Monday, April 8th.



April Birthdays



Residents

Barbara Engler	4/4
Sr. Nancy Healy	4/6
Jack Shingleton	4/8
Joyce Clarke	4/14
Anne Marie Campbell	4/18
Evelyn Osborne	4/25
Steve Harris	4/28

Please join us as we celebrate our residents and staff during their special month!
There will be a joint Birthday Party held on **Friday, April 26th at 3:30pm.**

Staff

Valerie Sarao	4/1
Betty Gitonga	4/3
Tiffany Cromwell	4/3
Lavonne Pitt	4/10
Shenita Cuffee	4/13
Ederlinda Romillo	4/22
Surena Hendricks	4/22
Dulce Mitchell	4/22
Chiemi Mitchellichin	4/24

Happy Birthday



Keeping You Healthy Active & Engaged

Powerback Rehabilitation®

According to the National Institute of Mental Health, April is National Stress Awareness Month. Stress is "an emotional or physical response to an external cause." A trigger for stress may occur once or repeat over time. Everyone, at some point in their lives, feels stress. It is essential to realize the impact of stress in our daily lives and its effect on our physical, mental, and emotional well-being. Listed below are common reactions to stress and healthy coping methods. If you find that you have trouble managing your stress such that it interferes with your everyday life, you may benefit from talking to a health professional, including your Powerback Rehab team. Please contact us at (757) 473-0693 if you would like to discuss specific ways to reach your health goals, including reducing stress. Don't hesitate to contact us at (757) 473-0693 if you would like to discuss specific ways to reach your health goals, including reducing stress.

Some common reactions to stress may be:

- Feelings of fear, shock, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty sleeping or nightmares, concentrating, and making decision.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances
- Withdrawing and avoiding doing things

Healthy ways to help yourself cope with stress:

- Take breaks from watching, reading, or listening to news stories about traumatic events.
- Take care of your body with healthy eating, a good night's sleep, and exercise
- Make time to unwind and complete activities that you enjoy like painting or gardening.
- Talk with friends or family about your feelings with friends or family about your feelings.
- Connect with others in your community or faith-based organizations.
- Avoid the use of drugs or alcohol which could increase stress.
- Recognize when you need additional assistance from a professional.

ACTIVITY HIGHLIGHTS

Va Beach Library Craft and Library Check-up Join Shannon and Kathi in the *Activity Room on Thursday, April 18th, 2:30pm.* Come create artwork in the style of artist Alma Thomas! Library materials will also be available to check out. *Please Sign-up at the concierge desk.*

Crafts w/ St. Gregory's Cub Scouts *Monday, April 22nd at 3pm* in the *Terrace Room.* All residents are welcome to join the Cub Scouts create an edible garden. An edible garden looks like a normal garden with carrots, lettuce, corn, dirt, whatever you want growing there.

Grand Carousel *Tuesday, April 23rd from 11am-2pm* at *Carousel Park & Hampton Carousel. Van departs at 10:30am.* Come enjoy the Grand Carousel originally built in 1920 and lovingly restored. The cost is \$1 per ride and a box lunch will be provided courtesy of the dining room. *Please Sign-up at the concierge desk.*

A Corey Langley Adventure Movie Join Corey in the *Terrace Room on Wednesday, April 24th at 1:30pm.* He is back with another adventure, this time he went to Thailand, and he is bringing different pieces of his trip back to Marian Manor to share. *Please Sign-up at the concierge desk.*

Connor's Culinary Creations Join volunteer Connor Land in the *Activity Room on Thursday, April 25th* at a time to be announced to bake or cook delicious treats.

Dining Committee Meeting This month's Dining meeting will be on *Thursday, April 25th at 3pm in the Terrace Room.* All residents are encouraged to attend!

April Birthday Bash *Friday, April 26th from 3:30pm* in the *Terrace Room.* All residents are invited as we celebrate this month's birthday celebrants. Come down for cake, ice cream and Karaoke. Our resident birthday party takes place of the Happy Hour, so you will not miss your favorite glass of wine before dinner.

Lunch at Buffalo Wild Wings *Monday, April 29th. Van loads at 11:30 am.* an American casual dining restaurant and sports bar. The chain is best known for Buffalo-style chicken wings along with over a dozen sauces, as well as a complement of other items such as chicken tenders and legs. The chain's menu also features appetizers, burgers, tacos, salads, and desserts, along with beer, wine, and other beverages. *Please Sign-up at the concierge desk.*

New entertainment w/ Chuck Moebus Music has been at the forefront of Chuck Moebus' life. His store, Moe's Music, has maintained its spot in Pinewood Shoppes on Virginia Beach Boulevard just west of North Lynnhaven Road for more than three decades. Moe's is not only the oldest guitar store in Virginia Beach, but also been the place where countless students have rented band and orchestral instruments and fine-tuned their musical prowess. *Tuesday, April 30th at 2pm in the Terrace Room.*



March Fun with Residents



Paul McCartney photo exhibit at the Chrysler Museum.



Connors Culinary Creations homemade biscuits. Yum!



Anne & Helen stuffing Eggs for the kids



Valerie showing her crafting skills with volunteer staff from HomeGoods.



Anne & Ed showing off their amazing musical talents.



Lucille is St. Patty's Day ready.



Anne & Charlene joined at the hip on their favorite bike ride with Spinclusion.



Rose teaching an Irish dance to this cutie.

TUESDAYS MOVIE SHOWTIMES

Tuesday, April 2nd – Christopher Robin (2018) – A family man living in London -- receives a surprise visit from his old childhood pal, Winnie-the-Pooh. With Christopher's help, Pooh embarks on a journey to find his friends -- Tigger, Eeyore, Owl, Piglet, Rabbit, Kanga and Roo. Once reunited, the lovable bear and the gang travel to the big city to help Christopher rediscover the joy of life.

Tuesday, April 9th – The Boy who Talked to Badgers (1975) – A 6-year-old farm boy becomes lost in the Canadian wilds but survives with the help of a friendly badger.

Tuesday, April 16th – Herbie Fully Loaded (2005) – Maggie Peyton wants to become a NASCAR driver but her overprotective father, Ray Peyton Sr. won't hear of it. A former racer himself, Ray wants Maggie to take a lucrative TV sportscasting job and leave the driving to her crash-prone brother. When Ray Sr. takes Maggie to a junkyard to pick out a car, she has no idea that the little Volkswagen Beetle -- named Herbie -- she takes home will change her life.

Tuesday, April 23rd – Candleshoe (1977) – When ex-con artist Harry claims that a secret treasure is hidden inside Candleshoe, an English estate, he creates an elaborate plan to find and steal the prize. By convincing a girl named Casey (Jodie Foster) to impersonate the estate owner's granddaughter, Harry hopes to uncover the treasure's location. But when Casey has a change of heart, she must follow the clues and find the treasure, to save Candleshoe and stop Harry before it is too late.

Barbara Engler Apt. 235

Barbara grew up in Oswego, New York. She enjoys painting and watching old movies. Barbara loves listening to music and grooving to the beat.



Cathy Shocklin Apt, 317

Cathy Schocklin was born in Portsmouth VA and was the 7th of 9 children. Cathy loves games, knitting, bird watching, and listening to live music.



Welcome Home!!

Florence "Flossie" Copeland Apt. 343

Flossie grew up outside of Oakland, Maryland. She is a member of the Red Hat's Society. Her favorite snack is cinnamon rolls, and she loves all music.



Dolores Gaskey Apt. 338

Dolores enjoys quiet spaces, reading the newspaper, snacks, watch sitcoms, walking, and doing word searches. Dolores is from Uniontown, PA.

