



# Our Lady of Hope

13700 N Gayton Rd, Richmond, VA 23233

**November 2024**

Diabetes Awareness  
Month

## Special Dates

- 1 Craig Anders Sings
- 6 Memorial Service
- 9 Alzheimer's Walk
- 12 Guitar Billy
- 13 Veteran's Day Service
- 14 Nuckols Farm Art Show
- 19 Pianist Joe Loschiavo
- 20 Drum circle
- 21 Game Night
- 22 Encore Dancers
- 27 Family Lunch
- 28 Thanksgiving



With all the tricks and Halloween treats behind us we can look forward to the Family, Food and Fellowship! There's so much to look forward to but let's take a quick look back at the fun we had in October.



You may have caught these cuties and so many more at the Trunk or Treat event in the OLOH parking lot!



James Curry returned to the front porch to serenade us with his wonderful voice!



Betty and many Nursing Center residents picked and decorated pumpkins!

More fun October photos can be seen in the insert. We thank La Petite Academy for bringing 25 of our 4-year-old friends in costume for some Halloween fun. Residents and pre-schoolers made sticker monsters and gave each other temporary tattoos! We continued the fun during our own Halloween Social. You can enjoy our stained-glass leaves hanging throughout the building.

November is here and we are gearing up for magical holidays! This is a wonderful time of year to remember and honor those dear to us. We will host a Memorial Service, Veteran's Day Service and a table at the Walk to End Alzheimer's Walk. Details for these events are on the next page.

We also hope you and yours will join us for the OLOH Family Feast. You can purchase tickets and enjoy a delicious lunch served by OLOH staff.

Nuckols Farm Elementary will showcase their students' artwork in our Sullivan Center and Terry & Friends will be back for another riveting Drum Circle!

We look forward to spending time with you and hope to see you at all the fun events we have planned.

### Our Lady of Hope Fall Feast

Gather the family for a wonderful lunch at OLOH!

November 27th, 2024

12:00pm-1:30pm

Tickets are \$25 adults/ \$10 children under 10yrs

RSVP to reception by November 12th

**First come first serve. Space is limited.**



### December Quarter Store

The Life Enrichment Department is collecting new or gently used items to put in the December Quarter Store!

Residents will have the opportunity to visit the store, purchase items for .25 each and have them wrapped for loved ones' Christmas presents.

Items for the Quarter Store can be left at the reception desk or with any LE staff member by December 6th, 2024.

### Walk to End Alzheimer's Disease

November 9, 2024

Opening Ceremony 9:30 a.m.

Walk Begins 10:00 a.m.

City Stadium

3201 Maplewood Ave, Richmond, VA 23221

OLOH will host a table. Family members are welcome to bring residents and enjoy the festivities!

### Save the December Dates:

December 7- Holiday Bazaar

December 8- Nutcracker Suite and Open House

December 17- Ladies Holiday Tea



Honoring All Who Served

### Veteran's Service

Wednesday, November 13, 2024

3 pm in the OLOH Chapel

Reception to follow in the Sullivan Center







# Diabetes Awareness Month

## A note from Powerback Rehab:

Managing an active lifestyle is crucial for those with diabetes. Regular physical activity can help control blood sugar levels, improve insulin sensitivity, and reduce the risk of complications. Integrating occupational, physical, and speech therapy can ultimately result in a healthier, more active lifestyle. Your Powerback Rehab therapists have the knowledge and ability to help you do just that. Here are some ways that they can be utilized:

### Occupational Therapy:

**Daily Routines:** We can help you prioritize important tasks and create routines and integrate strategies that balance activity with rest.

**Adaptive Strategies:** Provide strategies for managing changes in vision, endurance, sensation, and dexterity (Is it hard to open containers, pick up medication or coins, test your blood sugar?)

**Bladder Health:** Addressing leakage or incontinence issues can enhance overall quality of life.

### Physical Therapy

**Mobility, Strength and Flexibility:** Focused exercises can enhance mobility and flexibility, making everyday activities easier.

**Chronic Pain Management:** Targeted strategies can alleviate pain associated with diabetes, leading to improved sleep and reduced fall risk

### Speech Therapy

**Cognitive Support:** If cognitive changes arise, speech therapy can help maintain communication skills and cognitive function.

Please reach out to your Powerback Rehab team at ext.248 if you would like to discuss ways we can help you reach your health goals.



## Happy Birthday!

11/3 Gentry B.

11/9 Sunny U.

11/13 Doris D.

11/17 Chuck M.

11/20 Lois E.

11/21 Betty W.

11/21 Marianna B.

11.21 Norma H.

11/22 Gloria T.

11/22 Joseph S.

11/24 John K.

11/26 Nancy W.

*Recipe:* \_\_\_\_\_ Katie's Favorite Cranberry Dressing  
From the kitchen of: \_\_\_\_\_ Katie Carter

## *Ingredients*

14 oz can whole cranberries

14 oz can jellied cranberries

1/2 can pineapple chunks

1/2 c. celery chopped

1/2 c. walnuts

## *Directions*

Saving some juice, drain pine-

apple chunks and half each

chunk. Chop celery.

Mix well ingredients well hold-

ing walnuts until just before

serving. Refrigerate.

Serve cold.

If you try it, I'd love to hear how you liked it!

Warm Thanksgiving Wishes,

*Katie*

# How can we help?

### **Joe Catrambone -Ext. 111**

Executive Director

jcatrambone@ourladyofhope.com

### **Annemarie Neville-Ext. 117**

Assisted Living Administrator

anewille@ourladyofhope.com

### **Melissa Smith-Ext. 112**

Community Relations Coordinator

msmith@ourladyofhope.com

### **Bob Odom- Ext. 228**

Director of Pastoral Care

rodome@ourladyofhope.com

### **Katie Carter-Ext. 126**

Director of Life Enrichment

kcarter@ourladyofhope.com

### **Jenna Swann - Ext. 113**

Director of Marketing & Admissions

jswann@ourladyofhope.com

### **Courtney Carroll-Ext.-248**

Director of Rehab

courtney.carroll@powerbackrehab.com

### **Bryan Torres -Ext.-270**

Director of Talent Development

btorres@ourladyofhope.com

### **Delorese Kendrick -Ext. 234**

Director of Social Services

dkendrick@ourladyofhope.com

### **Darlene Ashley-Ext. 115**

Business Office Manager

dashley@ourladyofhope.com

### **Cheryl Hardy-Ext. 238**

Director of Nursing

Nursing Center

chardy@ourladyofhope.com

### **Russell Roach-Ext 116**

Director of Food Service

rroach@ourladyofhope.com

### **Willie Burns- Ext 118**

Director of Environmental Service

wburns@ourladyofhope.com

### **Kim Jacobs-Ext. 131**

Director of Nursing

Christopher Center

& Assisted Living

kjacobs@ourladyofhope.com





Jenna and Melissa taking advantage of the cutest Halloween photo op!



Jean and daughter Kim having some festive fun.



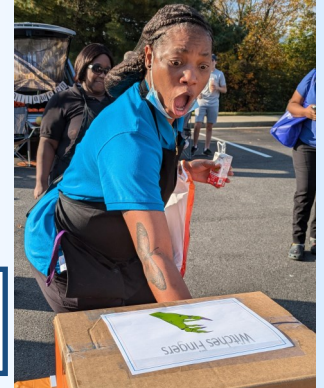
Raychel helping Regena pick the perfect pumpkin.



Connie and Barbara are all smiles after ice cream on the lunch outing!



Best friends, Lois and Audrey did great during Paint N Sip class with Katie.



Tammy's reaction to the blind box containing "witch's fingers"

# October Fun!



Kay and Grace have fun painting.



Alice and friends from La Petite are enjoying a chat.



Helen found Minnie Mouse!



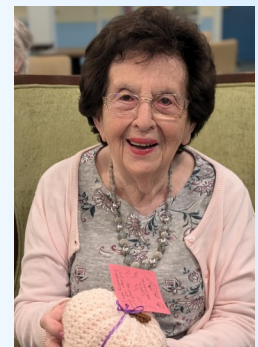
Rose Marie and Grace enjoyed the VMFA display with fresh flower arrangements.



Betty and Marge getting creative during Paint n Sip class.



Katie and Paul at Pelican Joe's Donut Stand. YUM!



Vivian showing off her beautiful crocheted pumpkin gift.

# Thanksgiving

WORD SEARCH

R	U	G	Z	L	L	G	N	I	F	F	U	T	S	F
S	U	N	P	W	U	F	R	T	G	Q	D	E	A	S
E	B	I	L	U	M	F	U	A	F	Z	I	L	E	R
V	A	V	S	T	M	R	K	H	T	R	L	O	J	E
S	E	I	H	W	K	P	C	N	R	I	T	D	T	H
M	H	G	T	E	E	D	K	E	A	A	T	Y	R	T
I	O	S	Y	Q	J	E	B	I	T	H	L	U	A	A
R	L	K	Z	X	U	N	T	O	N	N	T	X	D	G
G	I	N	A	B	A	E	P	O	F	Q	P	H	I	E
L	D	A	V	R	L	X	V	F	E	A	S	T	T	C
I	A	H	C	B	S	E	Y	L	I	M	A	F	I	O
P	Y	T	B	H	M	A	G	E	U	D	D	S	O	R
O	T	O	P	B	P	L	Y	M	O	U	T	H	N	N
U	G	L	E	E	I	P	I	R	I	M	H	Q	B	T
C	O	R	N	U	C	O	P	I	A	J	Z	R	B	Y

FALL

GATHER

HOLIDAY

PILGRIMS

PUMPKIN

CORN

FEAST

THANKFUL

TURKEY

CORNUCOPIA

FAMILY

GOBBLE

GRATITUDE

PIE

NOVEMBER

PLYMOUTH

STUFFING

THANKSGIVING

CRANBERRIES

POTATOES

TRADITION

