



A "Manor" of Speaking MARIAN MANOR

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

Reflections On 9/11



General John P. Jumper, a four-star general and Purple Heart recipient, visited Marian Manor in January for a special Q&A presentation to discuss his professional experience during the September 11 attacks. He was a distinguished guest of resident Dr. Bill Harshaw, and was joined by his daughter, Catherine Jumper, who is also a general and lives in Hampton Roads, and John Tamm, former FBI agent during 9/11. He shared highlights from his military career and reflected on his role in the U.S. Air Force, explaining how his experience prepared him to respond and ground all planes quickly after the tragic plane crashes at the World Trade Center, the Pentagon, and in Pennsylvania. Thank you to this truly brave American hero!



Our honored guests General John P. Jumper, General Catherine Jumper, and Dr. William Harshaw gather in the Marian Manor Chapel.



Resident Sandy Robinette and guest John Tamm, former FBI Agent mingle before the Q&A.





Honoring Our Heroes

The Marian Manor Veterans' Wall

We are proud to unveil our new Veterans' Wall. Our residents represent many branches of the United States military. We are very proud to recognize our veterans and their families for their commitment to the United States of America. Several residents even finished their military careers here in Hampton Roads. Stop by and see our new wall, honoring our local heroes!

Marian Manor Veterans

- Jake Steinfield (Air Force)*
- Manny Salazar (Navy)*
- Mel Pritchard (Air Force)*
- Robert Sage (Navy)*
- John Kupfer (Navy)*
- Robert Polfus (Navy)*
- Angelo Mele (Army Airborne)*
- Jack Shingleton (Navy)*
- Anna Eidson (Air Force)*
- Dr. William Harshaw (Navy)*
- Marilyn Oals (Navy)*
- Robert Allen (Navy)*

Have Your Cake (and Eat it, Too!)

We celebrated National Chocolate Cake Day (January 27) by watching the 1996 movie *Matilda* (based on the famous Roald Dahl book) and indulging in a special cake recipe from the film. "The Trunchbull's Cake" is from a memorable scene where Bruce Bogtrotter is forced to eat a massive cake in front of the whole school! We didn't go quite that far, but we did enjoy its rich chocolate flavor, three layers of dark sponge, and glossy chocolate frosting.



From left:
Lori Wack, LPN Carmen Truong, Ann Lamore, LPN Jody Watters, and Ann Waibel (seated).

Jan Meese

Introducing lifeloop

We are excited to debut LifeLoop, our new communication and life enrichment platform designed to help loved ones stay more connected to residents' daily experiences. LifeLoop provides a secure way to stay "looped" in.

Families should have received an invitation email with instructions about how to create a LifeLoop account. Check your inbox for this important email!

- View daily and monthly activity calendars
- See photos and updates from community events
- Receive important announcements and reminders
- Message our Life Enrichment team
- Stay connected to what matters most in your loved one's day-to-day life
- Send free weekly postcards to your loved one (we're really excited about this fun feature!)

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

Questions?
Contact our
Director of Life
Enrichment.



CSM Senior Living
Management

Upcoming Events

Monthly TRIAD Meetings

Every 3rd Saturday ~ 10 am – 2 pm

Senior Police Academy

Tuesdays, March 17–May 19 ~ 1 pm–4 pm

Must register in advance; call Marian Manor for details.

Two-Day AARP Senior Driving Course

Wednesday, March 25 and

Thursday, March 26 ~ 10 am – 2:30 pm

\$20 for AARP members; \$25 for non-members.

Call Marian Manor for more information or to sign up.

Sentara 3D Mobile Mammography

Thursday, May 28 ~ 8 am – 2 pm

Appointments required; call 757-785-4138.

Easter Egg Hunt



Saturday, April 4 ~ 1 pm – 3 pm

Join us for our annual Easter Egg Hunt designed specifically for kids 10 and under. This is a rain or shine event and will include an egg hunt, live magic show, and pictures with the Easter Bunny! RSVP to 757-456-5018 by April 1.

Watch our Facebook page for details on all upcoming events!



Marian Manor is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.
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Intensive Assisted Living

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Pet Friendly

