

# Tidings of Peace

A NEWSLETTER FOR RESIDENTS, FAMILIES, & GUESTS

January 2019

Volume 27 Issue 1



## Happenings in January

History Lectures:

January 4 & 25

Book Mobile:

January 9 & 23

Music with Joe: January 2

Men's Group: January 8

January 9:

Resident Council

Music with Bill Porter

January 10:

Out to Lunch: Shebeen

Music & Fun with Eileen

Happy Hour: January 15

January 16:

Music with Jodi

Birthday Dinner

Nursing Homes Swing: January 17

Books Sandwiched In: January 18

Out to Lunch: Shadwell's

January 22

January 23:

Pie Social

Music with Bob Clouse

Brownie & Coca Social: January 29

## Let Someone Fill Your Shoes

During the month of January, Our Lady of Peace, in conjunction with the Salvation Army, and local Podiatrists, will be collecting gently worn shoes. In the past twenty six years they have collected and distributed over 85,000 pairs of used, but usable shoes to the Charlottesville-Albemarle Community.



Bring your gently worn shoes to the Activity Room on the Third Floor. Please do not bring shoe boxes.

Tie or bundle each pair of shoes together.

Shoes will be distributed to the Charlottesville community during February.

## Activity Professionals Week

January 20-26 is National Activity Professionals Week.

Please, take a moment to give members of the Activity Department a "Thank You" or a pat on the back for all the dedicated work they do creating and implementing wonderful programs for your pleasure!

We are lucky to have so much talent among us!

*Sherry Beverage*

*Staci Beverage*

*John Carlton*

*Troy Johnson*

*Christina Osheim*

*Bethany Perkins*

## *History Lectures*

### **Virginia History with Rick Britton:**

Join historian **Rick Britton**, in January, for two afternoon talks.

On **Friday, January 4, at 2:00**, in the DePiro Room, Rick will present an informative lecture on “**Virginians in the American Revolution.**” Though the Revolutionary War started in New England, Virginia and her brilliant and brave sons played very important roles! Come hear more!

**Friday, January 25, at 2:00**, in the DePiro Room, Rick will speak on “**The 1781 Yorktown Campaign.**” Following up on the previous lecture, Rick will explain how a large British army was trapped at Yorktown on the Virginia Peninsula. Come join him and learn more.

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## *January Socials*

### *Men's Group*

The **men** of OLOP are encouraged to join in on the bi-monthly get-togethers held in the Card room on the 3rd Floor. It's an opportunity to get to know new residents as well catch up with others. The activity is led by Recreational Leader, Troy Johnson. He offers light refreshments and good company! This month the men will meet on **Tuesday, January 8 at 10:30** and one of the topics of discussion will be planning a Men's outing for later in the month.

### *Happy Hour*

There will be a Happy Hour on **Tuesday, January 15 at 2:00**. Enjoy an hour of socialization and good company as you partake in the light refreshments, a variety of wines and beer (both non-alcohol & real) and sodas.

This is an excellent way to spend an afternoon as well as get to know one another!

### *Pie Social*

Join your friends and neighbors for a Pie Social on **Wednesday, January 23 at 2:00** in the DePiro room. There will be an assortment of freshly baked pies with ice cream for you to enjoy! Enjoy a warm treat on a cold afternoon mixed in with socialization and fellowship.

### *Brownie & Cocoa Social*

Come to the First Floor Lounge **Tuesday morning, January 29, at 10:00** for some freshly baked brownies and vanilla ice cream. Indulge in a mid morning sweet as you chat with your friends, or feel free to take it to go! Enjoy a cup or two of hot chocolate as well!

## *Entertainment for January*

Resident volunteer, **Joe Giovanelli** will be performing for your pleasure on Wednesday, **January 2, at 2:00** in the DePiro room. Fellow resident, Eileen Bracuti will be singing a song with him. Start the New Year off with lovely music and fellowship.

**Bill Porter** is back this month with a performance of familiar songs on the piano. At **6:00** on **Wednesday, January 9**, enjoy a relaxing evening with your friends and neighbors as you take a trip down memory lane.

Join fellow resident volunteer, **Eileen Bracuti** on **Thursday, January 10**, at 3:00 in the Main Lobby as she entertains you with carefully thought out musical selections. She intertwines jokes in between songs and encourages audience participation! This month's theme is "When" songs as well as "Friendship Songs."

On Wednesday, **January 16, at 2:00**, in the Main Lobby, **Jodi Stevens** will be here to cheer us up with her lively songs and high spirit! She encourages you to join in with the provided songbooks as she spreads happiness and the joy of music and fellowship.

On **Thursday, January 17, 2:15** in the Chapel, **Nursing Homes Swing** brings us a communion and healing service conducted by the **Rev. David Wayland**.

At **3:00** in the **DePiro Room**, **Nursing Homes Swing** brings us another musical performance that you won't want to miss! Enjoy the sounds of Vocalist, **Paulien Quartet** with **Bill Edmonds, Bob Bowen** and/or **Gérard Brikkenaar van Dijk** as they play and sing repertoires of French chanson and familiar jazz standards

Wednesday, **January 23**, at 6:30, **Bob Clouse** will entertain you with music and song in the DePiro room. Come and enjoy the evening with your friends as you listen to the music and relax to his soothing sounds.

## *Tai Chi Classes*

Instructor, Ronald Salomon, has been practicing Tai Chi for nine years. He is certified by the Tai Chi For Health Institute to teach Tai Chi for arthritis, fall prevention and diabetes. He will be offering Tai Chi Classes on Wednesdays at 1:30 in the Fitness Room. They will be taught in a low-stress, non-competitive atmosphere and are suitable for people with little or no experience in Tai Chi. If you are interested in this class stop by the Activity Office on the third floor and speak to Sherry Beverage, Life Enrichment Director or call (434) 973-1155. Class size will be limited. You will need to wear comfortable clothes and flat shoes for the class.

My in-laws are puzzle people. I've never really possessed adequate patience for puzzles, although I'm learning to stick with it more than before. Over Christmas, as a family, we tackled a jigsaw puzzle involving 240 people and their famous words. You pair the person's picture with a quote and then attempt to fit all those matches into the larger puzzle presentation. The collection includes politicians, entertainers, philosophers, athletes, authors, and other notable folks. Some of the quotes are inspirational, others humorous, and a few nonsensical. Reading the expressed thoughts of these "influential" people certainly showcases the diversity of perspective throughout the generations. As we enter 2019, I'm reminded of the importance of trusted voices. There is a lot of chatter, tossing of opinions, and general negativity in the world around us. Where do we find truth, wise counsel, and hope? Psalm 19:7 addresses the need: "The instructions of the Lord are perfect, reviving the soul. The decrees of the Lord are trustworthy, making wise the simple." Which voices will you embrace this year? Whose message is consistent or compatible with the heart of God? What we hear and what we speak matters.

~Chad Roberts - Pastoral Counselor~

## **Catholic Mass—Sundays at 4:00 in the DePiro Room**

- Jan. 6 Fr. Gerald Mussubire—Sts. Peter & Paul/Palmyra
- Jan. 13 Fr. Dan Bain, Retired Priest
- Jan. 20 Fr. John Mary Lugemwa—Mary Mother of the Church Abbey
- Jan. 28 Fr. Joseph Mary Lukyamuzi, Pastor—Holy Comforter/Ch'ville

## **Protestant Worship—Sundays at 2:00 in the Chapel**

- Jan. 6 Rev. Kyle Clements, Pastor—Ruckersville Baptist Church
- Jan. 13 Rev. Rob Pocheck, Pastor—First Baptist Church/Park St.
- Jan. 0 Rev. Troy Savage, Minister—First Baptist Church/Main St.
- Jan. 27 Rev. Chad Roberts, Chaplain—Our Lady of Peace

## *January Outings*

### *Shebeen*

On **Thursday, January 10**, we will go downtown to **Shebeen** for our first lunch outing of the New Year. This South African inspired restaurant offers a little slice of Zimbabwe right here in Charlottesville! On their lunch menu you can find a wide variety of appetizers such as Cape Malay Curry Corn Chowder; a blend of spicy curry, coconut milk, sweet corn, potato and cream that you can order by the bowl or cup. On the entrée menu, you may like the Sadza Cakes; rich parmesan polenta cake with ingredients like eggplant, sugar snaps and portabella mushrooms. We will meet in the Main Lobby at 11:00 and leave shortly after. If you would like to go, there will be a sign up sheet at the mailboxes on Thursday, January 3rd.

### **Books Sandwiched In**

Join us on **Friday, January 18** as we head to the Northside Library for their monthly book review. This month's book is, **The Soul of America** by: **Jon Meacham**. More info will be forthcoming.

Sign up at the mailboxes on Friday, January 11, if you would like to go. We'll meet in the Main Lobby at **11:30 am**, and leave promptly after.

**Please note that OLOP staff does not stay at the library during this outing.**

### *Shadwell's*

Join us on **Tuesday, January 22**, as we head to Pantops to dine at **Shadwells**. This fine dining, family friendly restaurant is inspired by Thomas Jefferson. From it's name (Shadwell was the name of the farm Jefferson grew up on) to the menu that Jefferson himself indirectly helped to create when he traveled abroad and brought back ingredients and culinary ideas to his family, friends and guests in this area. You can choose items from the menu such as; Chesapeake Crabcakes, Baby Back Ribs; a half-rack of slow-cooked pork ribs with mac & cheese and broccoli as well as sandwiches, burgers, steaks and salads. Please note that this restaurant is more expensive than most that we go to. Menus available upon request. We will meet in the Main Lobby at 11:00 and leave soon thereafter. There will be a sign up sheet at the mailboxes on Tuesday, January 15th.

**Residential Directory** The residential directory lists the names, apartment numbers and phone numbers (if permitted) of residents living at OLOP. It is updated at the end of each month. If you would like a copy you can pick one up at the Front Office.

## *Harpist Betty Ashton Mayo*

BettyAshton Mayo is one of the most talented and diverse harpists in Nashville, Tennessee. With a degree in Harp Performance from Vanderbilt University's Blair School of Music, she is an accomplished classical musician and has over twenty years of experience as a harpist for weddings and events. She can be found playing her harp in venues all over Nashville including The Ryman, The Country Music Hall of Fame, The Governor's Residence, Cheekwood Botanical Gardens, and The Frist Center for Visual Arts. BettyAshton is a complete professional and goes out of her way to tailor the music for each event she plays in. BettyAshton has also been the harpist with various Symphony Orchestras in Tennessee, Virginia, and Kentucky and is a seasoned recording artist and session musician.

~Taken from <http://www.bettyashton.com/about/> ~

BettyAshton will be performing for you on Monday, January 14, at 2:00 in the Main Lobby. Join her for a delightful afternoon of music and fellowship.

## *Drama Club*

We would like to re-start the OLOP Drama Club starting in February. We would like to invite you to join this lively group of entertainers. We usually meet once a week to read our scripts and then put on a performance every couple of months. Don't worry about remembering lines, as we read from a script at practice and during the performance. This is a great way to get out and meet your fellow residents and share a laugh or two. This has always been a favorite of residents. If you are interested in participating in this activity there will be a sign up sheet at the mailboxes starting on Friday, January 17.

## *Activity Requests*

We have had a few request from residents who would like to play games such as; scrabble, cards, bridge and poker, to name a few. If this is something you would be interested in doing with your OLOP friends and neighbors, let one of the activity staff members know. We would like to help you, facilitate this with your neighbors. Winter is on its way what a great way to spend the evening interacting with your neighbors.

## *Suggestions for Outings*

We are looking for suggestions for upcoming outings and out to lunches. If you know a place that might be of interest to your friends and neighbors, please let the activity staff know. We are happy to research the outing and do our best to make it happen. This is your program and we welcome your suggestions!

*Happy New Year to you and your family!*

## *Resident Council Meeting*

Will be held on **Wednesday, January 9**, at **1:30 p.m.** in the DePiro room. Department managers will be available for questions and comments. If you have a concern please do not wait for the meeting. Stop by the front

## *Welcome New Residents*

Betty Edwards	Apt 229
Patricia Fuller	Apt 117B

Please greet them and make them feel welcome!

## *Resident Birthdays*

Irmgard Anderson	5th
Evangeline Mazzotta	5th
Lawrence Patchel	8th
Anne Acker	8th
Phylis Zanfardino	14th
Gloria Watson	22nd
Pierre LaPisto	25th
Ruth Fitzpatrick	27th
Eileen DeClerck	27th
Loretta Byrne	28th

Residents' Birthdays will be celebrated at your regular dinner seating on **Wednesday, January 16**

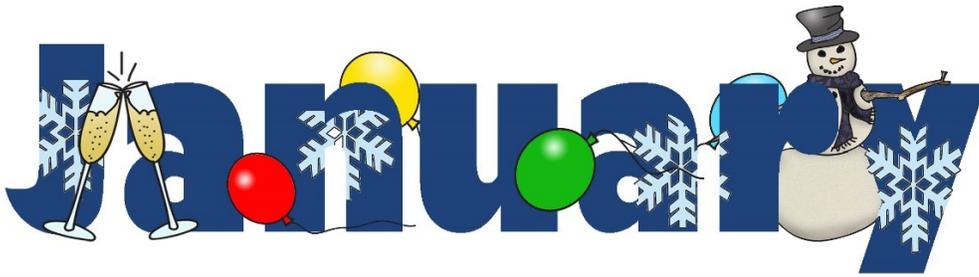


## *Staff Birthdays*

Sanaa Wilson	4th
Loveline Stanton	5th
Jacob Oliver	12th
Erin McKeon	14th
Laurie Closter	18th
Kimberly Shifflett	18th
Daniel Warfield Lakeisha	30th

## *Van Update*

- ◆ This is a friendly reminder, if you use a device for walking such as a cane or walker, you must take them with you when getting off the van. This is for your safety.
- ◆ Due to the increase in volume of folks using the OLOP van, keep in mind when you are going out, the driver may not be able to take you to more than two different stops. With this in mind you will need to determine, in advance, which stops are more important to you that particular day.
- ◆ Thank you for your understanding.



## 2019 Special Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 2:00 (dp) Music with Joe	3	4 2:00 (dp) History Lecture	5
6	7	8 10:30 (cr) Men's Group	9 11:00 (fpl) Book Mobile  1:30 (dp) Resident Council  6:00 Music with Bill Porter	10 11:00 Out to Lunch: Shebeen  3:00 (ml) Music & Fun with Eileen	11	12
13 6:30 Movie(t) Oceans Eleven	14 2:00 Harpist (ml)	15 2:00 (dp) Happy Hour	16 2:00 (ml) Music with Jodi  Birthday Dinner	17 3:00 (dp) Nursing Homes Swing	18 11:30 Books Sandwiched In	19
20 6:30 Movie (t) Topkapi	21	22 11:00 Out to Lunch: Shadwell's	23 11:30 (fpl) Book Mobile  2:00 (dp) Pie Social  6:15 (dp) Music with Bob Clouse	24	25 2:00 (dp) History Lecture	26
27 6:30 Movie (t) The Sting	28	29 10:00 (L) Brownie & Coca Social	30	31		