



St. Mary's WOODS

RETIREMENT
COMMUNITY

Summer
2022

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



The Bugle Boy of St. Mary's Woods

At his 90th birthday party this summer, Mike Pastore showed off a unique talent: his bugle playing skills! A family heirloom, the bugle first belonged to Mike's father during World War I. Mike's niece brought it to a family visit and announced, "It doesn't work!" Without missing a beat, Mike picked it up and began to play. Mike, who now owns the bugle, will treat friends and family to a rendition of Taps on special occasions and veteran celebrations. His version of the patriotic tune can be found on our Facebook page (facebook.com/stmaryswoods).

Originally from New Jersey, Mike moved to Richmond at a young age and attended St. Patrick's School in the Church Hill neighborhood. He served in the Army during the Korean Conflict and married his wife, Barbara, upon his return in 1955. The two now enjoy a lifestyle full of the things they love—including music and treasured keepsakes—at St. Mary's Woods.



The couple joined Mike's sister, Natalie (in pink), at St. Mary's Woods nearly a decade after she became a resident.



Mike, joined by his son, David Pastore, at a special meal in the community room.



Say "Cheese" (and Pepperoni)!

To welcome some new gentlemen to St. Mary's Woods, we threw a Men's Pizza Party!

New resident Howard Yoder recently moved from Pennsylvania to be closer to family. The party gave him an opportunity to get acquainted with many neighbors and team members.

David Thomas, our new Assistant Food Service Director, impressed our group of guys with his freshly baked pizza and made-from-scratch zucchini bread as a special surprise dessert.

Howard Yoder smiles beside Erin Kelly, Director of Life Enrichment.

Background music from the 40s and 50s gave our activity room a diner-like feel as pizza slices disappeared and cold beers were sipped. The men were excited to grab a candy bar as a parting gift on the way out (and some lucky ones snagged two)!

The impromptu celebration was such a hit, it will now be a monthly Men's Group calendar addition!



David Thomas showed off his pizza-making skills.



The Honorable Thomas Bliley (on left) and Ralph Pupo say "cheers!"

Director of Maintenance Jason Waller (center), and Paul Gauvin chat with Director of Admissions & Marketing Rhonda Fogleman (standing).





When is it the right time to consider assisted living?

*By Jotanya "JT" Belton,
St. Mary's Woods Administrator*

Team Member Since 2011

After many years working with seniors and their families, I understand how difficult it can be to determine the "right time" to move to a senior living community. Here are some questions to help determine if a loved one is ready for an assisted living community like St. Mary's Woods.

1. Is your loved one eating fresh, nutritious meals?
2. Are they wearing clean clothes and able to do their own laundry?
3. Are medications being taken as prescribed?
4. Are they fully engaged in the activities they have enjoyed over the years (special hobbies, church attendance, etc.)?
5. Are they maintaining friendships and spending time socializing?
6. Have they continued to maintain their home and their yard?
7. Are bills and financial needs taken care of accurately and on time?
8. Do they have a plan in place for an emergency, such as a fall?
9. Is their joy and zest for life remaining constant?

Answering "no" to one question is understandable for most of us. Answering "no" to two or more may indicate that it's time for the care and friendships that are found in an assisted living community. From healthy, delicious meals and medication management, to engaging activities and social support, it can all be found in the Exceptional Living lifestyle provided at St. Mary's Woods.

If you or someone you know is ready to learn more, contact our friendly team. We are here to serve as your resource for all things senior living!



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Genesis Rehab Services is Now Powerback Rehabilitation

With over 36 years of success and expertise, Genesis Rehab—our community's on-site provider of physical, occupational, and speech therapy—is refreshing their brand to better reflect the scope of services they provide. They will soon be known as **Powerback Rehabilitation**. The name change reflects their commitment to wellness and their mission to help patients get their power back. Residents can expect the same quality care from the same friendly therapists. A full transition to the new branding is expected by January 2023. To learn more, visit www.powerbackrehab.com.



Powerback
Therapy Manager
Patti Jo Keeler assists
Mariana Bastain as
she works on the
recumbent stepper.



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Without Exception.

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