



St. Mary's WOODS

RETIREMENT
COMMUNITY

Spring
2022

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

A Century in the Making

Nancye, a true baseball fan who counts strikes when she watches games, poses with Nutzy the Richmond Flying Squirrels mascot during his 2019 visit to St. Mary's Woods.



Nancye is all smiles on her 100th birthday.



What do Reader's Digest magazine, water skiing, Norman Lear, the Hollywood Bowl, and Nancye Rhodenhiser have in common? They are all an amazing 100 years young!

Of all these wonderful people, places, and things, our favorite by far is Miss Nancye, who is not only a new centenarian, but has held the title of St. Mary's Woods resident for 17 wonderful years. An avid reader, Nancye enjoys participating in our book club as well as joining exercise classes. She is also a former teacher and a member of Grace Baptist Church. Her family includes four children, nine grandchildren, and four great-grandchildren!

Nancye recently celebrated her milestone birthday with flowers, balloons, cake, and fun with her friends and family. When asked about the secret to her longevity, she said "My faith and a living God have kept me the way I am."

Nancye is all smiles with her daughter, Linda, at a Mother's Day meal.



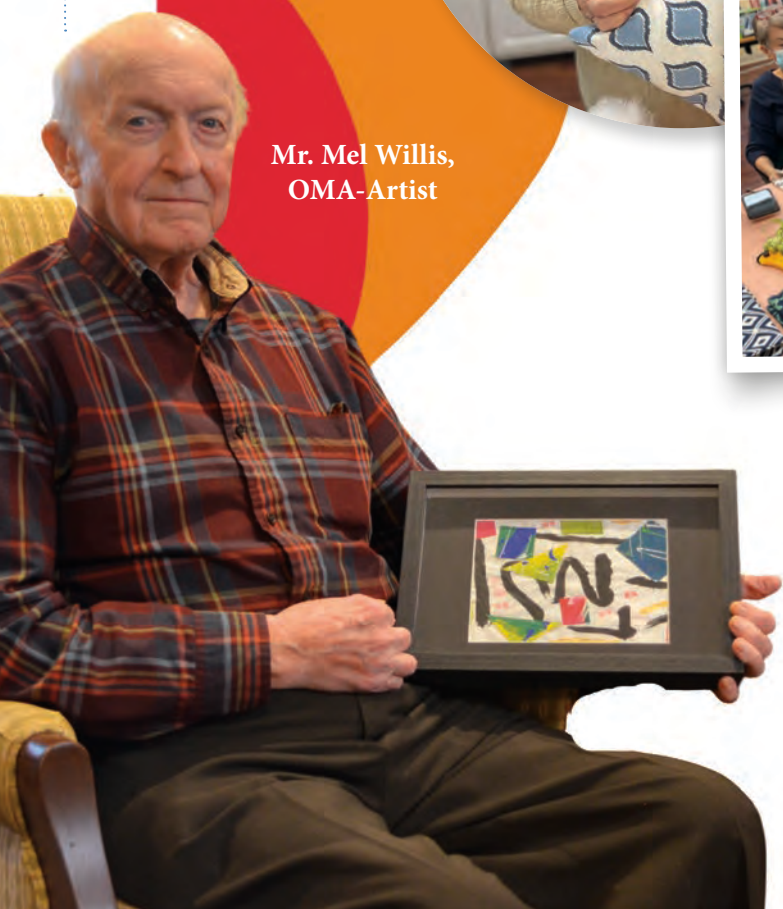
A family affair! Nancye, in green, surrounded by her loved ones at her 80th birthday bash.

Mastering the Art of Art!

Ralph Waldo Emerson once said, “Every artist was first an amateur.” This is true for many of our residents as they begin their artistic endeavors later in life. Our “amateur artists” quickly become true experts, however, as they acquire new skills and discover hidden talents through our many art classes.

Opening Minds through Art

Also known simply as “OMA,” this award-winning, intergenerational art-making program connects seniors and volunteers to create one-of-a-kind, abstract works. With support from our local partner, Art for the Journey, this program provides failure-free opportunities for creative self-expression and socialization. Even during the pandemic, OMA continued virtually, allowing us to continue a six-year tradition of nurturing our budding artists!



Mr. Mel Willis,
OMA-Artist



A New Face and Fresh Perspectives

There is a new teacher inspiring the residents of St. Mary’s Woods: Activity Coordinator Curtis Sutphin. The Richmond native brings a wealth of teaching experience and artistic ability to his role, and we are thrilled to have him!

When asked about how he chooses projects, Curtis states, “I just do what I think they would enjoy, because I do!”

Curtis’s interactive, hands-on instruction has introduced us to a myriad of new techniques and mediums, as well as helping us to hone existing skills. His classes have included still-life drawing, watercolor painting, and sewing, just to name a few. He has also taught us how to make handmade paper art out of shredded recyclables and dried plants. Curtis also exercises his green thumb by helping our Garden Club residents with their projects on the back patio.



Millie Canonico is excited about her latest sewing project.



Miki Aalseth (left) and Betty Stroop (far right) work to cut fabric pieces with Paulita Dudley.

Pillow perfection! Maggie Quinlan poses with her finished accent pillow.



Image used courtesy of Art for the Journey

The Coordinated Services Management Community Family

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Our gallery wall displayed the many impressive works of our OMA artists.

Margaret Ross receives hands-on instruction from Curtis during watercolor class.

Mrs. Barbara Thornton,
OMA-Artist

Margaret Ross (left) and Eleanor Becker get lost in their watercolor landscapes.



Image used courtesy of Art for the Journey



Spring Fling!

The sounds of spring were resonating across our campus on a beautiful June evening as we celebrated our Spring Fling. Live entertainment was provided by Roger D. Carroll and The Stable Geniuses to the cheers of all.

Residents and guests also enjoyed assorted beverages, charcuterie-style hors d'oeuvres, fresh fruit kabobs, and corned-beef brisket sliders, while mingling with new friends and neighbors. The experience really put a spring in our step!



Dallas Allen (in pink) listens to the music with her family.



From left: Molly Fretwell, Jane Burge and her daughter Cindy Rhodes, and Margaret Ross.



Ralph Pupo (center) and his loved ones are all smiles as they enjoy the food and fun!



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Without Exception.

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