

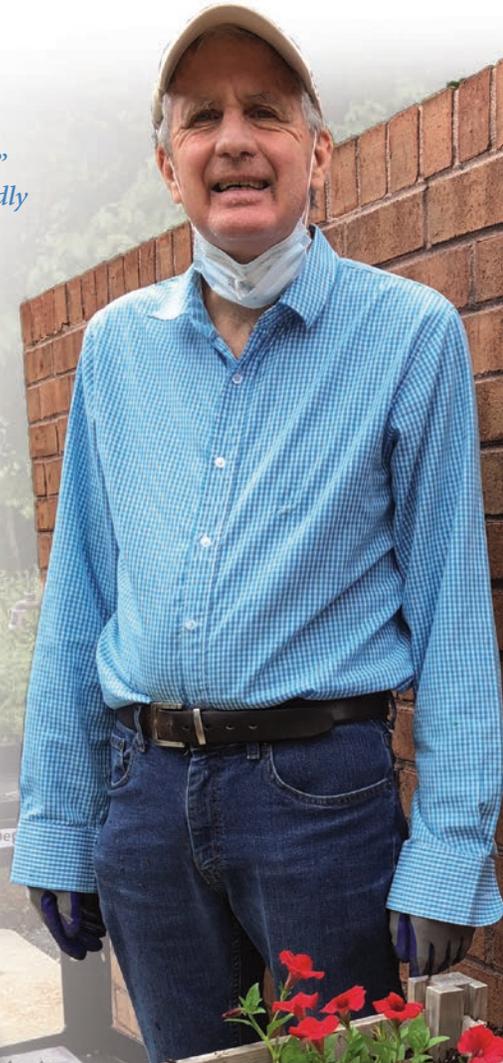
# St. Mary's WOODS

RETIREMENT  
COMMUNITY

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

## A Classic Hobby takes Root

*William "Bick"  
Bickerstaff proudly  
shows off his  
newest plants.*



Our residents have been flexing their green thumbs lately. Garden Club members have been busy nurturing pansies and other annual flowers in raised beds on our back patio. They've also been growing a variety of herbs that our dining staff has incorporated into our lunch and dinner menus. The garden space – located just outside of the dining room – has become a popular after-dinner gathering spot to visit with friends and see what's blooming.

*Bill Glasser and Marcia  
Gillespie aren't afraid to  
get their hands dirty in  
their garden spaces.*



*Markers note our  
hardworking residents  
caring for each flower  
bed and also label our  
fresh herbs.*



# Introducing TSOLife

*Technology designed  
to enrich the lives of our residents!*

We are committed to enhancing our residents' quality of life, which is why we are thrilled to partner with TSOLife to leverage the power of technology to deliver purpose-driven programming and individualized experiences to our residents.

We begin with one-on-one interviews where we gain a deeper understanding of each resident so we can tailor their experience at St. Mary's Woods. Information is collected in a digital profile and used to connect residents to what is meaningful to them – including favorite activities, residents with similar interests, and even reminders when their favorite sports team plays!

From personal preferences to hobbies and activities, each person's interests are unique. We get to know each person on an individual level and use these insights to create a fulfilling life at St. Mary's Woods.

To learn more about our new partnership with TSOLife, please visit [stmaryswoods.com/tsolife](http://stmaryswoods.com/tsolife) or call us today!



## Flavors to Savor

What do flatbread pizzas, crêpes, and Philly cheesesteaks have in common? They've all been featured in our recent Cooking with Chef Erin activities! Combining food and fun, these popular events have been a blast for residents interested in learning about new flavors, cooking techniques, and culinary history. Residents can't decide what they like best – making new foods or eating them!



*Pictured left to right:  
Marie Uhrig, Sylvia Ball,  
Linda Cameron, and  
Mike Pastore.*



*From left to right:  
John Martin, Director of  
Activities and Food Service  
Erin Kelly, and Judy Funk.*

# Safety Reimagined

## Continuing to protect our residents

*Times change, but not our commitment to your loved ones.*

Our first priority has always been – and will always remain – to protect the health and safety of our residents and staff. We are committed to keeping our community clean and safe, which is why we are continuously enhancing our sanitation protocols and life safety programs as improved technology and new information become available.

Here are a few of the protection features and infection control protocols, both new and old, that help us safeguard our residents' and team members' comprehensive well-being:

- **New! Patented Bipolar Ionization Technology** that safely cleans indoor air and reduces infectivity of certain viruses by more than 90% by creating and releasing ions into the airstream. These ions attach to particles (such as dust, dander, pollen, smoke, and even pathogens such as mold, viruses, and bacteria) and become larger, making them more easily filtered. The technology delivers indoor air that is free of ozone and other harmful byproducts, thereby lowering our carbon footprint while reducing airborne particulates, odors, and pathogens.
- **Our Specialized Infection Control and Prevention Team** continues to monitor and implement all guidance and recommendations from local, state, and national health agencies.
- **Continued utilization of innovative electrostatic spray technology** such as Clorox Total 360® to kill COVID-19 (on hard, nonporous surfaces), cold and flu viruses, norovirus, MRSA, and more than 40 additional pathogens.
- **Implementation of additional touchless technology** throughout the community, including entrances and restrooms.
- **Refined protocols** for storage and distribution of personal protective equipment (“PPE”).
- **Continued screenings for all staff and visitors** entering the community (temperature taken, travel and symptom questions, etc.).
- **Our Physical/Life Safety Programs and Systems** remain a critical component of our commitment to comprehensive safety, including but not limited to fire suppression and sprinkler systems, a full-building generator, security cameras and secure entrances/exits, and pull cords in every resident apartment.

### The Coordinated Services Management Community Family

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

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



# Celebrating Our Dads

The Father's Day celebration at St. Mary's Woods was a huge hit with residents and their loved ones. Families enjoyed a hearty lunch with a classic summer menu. Choices included the St. Mary's Woods Burger, Texas Roadhouse Burger, and – last but not least – the Big

Daddy Burger, all served with seasoned potato wedges and their favorite fixings. Yum! No one left hungry – just ready for an afternoon nap! It was a delight for the St. Mary's Woods team to see so many resident dads sharing a meal with those they love most.

*Left to right:  
Marc Yeaker,  
Ben Scafidi,  
Bill Murphy, and  
John Martin.*



*Tom Sampson (seated)  
with his daughter-in-law  
Zinie (left), son Craig,  
and daughter Kay.*



*Charles McIntyre (seated)  
with his son Chuck (left), daughter  
Kathy, and son-in-law Dave.*



*Our artful  
Father's  
Day table  
setting!*



St. Mary's Woods is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.  
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WOODS**  
RETIREMENT  
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*Exceptional* Living,  
Without Exception.

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