



St. Mary's WOODS

RETIREMENT
COMMUNITY

Winter
2021/22

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

Reasons to Love St. Mary's Woods



Joan Mackay designs, cuts, and glues dozens of heart-shaped ornaments.

We recently asked our residents, families, and team members to answer this question: "What do you love about St. Mary's Woods?" The answers we received were as plentiful and diverse as the people who call our community home.

Our "reasons" were featured on handmade ornaments created by some of our crafty residents. These were displayed anonymously on our Valentine's Tree in the lobby for all to enjoy throughout February.

A few of our favorites included:

"There is a friendly team whose goal is to keep us safe and healthy, and residents who make you feel like family as soon as you walk in the door."

"There's nothing I don't love about St. Mary's Woods... it's a wonderful place."

"Our pastoral counselor and a beautiful chapel to worship and practice our faith."

To read more "Reasons to Love St. Mary's Woods" or to submit your own, visit stmaryswoods.com/love!



Jeanette Coursey is busy crafting the "Reason To Love" tree cards.



Opening Minds through Art

Lively, Vibrant, Creative, and Inspiring

For six years, St. Mary's Woods residents have enjoyed working on unique abstract art pieces in classes where they partnered with university students through Opening Minds through Art (OMA), one of many opportunities provided by Art for the Journey. Though the pandemic hindered all in-person activities, OMA program continued in a virtual format. Face-to-face via technology, resident artists continued creating amazing art and developing meaningful, intergenerational relationships even when we could not be together physically. In February, a private showing was held to display the art of three residents who have participated OMA since it was introduced at St. Mary's Woods in 2016. This exhibit, sponsored by the Virginia General Assembly, was titled "Special Art by Special People" and includes work done by non-traditional artists.

Standing from left: Jamie Wigginton, Program Director at Art for the Journey; Cindy Paullin, Executive Director at Art for the Journey; Jason Waller, St. Mary's Woods Director of Maintenance and OMA Facilitator; and Nan Pascal, St. Mary's Woods Director of Special Projects.

Seated from left: Mrs. Frances Ankofski, Mrs. Barbara Thornton, and Mrs. Helen Zachwieja—our accomplished OMA artists!



Residents work on their latest OMA creations.



All in the Family

We often say that St. Mary's Woods feels like one big family. For the Rices, they really are family – with each other and with us!

The entire Rice clan – Tracy (Mom), Robbie (Dad), and daughters Alyssa, Caroline, Mary Rachel, Emilee, and Eva — have contributed their talents to St. Mary's Woods. It began with Alyssa, who joined the dining room team in high school. Sister Caroline joined her shortly after, followed by Mary Rachel. Never one to miss out on the fun, Tracy joined her kids, helping at the front desk, in the marketing department, and as a van driver. Robbie, who enjoys woodworking, volunteered his talents to create our 2021 Advent Tree and is planning to offer a class for residents. Youngest daughter Eva is always excited to volunteer and visit with residents.

Due to the family's other jobs and college classes, they are rarely all seen visiting together. But you can always count on seeing Caroline (who is now our Assistant Food Service Director) serving up great food in the dining room and laughs at special events.

This wonderful family has been a gift to our community, and for that we are especially grateful.

Caroline Rice, pictured at several community events, wears many hats (and sometimes a colorful wig!)



The Rice Family at Christmas with Santa. Back row, left to right: Robbie, Mary Rachel, Santa, and Emilee. Front row, left to right: Tracy, Eva, Caroline, and Alyssa.



The Coordinated Services Management Community Family

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



Visiting Physicians

Building Relationships and Enhancing Resident Care

Did you know? Beyond our amazing on-site nurses, our residents enjoy the convenience of visiting medical professionals to support their health and well-being. Dr. Syed Rehman and Laura Kreisa, FNP-BC, both with Legacy Care, have established strong relationships with their St. Mary's Woods patients over three years of regular visits.



Dr. Rehman is Board-certified in Internal Medicine and has been a practicing geriatrician for over a decade. He is a graduate of Dow Medical College and Civil Hospital. When he is not caring for patients, Dr. Rehman enjoys music, reading, and playing chess.

Laura Kreisa is an experienced nurse practitioner who has delivered care to patients at VCU Health for 34 years. She has a Masters in Nursing from VCU. In her free time, Laura enjoys trips to Virginia Beach with her husband.



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Exceptional Living,
Without Exception.

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