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community!
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MarianManorVB](https://facebook.com/MarianManorVB)

*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:

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

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

Lisa Poole-Johnson, Ext 132
Director of Admissions
lisa@marian-manor.com

Laura Pannell, Chris Neilson, & Mike Rowe Ext 135
Director of Maintenance
laura@marian-manor.com

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

Sharlyn Cortez, Helen D'Amuro, & Samantha Gray, Pat Bernier Ext: 120
Administrative Assistants
sharlyn@marian-manor.com
helen@marian-manor.com
samanthagray@marian-manor.com
frontoffice@marian-manor.com

Specialized Services:

Podiatrist – Rhonda Johnson, Mid-Atlantic Long-Term Care

- Monday, May 13th – Sign up at the Nurses' Station

Beltone – Grace Clarke

- Wednesday, May 22nd 1pm

Dentist – Dr. Samuels, DMD

- Residents needing dental services are encouraged to sign up at the Nurse's Station. A minimum of 10 residents are needed to schedule a visit.

Dermatologist

- A future date will be announced when a new dermatologist is hired.

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

Cheryl Burns, Ext: 137
Assistant Director of Nursing
cheryll@marian-manor.com

Lareina Consalvo, Ext 127
Director of Community Relations
lareina@marian-manor.com

Chef Malcolm Skinner, Ext:131
Director of Dining
malcolm@marian-manor.com

Roshell Yancey, Keats Ashley, & Dennis Kelley, Ext: 134
Life Enrichment Associates roshell@marian-manor.com
keats@marian-manor.com

Vicki Bohannon , Ext. 126
Pastoral Counselor
vicki@marian-manor.com

Amanda Hill, (757) 473-0693 – Fax #: (757) 573-0065
Director of Rehabilitation/LPTA
amanda@marian-manor.com



Chatterbox

May 2024

Celebrating May

Spring Musical
Wednesday, May 1
9am
Catholic High

Cinco De Mayo (Nacho Party)
Sunday, May 5
2pm
Terrace Room

Nurse's Week
Monday, May 6 –
Sunday, May 12

Triple J Juggling
Thursday, May 2
4pm
Living Room

Beach Tones
Monday, May 6
2pm
Terrace Room

Be Kind to Animals Week w/Teeny Tiny Farm
Wednesday, May 8
2pm
Back Patio

Mother's Day Orange Blossom Brunch
Sunday, May 12
Seating
10am, 11am, & 12pm

Backyard Games Week w/ Romeo's Club
Wednesday, May 22
12pm
Back Patio

Memorial Day Remembrance Ice cream social w/ Bob Brown & Jay Shelley
Monday, May 27
2pm
Back Patio

Townhall Meeting Emergency Preparedness
Wednesday, May 29
3:30pm
Terrace Room



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



*Who said you're too old
to enjoy a carousel ride!
We had so much fun
horsing around at the
Grand Carousel
re-opening in Hampton.*





APRIL
SHOWERS
BRING
MAY
FLOWERS

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 **Anne Marie Campbell** will come by and pick them up.

Bingo w/ Mary & Michael Join our new volunteers Mary and Mike for Bingo on *Wednesday, May 1st & Wednesday, May 15th at 2pm*. Please attend Bingo and welcome our volunteers.

Finding Inner Peace w/ Pastor Vicki Join Pastor Vicki in the Chapel *every Wednesday at 2:30pm* to learn how to live your best life amid tragedy, struggle, and loss. You are not alone; therefore, we have created a space to come and share.

Strawberry Picking Join us on *Thursday, May 2nd at 9:15am*. *Van will depart at 9am*. We will visit The Hive for our strawberry picking fun. Just \$20, and that includes the basket. Berries are \$8 per quart already picked. Once we are finished picking, we can swing by the barnyard! If you want to feed the friends it is \$5 or some carrots for the rabbits for just \$1. *Please Sign-up at the concierge desk.*

Triple J Juggling Come down and enjoy a new performance on *Thursday, May 2nd at 4pm* in the *Living Room*. Enjoy a unique treat with Triple J Juggling during happy hour. He brings the skill and the jokes with his juggling performance.

History Class with Susan! Please join resident *Susan* for fascinating history lectures this month! Mark your calendars for *Friday, May 3rd, 10th, & 17th at 2pm in the Chapel*.

Cinco De Mayo Nacho Party Join us on *Sunday, May 5th at 2pm in the Terrace Room*. Don't miss out on our Nacho Bar, Margaritas, and a Mariachi Band displayed on the drop-down screen. There will also be a Pinata full of goodies. Come have FUN!

Strawberry Shortcake Social Pick – Bake – Enjoy! Join us on *Monday, May 6th at 9:30am* to prep and bake some delicious strawberry shortcake. We will use the strawberries that were picked the previous day and use a step-by-step recipe for a delicious and decadent sweet treat. Enjoy strawberry shortcake at a strawberry shortcake social in honor of our hard working and loving nursing staff at *3:30pm in the Terrace Room*. This event will take place during Happy Hour.

Beach Tones Join the Beach Tones in the *Terrace Room at 2pm on Monday, May 6th*. The Beach Tones have a new Spring Sound: "Give my regards to Broadway".

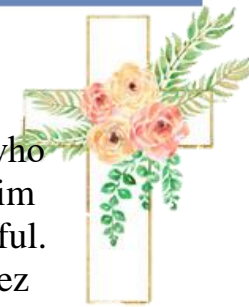
Teeny Tiny Farm Join us on the *Back Patio on Wednesday, May 8th at 2pm*. They'll bring the Farm to US! is their motto! Teeny Tiny Farm will be bringing the cutest little miniature farm animals to our home. Don't miss out on falling in love with all the animals they bring.

Spinclusion (Wheels for Wellness) Join us on *Thursday, May 9th & Thursday, May 23rd at 9:15am*. There is no fee for the rides, and the ride starts at Oceanfront/Lynnhaven Coffee Company. They have various routes from 20 to 40 minutes. They will ask how far you want to go and what type of scenery you prefer. One bike will accommodate two people in the front seat. The other bike can accommodate one person next to the pilot and can assist in pedaling. Ride starts at 10:00am. *Please Sign-up at the concierge desk.*

Paparazzi Jewelry Pop-up Sale w/ Paws Wide Open Rescue Join volunteers for a pop-up jewelry sale. Prices are \$1-\$5 and all proceeds raised will go towards the dog rescue. Come down and support saved lives for doggies. *Thursday, May 9th starting at 12pm until 2pm in the Living Room.*

Mother's Day Orange Blossom Brunch Join us on *Sunday, May 12th* there will be three seatings for 10am, 11am and 12pm on the Mother's Day Orange Blossom Brunch. Enjoy a special brunch in honor of all the mothers and the ladies who have been like moms to others. Box dinners will be sent to your room. *Please Sign-up at the concierge desk.*

The Prayer of Jabez!



1 Chronicles 4: 9-10 "There was a man in the land of Judah named Jabez who was more honorable than any of his brothers. But his mother had named him Jabez which means (He will cause pain) because his birth had been so painful. Jabez was a praying man. The good news is, God granted his request! Jabez requested several things in this short prayer, so let's look at them one by one."

Who is this Jabez? Jabez is only mentioned 3 times in the Bible. The first is in 1 Chronicles 2: 55 where Jabez is the name of a town: and the clans of scribes who lived at Jabez... This town

in Judah was apparently located near Bethlehem. Then again, we have the prayer of Jabez in (1 Chronicles 4: 9-10)

1. "That you would bless me!" It's perfectly acceptable to pray for God to bless you. It's not necessarily selfish. After all, Jesus taught His disciples to pray, that God would supply their daily

bread. (Matthew 6: 11). And Paul prayed that God would supply all his needs from his glorious riches in Philippians 4: 19. We are to continually bless others, so it stands to reason that you are to bless yourself as well. And Jesus said, "that we do not have because we do not ask."

2. "That you would enlarge my territory!" Originally this would have meant acquiring more fields and land, to be materially prosperous. These days, Jabez might have been asking for God to enlarge his business prospects or his ministry. After all, Christians often understand phrases, "Enlarge the place of your tent, stretch your tent curtains wide." (Isaiah 54:2) to apply to spiritual endeavors as well as to financial ventures.

3. "Let your hand be with me." With this request, Jabez was asking God to work with him in all he did. The Bible tells us, "The Lord was with Joseph, giving him success in everything he did. (Genesis 39:3) We desperately need God. Moses prayed to Him, "If your presence does not go with us, do not bring us up from here." (Exodus 33:15).

4. "Keep me from harm so that I will be free from pain." According to the NIV, Jabez simply wanted to avoid accidents and pain. However, the NKJV translates the phrase as, "keep me from evil, that I may not cause pain!" Remember his name means, "He Will Cause Pain," a name often defined a person's future, what they would become. So perhaps Jabez's mother was predicting her baby's future and Jabez wanted to change that. It seems that Jabez was desperate to change his future of hopelessness because of his name. He became a man who believed fervently in the power of God. He prayed with urgency and vulnerability. He cried out to the Lord with boldness! So, he prayed that he would be kept from doing evil, so he wouldn't cause pain to others. These are all good requests. Jabez was honored because of his relationship with God. 1 Chronicles says that Jabez was more honorable than his brothers...

The record of the genealogy of Judah was interrupted to bring us these details about Jabez. His relationship with God must have been exceptionally noteworthy to cause the author of Chronicles to stop and elaborate on this one man's life. God had a purpose for Israel and He had a purpose for Jabez. This righteous man wanted God's blessing to be fulfilled. What about you? Do you want God's plan for your life? He has a distinct purpose for you. Why not pray that God will bless you indeed????

May Birthdays



Residents

Mary Dempsey	5/1
Elizabeth Gerber	5/6
John Kupfer	5/7
Robert Polfus	5/8
Joan Gorny	5/11
Teresa Hayman	5/19
Patricia Ferguson	5/22
Valerie Zimmerman	5/24
Winnie Truitt	5/31
Nancy Milner	5/31



Powerback

Amanda Hill	5/7
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Staff

Stacy Wallace	5/3
Jayce Cerda	5/5
Mayonaise Stevens	5/8
Maria Luisa Fontelera	5/8
Victor Escobar	5/17
Laura Pannell	5/20
Karen Land	5/22
Berniel Roberts	5/27
Lareina Consalvo	5/27

Please join us as we celebrate our residents and staff during their special month! There will be a joint Birthday Party held on *Friday, May 31st at 3:30pm.*

Powerback
Rehabilitation®

NATIONAL **SPEECH-LANGUAGE-HEARING** MONTH

May is a month when Speech-Language Pathologists and Audiologists are recognized for their work to better their clients hearing, speech, communication and swallow function.

Speech-Language Pathologists (SLPs) work in schools, clinics, hospitals, nursing homes, Assisted and/or Independent Living Facilities and even their patient's homes.

SLPs evaluate adults for communication and swallowing disorders that can impact their ability to remember events, speak with caregivers and family and even take medications. SLPs can help people with understanding questions, directions, conversations; express thoughts and help with word finding and reading and writing. If clients are having difficulty communicating, SLPs work to restore the ability to communicate but are also experts in finding other suitable ways to communicate. These often include visual aids, gesturing, or the use of technology to get the message across.

There are many adults that develop swallowing difficulties, called dysphagia, in their lifetime which can affect the way people eat, drink, and even take medications. SLPs diagnose and treat dysphagia and can help a person with this difficulty strengthen swallowing musculature, develop strategies that make it easier and safer to swallow as well as make recommendations on certain textures to avoid and what to consume. SLPs are considered experts in various areas and can help treat clients with various diagnoses including Parkinson's, Multiple Sclerosis, strokes, dementia and even helping older adults maintain their cognition with brain fitness techniques.

If you or someone you know is experiencing any difficulty with any aspects of communication: voice, speech, word finding, recall, problem solving or any difficulty chewing or swallowing please reach out to your physician or your Powerback Rehab Department at 757-473-0693.



ACTIVITY HIGHLIGHTS

May Crowning Join Anne Labuda and Helen Pritchard in the *Chapel at 10:15am on Wednesday, May 15th* following Mass for a May crowning. This event is held to honor Mary and show her our love. We will sing hymns and Mother Mary will be crowned with flowers.

Va Beach Library Craft and Library Check-up Join Shannon and Kathi in the *Activity Room on Thursday, May 16th, 2:30pm.* Come create beautiful unique decoupage mason jars. Library materials will also be available for check out. *Please Sign-up at the concierge desk.*

Resident Craft Show Join *Saint Gregory the Great on Friday, May 17th starting at 11am* to sell your crafts and artwork created during your art class. On *Thursday, May 16th at 10am* bring all your crafts that you want to sell down to the Activity Room, so we can help price and label them for you.

Bingo w/ PAX Join a sorority called PAX. They are part of Beta Sigma Phi which is an international organization. Their chapter has 13 members and are active yearly doing service and social events. Please welcome them on *Saturday, May 18th at 2pm in the library.*

Cathy Fever's and Crew Performance Join us on *Monday, May 20th* in the *Terrace Room.* Back by popular demand Cathy Fever's Revolution Show. Cathy and E'Jaye will perform five selections with a special guest to join the show. Special treats served.

Red Hat's Luncheon Join Jane Reynolds, volunteer, for the monthly Red Hatters Luncheon *Tuesday, May 21st at English Rose Tea Room* – a beautiful restaurant with mini sandwiches, along with British coffee, and teas. Do not forget to wear your red and purple! *Please Sign-up at the concierge desk. Van departs at 11:15am.*

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 a seafood boil full of shrimp, crabs, corn and more. We will also enjoy playing darts and horseshoes on the back patio. Handsome fellows of Marian Manor join us in the *Terrace room on Wednesday, May 22nd at 12:00pm,* where the fun is endless. *Sorry Ladies, Men Only!*

Auction Join us on *Thursday, May 23rd at 2pm in the Terrace Room.* Come on down to the auction and don't forget to bring your well-earned Marian Manor Bucks! It is not too late to earn more to prepare for this event. All activities allow you a chance to earn a few more bucks.

Memorial Day Remembrance w/ Bob Brown & Jay Shelley Moment of Silence on *Monday, May 27th at 2pm on the Back Patio.* Bob Brown and Jay Shelley will be our entertainment during the ice cream social, but first please participate in a National Moment of Remembrance and pause in an act of national unity for *one minute.* During happy hour at 4pm in the Living Room we will enjoy a sing along focusing on songs such as *Color Me America* and *God Bless the U.S.A.*

Lunch at Tira's Foods Thursday, May 30th. *Van loads at 11:30 am.* Authentic Asian Cuisines offering freshy brewed Tea and Coffees (Boba Tea and Milk Tea, Vietnamese Coffee), and variety of special Vietnamese dishes (Banh Mi, Rice & Vermicelli Dishes and Bun Thit Nuong, Banh Trang Tron, Pandan Waffle, etc....). All items are freshly made by order." Vegetarian options are available. *Please Sign-up at the concierge desk.*

Dining Committee Meeting This month's Dining meeting will be on *Thursday, May 30th at 3pm in the Terrace Room.* All residents are encouraged to attend!

May Birthday Bash Friday, May 31st at 3:30pm in the *Terrace Room.* All residents are invited as we celebrate this month's birthday celebrants. Come down for ice cream and cake with Karaoke. Our resident birthday party takes place of our Happy Hour, so you will not miss your favorite glass of wine before dinner.



April Fun with Residents



Delia and her beautiful artwork with our volunteers at VB Public Library.



Eileen & Tom riding with Spinclusion volunteer through Botanical Gardens



Residents and staff gather outside to watch the solar eclipses, that only comes around every 20 years.



Joan enjoying a fun game of Pictionary with a student volunteer.

We did it! We got the men together. Do not let the straight faces fool you these handsome fellas enjoyed their time at our Romeo's Club Luncheon.



Mary Lou & Gloria, all smiles with their winnings at Bingo



What a beautiful day for Steve & Lori to play chess on the front porch.



Hip Hop Chair Zumba class gave residents a great sweat and a great time!



Glen & Robert on their way to DC with the Honor Flight Crew.



Little Betty & Kathy enjoying the weather at our Get Grounded activity.

TUESDAYS MOVIE SHOWTIMES



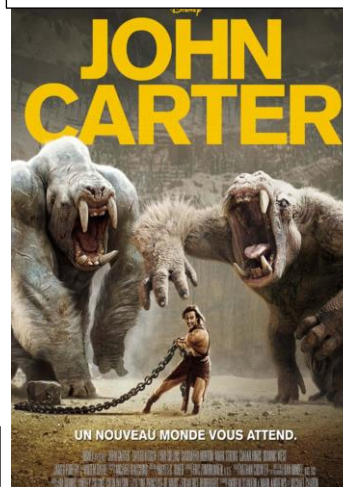
Tuesday, May 7th 3pm



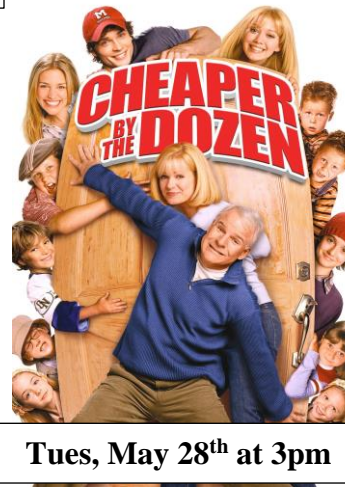
Tues, May 14th at 3pm



Tues, May 21st at 3pm




Tues, May 28th at 3pm



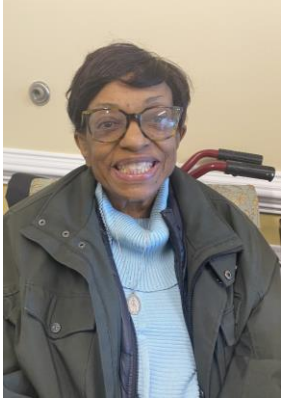
Ann Freeman Apt 321F

Ann was born and raised in Charlotte, NC. She enjoys reading fiction books and listen to music like Sinatra or beach music. Ann likes to walk outside and play games on her iPad. Soap Operas, sports, and news are a few channels she enjoys watching.




Vivian Parker Apt 314F

Vivian was born in Portsmouth, Va and raised in Norfolk. She has traveled to the Caribbean, Canada, and Portugal. Vivian loves listening to Country, R&B and Gospel music. She likes poetry, shopping for clothes, and watching relationship TV.



Delia Rodriguez Apt 227F

Delia is from Manila, Philippines. She moved around and lived in Toronto, Canada and now lives here in Virginia Beach, VA. Delia is a part of a ten children household one being our very loved Director of Nursing, Imelda Angat. She enjoys sewing, dancing, and social hour.



Nancy Cronin Apt 334E

Nancy is from York, PA. She speaks English and Italian. Nancy enjoys walking and watching others play tennis. Her favorite comfort food is crab cakes. Nancy loves dogs and she enjoys listening to all kinds of music.

