Our Lady of Peace

Retirement Community

751 Hillsdale Drive • Charlottesville, Virginia 22901 • 434-973-1155

A Reason to Smile

The COVID-19 Vaccine is here!

The COVID-19 vaccine has arrived, and we are thrilled that our residents and staff were among the first to have the opportunity to receive it! The health and safety of those in our community has always been our top priority, and we are overjoyed thinking of the peace of mind that will come with the vaccine's protection.
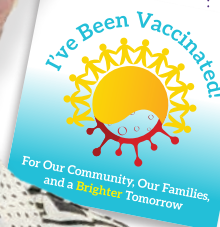
Our first vaccination clinic was held on January 13 and our second clinic was held on February 3. We received an overwhelmingly positive response from residents and family members. They have responded as this generation always has, by setting a good example: 97% of our residents received the vaccine during our clinics. It is a great privilege to do our part by participating in vaccination clinics and we are proud to be a part of this scientific achievement.

Vaccination clinics at Our Lady of Peace are administered by CVS through the Pharmacy Partnership for Long-Term Care Program, which was created by the CDC. Staff and residents will not incur any costs to receive the vaccine. Those with questions and concerns about the vaccine were grateful for the educational resources we have provided on the development, clinical trials, efficacy, and safety of the COVID-19 vaccines. That information is also available on our website: **our-lady-of-peace.com/vaccine**.

For a Brighter Tomorrow

I've Been Vaccinated!
For Our Community, Our Families, and a Brighter Tomorrow

I got my 2nd dose of the COVID-19 vaccine today! 😊 Now do your part! #vaccinessavelives

Our Lady of Peace residents and staff were all smiles receiving their first COVID-19 vaccinations.

Winter Wonderland
at Our Lady of Peace

In lieu of the traditional Holiday Party held each year, residents at Our Lady of Peace celebrated the holiday season in a "Winter Wonderland." Our team created a magical evening for residents filled with live music and plenty of hot drinks to keep them warm, especially when riding in one of the two horse-drawn carriages!

We could tell that underneath all those masks, we were putting smiles on the faces of those that matter the most: *OUR RESIDENTS*.

Festive holiday lights and a beautiful sunset made for a lovely evening.

Betty Miller and Barbara LaChance stay bundled up and warm.

Caryl Mueser enjoys hot chocolate and treats in our heated tent.

Resident Libby Boozer and Peace team members Mike Albert, Obie Sue Thomas, and Pam Butler pose before taking a ride.

Eating for a Healthy Brain

By making changes in your diet and lifestyle, you can significantly reduce the risk of cognitive decline and dementia.

Whole Grains
- Vitamin E protects healthy cells
- May help preserve brain function and prevent neurodegeneration
- Oatmeal, brown rice, quinoa, amaranth

Avocados
- High in monounsaturated fats, which help lower your LDL (bad) cholesterol level
- Keep blood sugar at a steady level and keep the skin, hair, and nails looking and feeling healthy
- Rich in folate and vitamin K, which improve cognitive brain functions such as concentration

Leafy Greens
- Vitamin K, which aids in the formation of fat inside the brain cells
- Improves memory

Eggs
- B vitamins, which slow cognitive decline
- Choline aids in mood and memory health

Fatty Fish
- Very high in omega-3 fatty acids (60% of the brain is composed of fat containing Omega 3s)
- Help reduce brain fog and increase memory and concentration

Walnuts
- Rich in minerals, vitamins, and antioxidants
- Excellent source of protein and healthy fats
- Can increase memory, alertness, and concentration
- May help to decrease the risk of Alzheimer's disease

Blueberries
- Protect the brain from toxins, degeneration, and stress
- Contain the highest antioxidant level of any food
- Can help ward off certain cancers, aging, and environmental toxins
- High in fiber and vitamin K
- Reduce inflammation

*Visit **our-lady-of-peace.com/memorycare** for additional information on our memory care program and helpful resources, such as a checklist to assist you in determining if now is the time for memory care for a loved one.*

Spread the Love!

We are grateful for our families, neighbors, and partners, and we want to make sure we are a friend you are proud to have in the community. If you have a compliment, please feel free to add it to any one of our review sites: **Google**, **Yelp**, or **Facebook**. Your feedback will help others find Our Lady of Peace. Thank you for the opportunity to work with you, your family, and your patients!

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Our Lady of Peace
Retirement Community

A Gracious Caring Retirement Community

751 Hillsdale Drive • Charlottesville, VA 22901

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