



Spring Has Sprung!

If you've noticed the sun staying up a little longer or the birds getting a bit noisier, you're not imagining it — March is here! After a long winter, even the daffodils seem eager to stretch and say, "We made it!"

There's something comforting about the way God designed the seasons. Just when we think we've had enough gray skies and chilly mornings, He reminds us that brighter days are ahead.

Spring is God's gentle nudge that renewal is always possible. The trees bud again, flowers bloom again — and we, too, get to begin again. Thankfully, unlike the flowers, we don't have to pop up from the ground to prove it.

March often leads us toward Easter, the ultimate reminder that hope wins.

This month, consider:

- 🌞 Thanking God for sunshine (even if you still bring a sweater).
- 🌸 Smiling at someone new — it's contagious!
- 🙏 Offering a quick prayer of gratitude for the many springs you've seen.
- 🍀 Enjoying a treat on **St. Patrick's Day — because a little joy is good for the soul.

We may not bounce quite like we used to, but our spirits can still leap with hope. After all, God isn't finished with us yet — and if He can make flowers bloom after winter, imagine what He can still do in us.

Here's to warmer days, lighter hearts, and a season filled with laughter and grace.





"Am I Irish? Are you kidding? I was born green!"



- Glennie Mueller – 4th Apt #228
- Helen Gryboski – 4th Apt #133
- Mary Jo McGill – 9th Apt #314
- Liz Redford – 12th Apt #224
- Rita Hareza – 12th Apt #338
- Br. Jeffery Williams – 18th Apt #132
- Ann Gilbert – 23rd Apt #318
- Cindy Wright – 24th Apt #218
- Andrew Barden – 26th Apt #312
- Marie Uhrig – 28th Apt #316



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HAPPY ST. PATRICK'S DAY!



Crossroads Irish Dance
Tuesday, March 17th
6:30 pm
The Community Room



804.658.2085
 stmaryswoods.com
 1257 Marywood Lane
 Richmond, VA 23229

CSM Senior Living Management • Professional Management of Retirement Communities Since 1981



Spaghetti
DINNER

Join us for a delicious meal complete with a hearty pasta, fresh salad, and sweet dessert! You'll experience the wonderful dining that our residents enjoy every day.

Thursday, March 12

Two seating times: 4:30 p.m. or 5:30 p.m.

St. Mary's Woods Dining Room

COMPLIMENTARY | RSVP TODAY | SPACE IS LIMITED
 Email Kelly (kelly.manshack@stmaryswoods.com) or call the front desk.



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 stmaryswoods.com
 1257 Marywood Lane
 Richmond, VA 23229

CSM Senior Living Management • Professional Management of Retirement Communities Since 1981



Wednesday, 3/4/26 at 10:45
Lunch at Melitos Restaurant
(Sign-up)

Monday, 3/16/26 at 10:30
Lunch at O'Tooles Restaurant
(Sign-up)

Friday, 3/27/26 at 2:00
Dairy Queen Ice Cream
(Sign-up)

***Everyone pays for their own food by credit card or cash (Please do not bring personal checks).**

Sign-Up Sheet Posted by the Art Studio On the Bulletin Board (2nd Floor) One Week Prior

Congrats to Anne Burnley!
Winner of the November
Make A Wish/Pick A Wish
Birthday Wish!



It was so interesting to read Anne's biography.




St. Mary's Woods
 Cozy Corner Gift Shop
 Please see
 Ralph Pupo
 Apartment #302
 rfplcp@comcast.net

Thank you, Anne, for sharing some of your art pieces with us.

Portraits by Anne Burnley will be in "The Art In The Woods Gallery"

February 20th - March 30th 2026

 **Find us on Facebook**



Searching for March

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



T	L	K	C	D	E	M	Q	E	H	W	R	O	D	S
V	Z	I	S	B	I	R	Q	J	S	A	E	K	A	P
J	R	D	U	R	A	U	N	V	E	H	N	N	Y	R
E	Y	O	U	Q	I	E	R	Z	R	T	E	C	L	I
G	M	P	M	N	N	W	W	Q	F	Z	W	V	I	N
S	N	L	O	A	H	O	I	B	J	Y	A	Y	G	G
L	E	X	T	P	Z	K	J	N	K	G	L	L	H	B
A	K	I	B	M	A	L	H	C	D	Q	D	E	T	R
A	D	K	R	L	T	M	U	G	M	Y	D	S	S	E
T	K	I	N	A	L	L	M	F	K	R	U	D	A	A
Y	H	L	N	O	O	M	M	R	O	W	A	W	V	K
C	E	O	E	N	I	R	A	M	A	U	Q	A	I	J
J	W	H	M	A	F	L	P	M	O	L	E	Q	N	G
S	T	P	A	T	R	I	C	K	S	D	A	Y	G	T
N	M	C	M	N	O	P	I	S	C	E	S	S	F	N

AQUAMARINE

JONQUIL

RENEWAL

ARIES

LAMB

SPRING BREAK

DAYLIGHT SAVING

LION

ST. PATRICK'S DAY

EQUINOX

LUCKY

THAW

FRESH

PISCES

WINDY

HOLI

PURIM

WORM MOON

Sugar-Free Irish Coffee Recipe

Ingredients

1 cup (8oz) hot, strong, brewed coffee
1-2 Tbsp sugar-free sweetener (Lakanto Golden/Monk fruit is recommended for a brown sugar flavor)
2 Tbsp heavy cream, lightly whipped

Instructions

Preheat a glass mug with hot water, then discard the water. Add the sweetener and hot coffee, stirring until fully dissolved. Float the lightly whipped heavy cream on top by pouring it over the back of a spoon



Irish Cream Cold Brew Coffee Recipe

Ingredients

6-8 oz cold brew coffee
1 Tbsp Sugar-Free Irish Cream Syrup
2 Tbsp Heavy Cream or Coconut Cream
Ice

Instructions

Fill a glass with ice and add the cold brew and syrup. Stir well to combine. Top with heavy cream or blend the cream into a foam for a "cold foam" topping



Religious Services

SUNDAY

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

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 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 Chapel at **4:00 pm**



Friday, March 6th

11:00 am

The Life Enrichment Room

Please do not bring any puzzles that are missing pieces

**MEN'S
BREAKFAST**



FRIDAY, MARCH 27th

➤ 8:30AM-9:30AM

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

Do you know where I am? Here are some clues:

1. I was the first of my kind in the world.
2. I was once managed by the U.S. Army.
3. Archaeologists have documented artifacts from me dating back as far as 11,500 years ago.
4. John Colter was likely the first European to explore me.
5. My confines contain the largest density of mammals in the lower 48 states.
6. I have ties to Lewis and Clark.
7. Human activity here likely peaked between 1,500 and 8,000 years ago.
8. As of 2024, more than 5,000 bison call me home.
9. An inscription on my north entrances reads: "For the benefit and enjoyment of the people."
10. Archaeologists have documented about 2,000 sites here.
11. In 1995, gray wolves were reintroduced here.
12. During the popular summer season, I employ almost 4,000 staff.
13. In 1869, my geology was first surveyed.
14. A program called Mission 66 helped revitalize me.
15. I am situated atop an active super volcano.



Find us on

facebook

TRANSPORTATION SCHEDULE

Monday 3/2	9:00 Food Lion 11:00 Marshalls 1:30 Kroger
Wednesday 3/4	8:45 Mass 9:00 Kroger 10:45 Melitos Restaurant (sign-up) 1:00 Walmart
Friday 3/6	8:45 Mass 10:00 Target 1:30 Wegmans
Monday 3/9	9:00 Dollar Tree/Ollie's Discount Store 11:00 Trader Joe's 1:30 Kroger
Wednesday 3/11	8:45 Mass 9:00 Kroger 11:00 Ukrops Market Hall 1:00 Walmart
Friday 3/13	8:45 Mass 10:00 Target 1:00 Goodwill
Monday 3/16	9:00 Food Lion 10:30 O'Toolles Restaurant (sign-up) 2:00 Kroger
Wednesday 3/18	8:45 Mass 9:00 Kroger 11:00 Publix 1:00 Walmart
Friday 3/20	8:45 Mass 10:00 Men's Coffee Connection (sign-up) 1:30 Target
Monday 3/23	10:00 Whole Foods 11:30 Scenic Ride to River Run Estate 1:30 Kroger
Wednesday 3/25	8:45 Mass 9:00 Kroger 11:00 Libbie Market 1:00 Walmart
Friday 3/27	8:45 Mass 10:00 Target 12:30 Ukrops Market Hall 2:00 Dairy Queen (sign-up)
Monday 3/30	9:00 Food Lion 11:00 TJ Maxx 1:30 Kroger



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



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.

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



**St. Mary's Woods Provides The Following
Services—Managed by your
Nursing Department**

HEARING
AT HOME
MOBILE HEARING CENTER
Audiology

OnSite
Dermatology
Dermatology

HealthDrive
bringing integrated healthcare to you
Podiatry

www.stmaryswoods.com

STAFF

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

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

Rhonda Fogleman, Director of Marketing
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Cheryl Miller, RN, Director of Nursing
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Chris Thompson, Director of Maintenance
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Sarah Francis, Pastoral Care Counselor
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Nan Pascal, LALFA, Director of Special Projects
nan.pascal@stmaryswoods.com

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

Sean Lynch, Director of Dining Services
sean.lynch@stmaryswoods.com

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

Evelyn Schulman, Life Enrichment Associate
le@stmaryswoods.com

Mary Good, Life Enrichment Associate
le@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

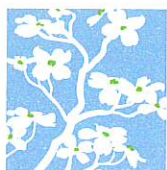
Functional Pathways
Rehab Services
Physical, Occupational,
& Speech Therapy, 1st Floor
Phone: (804) 658–2085 x125
Patti Jo Keeler, LPTA

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

Nail Technician
Monday, 3/9
3rd Floor
Cell Phone:
(540) 845–0579
Tammy Thornton



St. Mary's
WOODS
RETIREMENT
COMMUNITY



St. Mary's
WOODS
RETIREMENT
COMMUNITY

804.741.8624

stmaryswoods.com

1257 Marywood Lane

Richmond, VA 23229

Independent & Assisted Living

Dear Residents and Family Members,

We are excited to introduce **LifeLoop**, our new communication and engagement platform designed to help you stay more connected to your loved one's life in our community.

LifeLoop makes it easier for families to stay informed, engaged, and involved by providing a secure way to:

- View daily and monthly activity calendars
- See photos and updates from community events
- Receive important announcements and reminders
- Message with our Life Enrichment team
- Stay connected to what matters most in your loved one's day-to-day life
- Send weekly postcards to your loved one

Our goal is to strengthen communication and provide you with greater visibility into the meaningful moments, activities, and experiences happening here.

What to Expect

You will soon receive an invitation email with instructions on how to create your LifeLoop account. Once you're registered, you can access LifeLoop from your computer, tablet, or smartphone anytime. Please be sure to check your spam or junk folders as well.

If you need assistance setting up your account or have questions, our Life Enrichment team is happy to help. Please contact St. Mary's Woods Retirement Community at 804-658-2085 or email: michelle.odom@stmaryswoods.com.

We look forward to using LifeLoop to keep you better connected and to share more of the wonderful moments happening in our community!

Warm regards,

Jotanya Belton, Administrator
St. Mary's Woods Retirement Community
804-658-2085
jotanya.belton@stmaryswoods.com

Exceptional Living,
Without Exception.



Family and connections Stay connected to your loved one, from anywhere

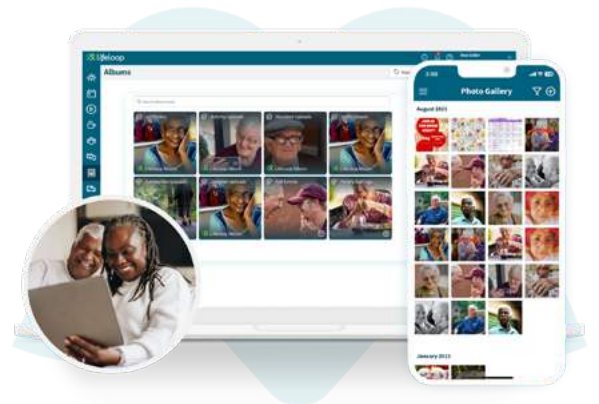
LifeLoop makes it easy for you to stay connected to your loved one, no matter where you are. The easy-to-use connection portal keeps you updated on their day-to-day activities and well-being, allowing you to remain actively engaged in your loved one's life.

Stay in the loop

Gain peace of mind with 24/7 access to your loved one's life in the community, including summaries of activities, attendance, and other milestones with weekly emails.

Share the moments that matter

Easily exchange messages, photos, or videos with your loved one and community staff so they don't miss any of those special moments. With just a few clicks, you can also send unique, personalized postcards.



Support your loved one

Help keep your loved one feeling independent with easy-to-use transportation scheduling or maintenance requests features.* Get progress updates and stay in constant contact with community staff.



Using LifeLoop and having a window into my mother's life makes me feel better about her well-being. I know she is in good hands, but seeing it every day is even better.

Family member

**These features are available at select communities.*

Stay in the loop with easy and reliable communication

LifeLoop's user-friendly and convenient-to-access portal makes staying connected simple and seamless for residents, family members, and staff, keeping residents engaged and giving families the peace of mind they desire.



Communication

Send secure messages to stay connected to your loved one and staff.



Connection portal

Gain a window into your loved one's world and stay connected, no matter where you are.



Photo sharing

Capture and share the moments that make life wonderful, connecting friends and family.



Weekly updates

Receive weekly updates of your loved one's activity attendance, care, and more.



Transportation

Schedule reliable and worry-free rides for your loved one.*



Maintenance requests

Easily submit and manage maintenance requests on behalf of your loved one.*



Menus

View mealtime choices for your loved one with daily and weekly menus.*



LifeLoop has become our lifeline to our mom. Many miles separate us, but being able to log in and see all she is doing has been such a relief. Seeing the photos of her being active and having a good time makes us all feel like we made the right decision.

Deb, Family member

**These features are available at select communities.*