



# St. Mary's WOODS

RETIREMENT  
COMMUNITY

Winter  
2019~2020

1257 Marywood Lane • Richmond, Virginia 23229 • stmaryswoods.com • 804/741-8624

# The Dimensions of Wellness

The dimensions of wellness are *physical, intellectual, emotional, social and spiritual.*

No matter where you live, or the age you have attained, the pursuit of wellness is an ongoing process. At St. Mary's Woods we strive to provide opportunities for residents to engage in activities that promote well-being in all these dimensions.

*The dining room is the social hub of the community – just like the kitchen at home. Healthy eating is very easy at St. Mary's Woods. A team of skilled professionals plan and prepare meals offering many items to choose from and no dishes for you to do! If you enjoy cooking occasionally, each apartment has a kitchen with a full size refrigerator and a stove. Spacious apartments allow residents to entertain on their own, or if they wish, to order from a special catering menu.*



*Exercising for at least 30 minutes three times a week can make a difference in your strength, flexibility and endurance. St. Mary's Woods residents have many exercise options – seated exercise classes, yoga, balance training conducted by Genesis Rehabilitation Services, and Ageless Grace, a cutting-edge fitness class that promotes neuroplasticity. Some residents even attend local gyms.*



# Focusing on Well-being at St. Mary's Woods



Marilyn Hembrick

## Emotional

At St. Mary's Woods we care for the families of our residents, too. Marilyn Hembrick from Christian Counseling Associates facilitates a monthly support group meeting for anyone, of any age, who is in a caregiving role.

## Social

Staying involved with others helps avoid the feelings of isolation and loneliness that can be a threat to elders who live alone. Sharing your stories with peers and hearing their stories can be the foundation of new friendships. Participating in games, trips and celebrating with others is not only fun, these activities also enhance the feeling of belonging to community.



# Intellectual

Joining a book club, learning to play a new game, attending a poetry class or lecture, visiting a museum and attending a concert or movie are some activities offered at St. Mary's Woods that stimulate the brain and allow you to grow in knowledge, experience and confidence.

Because creativity lies within every person, there are many ways to explore artistic activities – painting, pottery, jewelry design, yarn club, abstract art and many types of crafting.



# Spiritual

At St. Mary's Woods we honor "elderhood" as a distinct stage of life during which the wisdom, memories and relationships with others, and with God, have a space for growth and development which may not have been available during the hectic years of family, career or caregiving activities. While we understand residents' spiritual lives may have been life-long and vibrant, we see life in community here as offering opportunities to keep growing spiritually right up until our last breath. Prayer, worship, fellowship, Bible study and pastoral care can all be integral to what it means to bring our whole selves into a rich and deepening connection with our Creator and those within the community. Without any pressure, residents of all faiths may choose, or not choose, to participate in these programs. At St. Mary's Woods we are committed to caring for the whole person.

**Nancy Waldo**  
Director of Pastoral Services



## The Coordinated Services Management Community Family

### Our Lady of the Valley

*Assisted Living,  
Intermediate & Skilled Nursing Center*  
Roanoke, Virginia • 540/345-5111

### Our Lady of Hope

*Assisted Living, Alzheimer's Center,  
Intermediate & Skilled Nursing Center*  
Richmond, Virginia • 804/360-1960

### Our Lady of Peace

*Residential Living, Assisted Living,  
Nursing Center, Alzheimer's Center*  
Charlottesville, Virginia • 434/973-1155

### Our Lady of Perpetual Help

*Extensive Assisted Living,  
Alzheimer's Center, Nursing Center*  
Virginia Beach, Virginia • 757/495-4211

### Potomac Place

*Assisted Living,  
Enhanced Assisted Living,  
Alzheimer's and Dementia Center,*  
Woodbridge, Virginia • 703/494-3817

### Tall Oaks at Reston

*Assisted Living, Alzheimer's Center*  
Reston, Virginia  
Admissions 703/834-5424  
Administration 703/834-9800

### Marian Manor

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

### Dunlop House

*Assisted Living, Alzheimer's Center*  
Colonial Heights, Virginia • 804/520-0050

### Chesterbrook Residences

*Assisted Living*  
Falls Church, Virginia • 703/531-0781

### Mennowood

*Independent Living, Assisted Living,  
Memory Care*  
Newport News, Virginia • 757/269-4254

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# Please Join Us For Our Upcoming Events

*The Men's Club Breakfast Buffet is the last Friday of each month.  
Please call 804-741-8624 for more information and to make reservations.*

## March

**12th** ~ Family Happy Hour  
and Trivia Contest

**17th** ~ St. Patrick's Day  
Celebration

**26th** ~ Sock Hop

## April

**5th** ~ Annual Easter Egg Hunt

**17th** ~ OMA Art Show  
and Reception

**25th** ~ Community Shredding Event

## May

**8th** ~ Mother's Day Luncheon

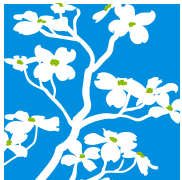
**17th** ~ "The Taffetas" at Glen Allen  
Cultural Arts Center

**26th** ~ Opening Night for the Summer  
Concert Series

*Please call Rhonda Fogleman or Nan Pascal at 804/741-8624  
for information on any of these events or to RSVP.*



St. Mary's Woods is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond. © Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981.



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*Exceptional* Living,  
Without Exception.

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