

# Our Lady of Hope Health Center

Assisted Living • Memory Care • Intermediate & Skilled Nursing Center

13700 North Gayton Road • Richmond, Virginia 23233 • ourladyofhope.com • 804-360-1960

# Autumn Outings

*"Fall is my favorite season!"* It's something we hear from many residents every year. The colorful leaves and crisp, autumn air draw us to the great outdoors. Two of our early fall outings included a visit to Tom Leonard's Farmers Market and a boat tour of the James River and Kanawha Canal.



Activity Coordinator Rebecca Rinaldo (above) and Alice Smith (also pictured at right) choose their gourd goodies at Leonard's.



The treasures that our group found at Tom Leonard's included classic jack-o'-lanterns and specialty pumpkins and gourds of all sizes.



Great weather had residents smiling during the 40-minute, narrated boat tour that followed Richmond's historic Canal Walk.



Stephanie Gately



# Alpaca Meet-and-Greet

Meadowgate Alpacas, a 10-acre farm located in Beaverdam, Virginia, brought their amazing animal “ambassadors” to Our Lady of Hope on National Alpaca Day. These shy yet curious animals were an instant hit, lighting up the faces of residents who came outside to meet their new, woolly friends. The visit was part of Meadowgate’s Alpaca Therapy Program, which brings these friendly critters to organizations that support veterans, children’s nonprofit groups, and assisted living communities like ours.



*Maura Faust (above), and Bob Gloeckl (right) spend quality time with the friendly alpacas.*



*Machele Guin can't resist a hug from one outgoing alpaca.*



*Jane Burian has a blast with her new four-legged friend.*



*Flo Goolsby flanked by two alpacas gets a close look and a soft touch!*



# Ageism Unmasked Author Inspires Audience

On Thursday, September 29, Our Lady of Hope and our sister community St. Mary's Woods co-hosted a unique educational program for the public with Dr. Tracey Gendron, chair of VCU's Department of Gerontology.

Dr. Gendron discussed topics covered in her new book, *Ageism Unmasked: Exploring Age Bias and How to End It*. She challenged the group to recognize age-based stereotypes and discrimination, while sharing strategies to help create an anti-ageist society. Following the talk, Dr. Gendron was happy to answer questions from the audience and sign copies of her book.

A special thank you to St. Mary's Catholic Church who generously provided their Upper Commons room for our event.

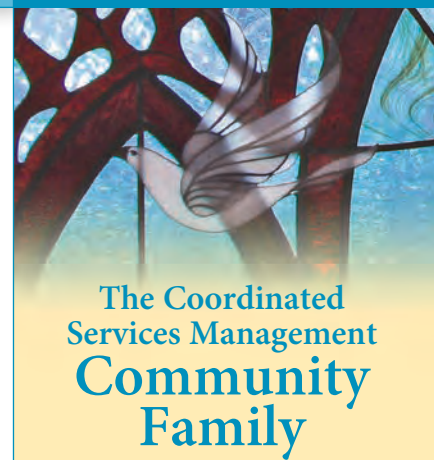


*Attendees take notes during Dr. Gendron's valuable presentation at St. Mary's Catholic Church.*

*Our Lady of Hope hosted an on-site champagne brunch the next morning for residents and friends who were unable to attend the evening program. Dr. Gendron shared additional thoughts from her book and graciously spent time signing books for guests.*



*St. Mary's Woods' Roslyn Oliveri (left) and Our Lady of Hope's Connie Salinas (center) pose with speaker/author Dr. Gendron.*



## The Coordinated Services Management Community Family

**Chesterbrook Residences**  
*Residential Living, Assisted Living*  
Falls Church, Virginia • 703-531-0781

**Marian Manor**  
*Assisted Living, Intensive Assisted Living*  
Virginia Beach, Virginia • 757-456-5018

**Mennowood**  
*Independent Living, Assisted Living, Memory Care*  
Newport News, Virginia • 757-249-0355

**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 • 804-741-8624

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



# A Taste of the Tropics

Residents and team members enjoyed a visit from Kona Ice, courtesy of our friends at Serenity First Hospice. The delicious, snow-cone treats were a nice surprise on an unseasonably warm day!

*John and Peggy Schmid  
chatted with Serenity  
First Community  
Liaison Daphne Marshall  
on the front porch.*



*Worth the wait!  
Residents and staff  
wait their turn for a  
tasty treat.*



***The holidays are  
right around the corner!***

Drop off your canned food donations for the Young Vincentians November 1st through 20th, and join us in supporting Commonwealth Catholic Charities' "Socks for Seniors" drive in December.

Watch our Facebook page (Facebook.com/OurLadyofHopeRVA) for details on upcoming family festivities. You can also email Connie Salinas at [csalinas@ourladyofhope.com](mailto:csalinas@ourladyofhope.com) to join our email newsletter list.



Our Lady of Hope is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.  
© Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981.



*Our Lady of Hope*  
HEALTH CENTER

13700 North Gayton Road  
Richmond, Virginia 23233

*Offering Assisted Living, Memory Care,  
Intermediate & Skilled Nursing Care*

