Spring 2025

A "Manor" of Speaking

MARIAN MANOR

ASSISTED LIVING

5345 Marian Lane, Virginia Beach, VA 23462 • marian-manor.com • 757-456-5018

Fur-Ever Friends

Doreen Dykes and Henry

Rose Delacey and Max

For seniors, pet ownership offers numerous benefits. Various scientific studies have concluded that owning a pet can lower one's risk of depression, reduce stress, and slow cognitive decline. The simple act of petting a dog or cat releases endorphins ("feel-good" chemicals produced by the body), which are natural mood-boosters. Owning an animal can also create opportunities for social interaction and exercise—just think about how walking a dog outdoors can lead to conversations with new friends and extra steps every day. Meet some of the furry and feathered friends who call Marian Manor home and enhance our lives!

Drema Epley and Sadie

Twinkie the cat in the arms of owner Valerie Volponi

Marian Manor Therapy Dog, Dulce, with her resident handler, Cathy Loiercio.

An Egg-cellent Easter

Our annual Easter celebration was a hit for residents and visitors alike. Kids and adults of all ages enjoyed posing with the Easter Bunny and hunting for eggs that the residents filled in advance with candy. Magician Rob Westcott entertained the crowd with tricks and illusions—and he even pulled a real rabbit, Prince Charming, out of his hat.

Team Member Gregario Garcio and his daughter Giselle Garcia

Easter Bunny resident Robert Allen and resident Ruth Flowe are amused by an especially cute visitor.

Brenda Shore

Resident Mary Dempsey's family: son Brian, daughter-in-law Debra, and her grandchildren and great-grandchildren.

Easter bunny and resident Nancy Milner

Magician Robert Westcott and Prince Charming the Rabbit.

Mark Stakes

Good News Bears

Over the years, our Marian Manor Helping Hands Ministry has made hundreds of bears to benefit the outside community. The bears are donated to CHKD and local EMTs and police departments to give to children for comfort during stressful and upsetting experiences. Each bear is uniquely handcrafted and made with love!

Volunteer Valerie Wickle

Naomi Moore

Valerie Volponi

The CSM Community Family

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 • 804-658-2085

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

CSM Senior Living Management

Upcoming Events

Monthly TRIAD Meetings
(*Every Third Saturday*)

Seniors and Law Enforcement Together Events:

Saturday, July 19 ~ 10am-12pm

Guest Speaker: MPO Dave Shoenbach, Virginia Beach Police Department Outreach Coordinator, 3rd Precinct

Saturday, August 16 ~ 10am-12pm

Guest Speaker: Charnitta Waters, Senior Services of Southeastern

Saturday, September 20 ~ 10am-12pm

Guest Speaker: Philisa Johnson, AARP

Wednesday, July 23 ~ 6pm-7pm

An Evening with Catherine McNulty

Grief Inspired: Inspiration After Loss

Saturday, October 18 ~ 9am-12pm

TRIAD Shred It Event and Food Drive

Save the Date ~ Oktoberfest!

Sunday, October 26 ~ 2-4pm

At St. Gregory the Great Gymnasium

Watch our Facebook page for details on upcoming events this summer!

Marian Manor is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.
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Live the Charmed Life!

Offering Assisted Living and Intensive Assisted Living