



St. Mary's WOODS

RETIREMENT
COMMUNITY

FALL
2022

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

A Thirst for Art and Adventure

Her two children, traveling, and art. These are the passions and top priorities of resident Miki Aalseth. Born in New York City and raised in New Jersey, she has experienced life all over the world. When she moved to Virginia with her parents at age 12, she realized that the world was bigger than she knew... and she wanted to see it all! Miki enjoyed many travels with her husband and went to even more places as a young widow. She has been to Africa, Iceland, India, Bali, China, Japan, Guam, Vietnam, New Zealand, Mexico, Canada, the Hawaiian island of Kauai, and many other U.S. states.

When asked about her jet-setting lifestyle, she said, "If a door opens, I look in to check it out, and if it looks good, then I go!"

As an artist as well as a travel enthusiast, she is inspired by the many cultures she has experienced. Not only are her stories fascinating, so are the many museum-quality art pieces she has created and collected. Elephants, which she saw during her time in Africa and India, are one of her favorite subjects.



Miki fondly remembers her visit to Iceland, where she watched the penguins walk and play for hours.



Miki poses with many elephants that adorn her apartment.



Miki's apartment is an art gallery of artifacts and paintings acquired and created during her many travels.





An Apple (Pie) a Day...

Have you been lucky enough to taste a decadent baked good at St. Mary's Woods recently? If you have, it was prepared by our new Assistant Food Service Director, David Thomas. With nearly a decade of dining experience in the retirement industry, David has become a skillful chef and a master baker. He truly has it down to a science!

Apple pies are just one of David's delectable pastries that residents have enjoyed. He plans to continue adding more scratch-made baked goods to the menu, which is sure to keep our mouths watering in all seasons!

From raw ingredients to a delightful fall treat, David's pies can't be beat.



Jane Burge (center) with her daughters Cindy Rhodes (on left) and Susan Walls.



Jan Shaughnessy with her daughter, Lissa Allen.



Marcia Gillespie and her son-in-law, Page Moffatt.



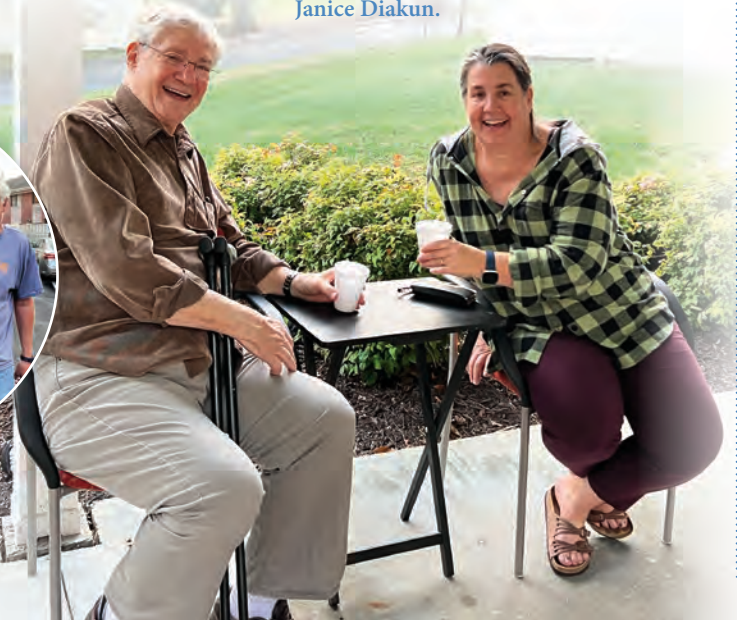
Monica Radakovich and her mother, Dorothy Zeck (above) snack on s'mores and apple pie on our patio. Frank Clayton (son of resident Helen Clayton) with his grandson enjoy the warm fire pit.



Family Flannel Fest!

Campfire s'mores, Brunswick stew, and hot apple cider provided just a few of the delightful fall flavors at this year's Flannel Fest! Friends and family came out for live music by the Charles Arthur Trio and a chance to make some cool-weather memories. Guests of all ages had a blast while sporting their favorite flannel shirts.

Ralph Pupo and his daughter, Janice Diakun.



Ageism Unmasked Author Inspires Audience

On Thursday, September 29, St. Mary's Woods and our sister community Our Lady of Hope co-hosted a unique educational program for the public with Dr. Tracey Gendron, chair of VCU's Department of Gerontology.

Dr. Gendron discussed topics covered in her new book, *Ageism Unmasked: Exploring Age Bias and How to End It*. She challenged the group to recognize age-based stereotypes and discrimination, while sharing strategies to help create an anti-ageist society. Following the talk, Dr. Gendron was happy to answer questions from the audience and sign copies of her book.

A special thank you to St. Mary's Catholic Church who generously provided their Upper Commons room for our event.

Dr. Gendron conducts a questions & answers session from the many guests in attendance at the Ageism Unmasked presentation.



Attendees take notes during Dr. Gendron's valuable presentation at St. Mary's Catholic Church.



St. Mary's Woods' Roslyn Oliveri (left) and Our Lady of Hope's Connie Salinas (center) pose with speaker/author Dr. Gendron.



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Please Join Us For Our Upcoming Events

Saturday, November 5

Tailgate Party

Thursday, November 10

Family Happy Hour

Sunday, November 13

Good Vibrations Concert

Friday, November 18

Men's Breakfast

Monday, November 28

Christmas Concert at
Sacred Heart Cathedral

**Thursday, December 1 through
Thursday, December 15**

"Socks for Seniors"

Drop off your donations of
new, white socks to benefit
those served by Commonwealth
Catholic Charities.

Friday, December 2

Grand Illumination and
Gingerbread Village

Thursday, December 8

Family Happy Hour

Saturday, December 10

Piano School Recital

Monday, December 12

Heartstrings Choir
Christmas Concert

*Please call Rhonda Fogleman or Roslyn Oliveri at 804-741-8624 for more information
about exceptional living opportunities at St. Mary's Woods.*



Our Lady of Hope is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.
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Exceptional Living,
Without Exception.

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