



STAFF

"JT" Jotanya Belton, LALFA, Administrator
jotanya.belton@stmaryswoods.com

Angela Wood, Front Office Receptionist
angela.wood@stmaryswoods.com

Rhonda Fogleman, Director of Marketing
rhonda.fogleman@stmaryswoods.com

Cheryl Miller, RN, Director of Nursing
cheryl.miller@stmaryswoods.com

Kelly Manshack, Director of Community Relations & Marketing
kelly.manshack@stmaryswoods.com

Gail Goare, Business Office Manager
gail.goare@stmaryswoods.com

Chris Thompson, Director of Maintenance
chris.thompson@stmaryswoods.com

Sarah Francis, Pastoral Care Counselor
sarah.francis@stmaryswoods.com

Nan Pascal, LALFA, Director of Special Projects
nan.pascal@stmaryswoods.com

Curtis Sutphin, Activities Coordinator
curtis.sutphin@stmaryswoods.com

Erin Kelly, Director of Dining Services
erin.kelly@stmaryswoods.com

Michelle Odom, Director of Life Enrichment
michelle.odom@stmaryswoods.com



www.stmaryswoods.com

Front Desk & Reception
Open daily, 9:00 am-5:00 pm
804-658-2085

Cozy Corner Gift Shop
Monday, Wednesday,
& Friday
1:00 to 3:00 pm, 1st Floor
Managed by our SMW Volunteers

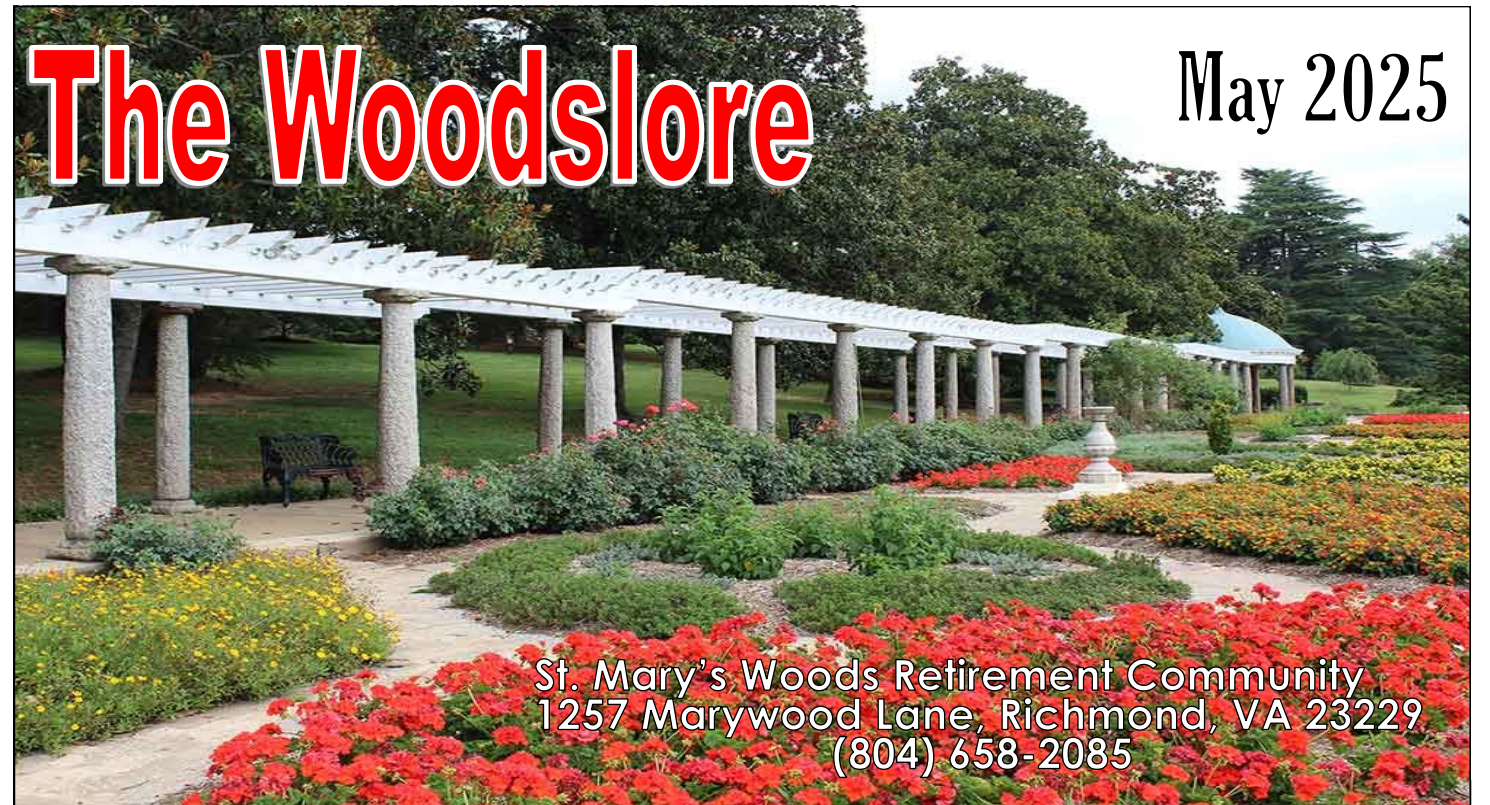
**Functional Pathways
Rehab Services**
Physical, Occupational,
& Speech Therapy, 1st Floor
Phone: (804) 658-2085 x125
Patti Jo Keeler, LPTA

Beauty/Barber Salon
Tuesday, Wednesday,
Friday, & Saturday
6:00 am to 12:00 pm, 3rd Floor
Phone: (804) 658-2066
John Sanyour

Location Key:
LER-Life Enrichment Room (2nd Floor)
AS-Art Studio (2nd Floor)
CR-Community Room (2nd Floor)
CH-Chapel (2nd Floor)
TL-TV Lounge (3rd Floor)
DR-Dining Room (1st Floor)
LIB-Library (2nd Floor)
L-Lobby (2nd Floor)

The Woodstore

May 2025



Mother's Day Quotes: To love and be loved is to feel the sun from both sides." — David Viscott

- "A mother's love is patient and forgiving when all others are forsaking, it never fails or falters, even though the heart is breaking." — Helen Steiner Rice, "A Mother's Love"
- "There is no such thing as a perfect parent. So just be a real one." — Sue Atkins
- "If you want something said, ask a man; if you want something done, ask a woman." — Margaret Thatcher
- Youth fades; love droops; the leaves of friendship fall; a mother's secret hope outlives them all." — Oliver Wendell Holmes
- "Perhaps it takes courage to raise children." — John Steinbeck
- "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" — Fred Rogers
- "If you have never been hated by your child, you have never been a parent." — Bette Davis
- "My mother used to say, 'The older you get, the better you get. Unless you're a banana.'" — Betty White
- "When my kids become wild and unruly, I use a nice, safe playpen. When they're finished, I climb out." — Erma Bombeck
- "I want my children to have all the things I couldn't afford. Then I want to move in with them." Phyllis Diller

TRANSPORTATION SCHEDULE

Friday, 5/2

8:45 Van to Mass
10:00 Van to Target
1:00 Van to Painted Tree

Monday, 5/5

9:00 Van to Food Lion
10:45 Van to Boychik's Deli (Sign-Up)
1:30 Van to Kroger

Wednesday, 5/7

8:45 Van to Mass
9:00 Van to Kroger
11:00 Van to Publix
1:00 Van to Walmart

Friday, 5/9

8:45 Van to Mass
8:45 Target
10:30 Van to Cathedral of Sacred Heart
Mass & Lunch (Sign-up)

Monday, 5/12

9:00 Van to Ollie's
1:30 Van to Kroger

Wednesday, 5/14

1:00 Van to Walmart

Friday, 5/16

8:45 Van to Mass
10:00 Van to Target
12:15 Van to Pole Green Produce Mkt.

Monday, 5/19

9:00 Van to Dollar Tree
11:00 Van to Fresh Market
1:30 Van to Kroger

Wednesday 5/21

8:30 Van to Yorktown Beach (Sign-up)

Friday 5/23

8:45 Van to Mass
10:00 Van to Target
2:00 Van to Kroger

Monday 5/26 Memorial Day

No Van Service Today

Wednesday 5/28

8:45 Van to Mass
9:00 Van to Kroger
11:00 Scenic Drive to Rockett's Landing & Belle Island
1:00 Van to Walmart

Friday 5/30

8:45 Van to Mass
10:00 Van to Target
12:30 Ukrops Market
2:00 Van to Dairy Queen (Sign-up)



**All Sign-up Sheets Posted One-Week Prior*
(2nd Floor near the Art Studio)*



Donald DeLaurier 5/2 Apt 214

Valetta Lawton 5/10 Apt 311

Mary Malecky 5/11 Apt 211

Lee Proffitt 5/22 Apt 202

James Boehling 5/23 Apt 218

Lola Gede 5/23 Apt 118

Vera Lane 5/24 Apt 111

Edward Malesich 5/27 Apt 105

Marie Aalseth 5/29 Apt 217

Joan Mackay 5/30 Apt 327



Tuesday & Friday are our recycling days.
Thank you for putting your recycling at your door no later than 9:30 am. If you choose to take your recycling to the trash room, you will need to take your recycling to the first-floor trash room. Please remember pizza boxes are not acceptable recycling materials.

May 6-12 Nurses Week

National Nurses Week is celebrated May 6 through May 12 recognizing the dedicated people in the Nursing profession. Often described as an art and a science, nursing is a profession with variations of interests, strengths, and passions.

National Nurses Week ends on Florence Nightingale's birthday May 12. She is recognized as the founder of modern nursing. She was caring for wounded British soldiers from the Crimean War and was dubbed "The Lady with the Lamp" after her habit of making rounds at night. In 1860 Nightingale laid the foundation of professional nursing with the establishment of her nursing school at St. Thomas Hospital in London.

Here at St. Mary's Woods we are most fortunate to have nurses that serve with a strong commitment to our care.



Religious Services

SUNDAY

Worship Service is in the Chapel twice a month on 1st & 3rd Sundays at 1:30
Doc & Angie lead us in the Word/
Worship.

MONDAY

Bible Study is at 2:30 every
Monday in our Chapel with Pastoral
Counselor, Sarah Francis

TUESDAY

Adoration is the first and third Tuesday
of each month at 10:15 in the Chapel

WEDNESDAY

Van to Mass at St Mary's Church
departs at 8:45
Resident Prayer Group is at 6:30 in the
Chapel

THURSDAY

Mass is in the Chapel at 10:00
Worship Service is in the Chapel at
11:15

Rosary is in the Chapel at 1:30

FRIDAY

Van to Mass at St Mary's Church
departs at 8:45
Stations of the Cross is the 1st Friday of
the month at 3:00 in the Chapel
Confession is on the 3rd Friday of the
month at 2 in the Chapel

Chaplet of Divine Mercy is on the 2nd
& 4th Friday of the month at 3:00 in
the Chapel

SATURDAY

Rosary is held every Saturday morning
in the Chapel at 11:00 am

Mass is held every Saturday evening
in the Community Room at **4:00 pm**



Lunch Bunch Trips 5/5 @10:45 Boychiks Deli
 5/9 Cathedral of Sacred Heart Mass & Lunch 10:30
 5/21 Yorktown Beach & Lunch 8:30
 (Sign-up by Art Studio 2nd Floor)

Everyone pays for their own food by credit card or cash (Please Do Not Bring Personal Checks)

Sign Up Sheet Posted One-Week Prior



Cozy Corner Gift Shop
 Please see
Ralph Pupo
 Rm #302
 rlcp@comcast.net



Mary Good Evelyn Schulman
 Life Enrichment Assistants



Inspiring True Story

5/19 @6:00 PM
"Unsung Hero"
 (Popcorn/Beverages)
 (LER)

DOCTOR'S APPOINTMENT

If you would like to utilize the SMW's Van to get to medical appointments as of January 1st, all medical appointments should be made as follows:

Monday 8 am-10 am (example: 8 am, 8:30 am, 9 am, 9:30 am, 10 am).

Or **Wednesday** 11 am—1 pm

Making appointments at these times allows enough time for the van driver to get you to your appointment and back.

You may also Utilize the SMW's Van to go to the bank.

You have any questions, please contact the front desk **804-658-2085**

- Marvelous May Meet-Ups**
- Guest Harpist, Cindy Jennings
Saturday, 5/3 2:00 (L)
 - Coffee & Donuts w/CBS Morning News Meteorologist, Tom Patton
Tuesday, 5/6 9:00 (DR)
 - Special Sign Language Guest: Ann Hughes
Tuesday, 5/6 1:30 (LER)
 - Therapy Alpacas Are Here! Meadowgate Farm
Wednesday, 5/14 (Front Porch)
 - Eliot Norman & Friends (See Flyer)
Wednesday, 5/7 2:00 (CR)
 - May Happy Hour "Baseball Theme" (See Flyer)
Guest: The Flying Squirrel-Nutzy
Thursday, 5/8 4:30 (CR)
 - Guest Singer: Mary Stella
Saturday, 5/10 3-3:45 (L)
 - Guest Musician: Cameron Francis
Sunday, 5/11 & 5/25 2:30 (CR)
 - St Mary's Handbell Choir
Tuesday, 5/13 7:00 (CR)
 - Guest Artist: Katie Carter "Paint & Sip" Class
Friday, 5/16 1:00 (LER)
 - Guest Singer: Claudia Carawan
Saturday, 5/17 2:00 (L)
 - Guest Pianist: Joe Loschiavo
Tuesday, 5/20 2:00 (CR)
 - Mrs. Barr's Student Piano Recital
Thursday, 4:30-6:30 (CR)
 - ENCORE Dancers
Friday, 5/23 1:00 (CR)
 - Guest Harpist: Cindy Jennings
Friday, 5/23 2:15 (CH)
 - Memorial Day Guest Singer: Patrick & Debra
Monday, 5/26 1:00 (CR)
 - Guest Singer: Guitar Billy Caldwell
Tuesday, 5/27 3:30 (CR)

Coffee & Donuts with WTVR-TV
Tom Patton
Meteorologist



Tuesday, May 6th @9:00 am
The Dining Room



Brand New
CLUB !!

WALKING CLUB
Meets on the
Front Porch
Saturday 10:00 am
Sunday 6:00 pm
See Nancy Skelton
For more information

Garden Club —Saturday,
May 10th—Meet at the raised
beds behind the DR at 10:00 am



**FROM
RACHMANINOFF
WITH LOVE**

Eliot & Friends Perform
Music by the Last of the
Russian Romantics

WEDNESDAY 7 MAY 2025
at 2 PM

ST. MARY'S WOODS
RETIREMENT COMMUNITY
Community Room
1257 Marywood Lane
Richmond VA 232239
8046582085
Eliot Norman, Piano
Mary Langston, Soprano
Michelle Matts, Flute



"A little bit of mercy makes the world less cold and more just."
"Life is a journey, when we stop things don't go right."
"Gratitude is a flower in the noble souls"
"The world tells us to seek success, power and money, God tells us to seek humility, service and love."
"The Lord never tires of forgiving, it is we who tire of asking forgiveness."

Let us continue to pray for the Catholic Church and the College of Cardinals as they seek guidance for the successor to the Chair of St. Peter.

IN MEMORIAM



Pope Francis

1936 – 2025

"God loves us. May we discover the beauty of loving and being loved."

**MEN'S
LUNCH**

Friday, May 2nd

At 12:00

In The Life

Enrichment

Room

Don't Miss It !!!!



Mother's Day Flower Bar!
Come create your own flower bouquet or arrangement! Join us in the Life Enrichment Room on Wednesday, May 14th at 3:00 for a Mother's Day Flower Bar!



Family & Friends are Welcome!
Bring your own Vase



**The Alpacas Are Coming!
The Alpacas Are Coming!**



Meadowgate Farms -Therapy Alpacas



**Wednesday, 5/14
10:00 AM
Front Porch**

The Phillip's Family has been working hard to bring together quality, friendly animals whose fiber and dispositions are the foundation of their breeding and agritourism programs.

Together, Stephen and Nicole are developing superior alpaca who are bright contributions to any farm.



Ageless Grace is a highly effective brain fitness program that keeps participants moving and thinking through the power of play. Wellness shouldn't have to be boring or painful – in fact, it should be fun!

Led by Certified Instructor, Janie Peterson, every Friday morning at 10:30 am in the Community Room unless otherwise designated.

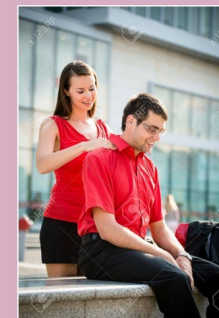


- **Manicures**
- **Hand Massages**
- **Shoulder Massages**

Tuesday, May 13th

1:00-2:00

The Life Enrichment Room



NATIONAL DAY OF PRAYER



National Day of Prayer – Thursday, May 1, 2025

Since 1952, the National Day of Prayer has been a significant moment in the life of our country—a day set aside for Americans of all faiths to come together and pray for the nation. Initiated by a joint resolution of Congress and signed into law by President Harry S. Truman, this annual observance invites us to seek divine guidance, protection, and unity. In 1988, President Ronald Reagan designated the first Thursday in May as the fixed date for this national tradition.

This day is more than a symbolic gesture—it's a reminder that prayer has always been part of our national heritage. It calls us to humility, hope, and action as we lift our voices for the well-being of our leaders, communities, and the future of our country. In the midst of uncertainty or division, prayer unites us in a shared longing for peace, justice, and renewal.

On Thursday, May 1, at 11:15 AM, we will gather for a special worship service focused on the National Day of Prayer and how we can pray effectively for our country. This will be a time of worship, reflection, and intercession as we stand together in faith and purpose.

Prayer guides will be available in the chapel all day, and we encourage you to come by at any time to spend a few quiet moments praying for our nation. Whether you come alone or with a friend, your prayers are a vital part of this day.

Let us be a people who pray boldly, believing that God still moves through the prayers of His people. Join us as we lift our nation to the One who holds it in His hands.

“If my people, who are called by my name, will humble themselves and pray... then I will hear from heaven...” – 2 Chronicles 7:14

**Paint & Sip
Guest Instructor: Katie Carter
From Our Lady of Hope**



**Friday, May 16th
At 1:00 PM**

**The Life Enrichment Room
Seats Are Limited (Sign-up)**



May Happy Hour

THURSDAY, MAY 8th

4:30-5:30p.m.



Join us for a Baseball themed Happy Hour!

Peanuts, Cracker Jacks, Ball Park Nachos and a visit from our favorite Flying Squirrel, Nutzy!

Please RSVP to 804-658-2085

**You Don't Want to Miss
Guest Musician:
Cindy Jennings**



Therapeutic Harp

Saturday, 5/3 @2:00 pm

Friday, 5/23 @2:15 pm

**Prayer
CHANGES
things**

MEN'S SPRING BREAKFAST



FRIDAY, MAY 23RD

➤ 8:30AM-9:30AM

Bring a friend and join us for a
delicious breakfast in the **Community
Room!**

Better Hearing and Speech Month



What is Speech Therapy and How Can it Help You?

BHSM

Each May, Better Hearing and Speech Month (BHSM), also known as Speech-Language-Hearing month, gives us an opportunity to raise awareness about communication disorders and their respective treatment options.

Treatment of communication disorders can improve the quality of life for those who experience trouble speaking and/or hearing.

How can Speech Therapy Help?

A Speech-Language Pathologist (SLP):

Can diagnose and treat communication, swallowing, and related disorders of the oropharyngeal mechanisms.

Is a medically-aligned field that required an advanced degree, like a master's or doctorate, to practice.

A Speech Therapist is able to assess and treat:

Speech Sound, Language, Literacy, Social Communication, Voice, Fluency, Cognitive Communication, Feeding and Swallowing.

Cognitive Calisthenics

Why Challenge the Brain?

Studies show that brain games can sharpen thinking skills that tend to wane with age. While some cognitive decline is a normal part of the aging process, those who have cognitive stimulation tend to have better memory and attention. Just think of the adage: "use it or lose it!"

These skills include:

Processing Speed, Planning Skills, Reaction Time, Decision Making, Short-Term Memory.

Whether you participate in a group program, partner up with a friend, or work independently, it's important to continuously give your mind different types of challenges and stimulation.

Examples of Cognitive Calisthenics:

Ted Talks with Activities, Puzzles, Word Finds, Crosswords, Matching Games, Math Problems, and Name Games.

***Any Questions? Please contact the
Therapy Team 804-658-2085 Ext 125***