



St. Mary's WOODS

RETIREMENT
COMMUNITY

WINTER
2022/23

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

The Art of Door Decorating

Challenging times can help creativity flourish. This was the case during the pandemic, when Helen Clayton's family took a plain door and turned it into a canvas for cheer and happiness!

It started at Christmas, when reindeer antlers and stockings turned Helen's apartment door into a festive work of art. The response was so positive, her family decided to decorate her door each month, with each design surpassing the previous.

From a mermaid in June to a tiki bar in July, the creativity began to inspire other residents to join the fun and led to our door decorating contest. As team member Roslyn Oliveri said, "It's like sunshine even on a rainy day. Our staff, residents, and visitors all love to walk the halls looking at the cutely decorated doors!"



Our team was willing to do anything for a treat from Helen's tropical tiki bar!



The Gingerbread City of Richmond

You've surely heard of a gingerbread house—but have you ever seen a gingerbread city? For two months, Food Service Director Erin Kelly and Assistant Food Service Director David Thomas worked tirelessly to create a replica of the City of Richmond's most famous buildings out of gingerbread!

Seventy-five pounds of gingerbread, 30 pounds of pretzels, 20 pounds of sugar, and countless hours later, their feat was complete.



Chef David (left) gets a helping hand from Cook Charles Shaffer.

Some of Richmond's most recognizable landmarks were created, including the Monroe Building, the Science Museum, the CSX railroad bridge crossing, and even the mighty James River. One of the most striking features was the Main Street Train Station clock tower, which David meticulously hand piped. Over 30 sugar cookie trees and 1,000 twinkling lights brought the city to life. The result was truly magical!

Team members David Thomas and Erin Kelly make a great team!





Natalie with her brother and friend, Mike.

A beautiful, blue quilt set – one of countless that she's created – adorns Natalie's bed.



Happy 99th Birthday, Natalie!

As an active and independent 89-year-old, Natalie Johnson chose St. Mary's Woods as her new home. A decade later, Natalie was thrilled to celebrate her 99th birthday on Christmas Day!

One of nine children, Natalie recalls pushing her younger brother, Mike Pastore, in a baby carriage. Now, the two are neighbors at St. Mary's Woods! As a homemaker, Natalie was an expert cook, baker, quilter, and canned her own vegetables. She is most proud of her time working for the Hill Directory—a phone directory where she supervised over 50 other women.

These are just a few things that make Natalie such a unique individual and a valued member of our community!



The Coordinated Services Management Community Family

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

Marian Manor
Assisted Living,
Intensive Assisted Living
Virginia Beach, Virginia • 757-456-5018

Mennowood
Independent Living, Assisted Living,
Memory Care
Newport News, Virginia • 757-249-0355

Our Lady of Hope
Assisted Living, Memory Care,
Intermediate & Skilled Nursing Center
Richmond, Virginia • 804-360-1960

Our Lady of Peace
Residential Living, Assisted Living,
Memory Care, Nursing Center
Charlottesville, Virginia • 434-973-1155

Our Lady of Perpetual Help
Extensive Assisted Living,
Memory Care, Nursing Center
Virginia Beach, Virginia • 757-495-4211

Our Lady of the Valley
Assisted Living, Memory Care,
Intermediate & Skilled Nursing Center
Roanoke, Virginia • 540-345-5111

Potomac Place
Assisted Living, Memory Care
Woodbridge, Virginia • 703-494-3817

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



Irina Cesario

Many things make our community great, but none are more special than the people. For nearly 20 years, Irina Cesario has been a shining light at St. Mary's Woods. Originally from Ukraine, Irina immigrated to the U.S. with her American husband in 1998. Despite having a master's degree in music, conducting, and directing, she had trouble finding work in the field. A family member encouraged her to apply to work at St. Mary's Woods. Irina began as a Personal Care Assistant, but with training, she became a medication technician and then a Certified Nursing Assistant.

Today, she shares her musical talents with residents during Friday evening hymn sings and enjoys being in the choir at her church. Irina truly loves and cares about the residents of St. Mary's Woods—and the feeling is mutual!



Irina is all smiles as she assists Tim Shearer.



Our Lady of Hope is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.
© Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981.



St. Mary's
WOODS
RETIREMENT
COMMUNITY

Exceptional Living,
Without Exception.

1257 Marywood Lane, Richmond, Virginia 23229

