

# Tidings of Peace

A NEWSLETTER FOR RESIDENTS, FAMILIES, & GUESTS

APRIL 2024

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## Madayin Exhibit: Eight Decades of Aboriginal Australian Bark Painting from Yirrkala

One of the most significant touring exhibitions of Aboriginal Australian art ever staged returns to the city where it was first envisioned. *Madayin: Eight Decades of Aboriginal Australian Bark Painting from Yirrkala* features more than 50 masterpieces of ochre painting on eucalyptus bark, many of which have never been on view outside of Australia.

The title of the exhibition, *Madayin*, is a Yolŋu word that means both sacred and beautiful. The exhibition includes historic works dating as early as 1935 as well as newly commissioned paintings produced especially for the exhibition. Featuring four generations of artists, it includes some of Australia's most acclaimed Indigenous artists, including Wongu Munungurr, Wandjuk Marika OBE, Naminapu Maymuru-White and Gunybi Ganambarr.

We will go to the **Fralin Art Museum** at UVA on **Tuesday, April 9**, to view this exciting exhibit. If you would like to go, **sign up at the mailboxes on Tuesday, April 2**. We will meet in the main lobby at 9:30 and leave shortly thereafter.

~Taken in part from <https://uvafralinartmuseum.virginia.edu/exhibitions~>

## Picnic at Pen Park

We will be going to **Pen Park** for a picnic on **Tuesday, April 16**. We will have cold cuts for you to make your own sandwiches, as well as several sides and drinks. Enjoy an hour or two in the great outdoors with your OLOP friends and neighbors. We will meet in the main lobby at **11:30** and leave shortly thereafter. **Sign up at the mailboxes on Tuesday, April 9**, if you would like to go.

## History Discussions

Historian Rick Britton will present two talks **April 8 and 29**, in the **DePiro Room at 2:00**.

On **Monday, April 8**, Rick will present "**Walter Reed; Conqueror of the Yellow Plague.**" Born in Virginia and educated at the University of Virginia, Walter Reed proved what was spreading the dreaded yellow fever while posted in Cuba with the U.S. Army. Come hear this fascinating story!

**Monday, April 29**, Rick will talk about "**Robert E. Lee on the Mississippi.**" Best remembered as the commander of the Army of Northern Virginia, Robert E. Lee actually spent most of his military career in the engineers. And, in the 1830s, he performed an admirable service to the nation when he diverted the mighty Mississippi River and saved the port of St. Louis from being landlocked.

## Book Mobile Day

**Book Mobile Day** is always celebrated on the 2nd Wednesday of Library Week, which this year falls on **April 10**. This day is an opportunity for friends and fans of the library to support and celebrate library outreach and the dedicated library professionals who are going out into the community. **Marien Ruiz-Villaman** provides visits from the Book Mobile to Our Lady of Peace on the **2nd and 4th Wednesdays, at 11:30** in the front parking lot. We will present Marien with a Thank You card and gift on **Wednesday, April 13**. If you would like to sign the card stop by the Life Enrichment office on the third floor, before **Tuesday, April 9**.

## Jefferson Madison Regional Library Spring Book Sale

We will be going to the Jefferson Madison Regional Library Spring Book Sale on **Thursday, April 11, at 2:30**. They have thousands of adult, YA and children's books, LPs, DVDs, CDs, games and puzzles!!

They will keep restocking throughout the sale! If you would like to go **sign up** at the mailboxes on **Monday, April 8**. Shop for great books at great prices for a great cause!

~Taken in part from JMRLwebpage~

## Parkinson's Support Group

Volunteer **Lisa Clyman** will host a **Parkinson's Support Group** meeting on **Monday, April 22, at 3:45** in the Card Room. Please join her.

## Entertainment for April

Resident volunteer, **Joe Giovanelli** will play the piano **Wednesday, April 3, at 2:00**, in the **DePiro room**. He will be playing 5 songs with the word April in them as well as other songs of Spring!

Join resident volunteer, **Eileen Bracuti**, for Music & Fun on **Tuesday, April 9, at 2:00, in the DePiro Room**. She will play three songs about April and a variety of carefully thought out songs, both “fun and pretty.” Bring a friend and enjoy the show!

**Monday, April 15, at 1:30 in the 2nd floor lobby**, members from the **Mary Williams Hallelujah Choir**, will be singing songs of praise. Please welcome them and join them in song.

**Friday, April 19, We Bring the Music** will perform at **2:00** in the DePiro room. This month’s entertainment brings you the **Jaye Urgo Trio** with **Jaye Urgo**, on guitar, **Stan Hamrick**, on bass and vocals, and **Audrey Goldsmith**, piano. They all have played music in the Charlottesville area for many years in many different groups.

**Jodi Stevens** and friends will entertain you with their lively, toe tapping music on **Wednesday, April 24, at 2:00**, in the **Main Lobby**. Join this high spirited group as they fill the second floor with great music and fellowship!

## National Walking Day

**National Walking Day** is celebrated on the **1st Wednesday in April**. This marks the first day our “Walking Club” will start back. We will walk around the OLOP campus, down Hillsdale Drive to the Church of the Incarnation. This is usually a 30 minute walk and is **not** suitable for all

due to the uneven terrain, and steep inclines and declines. Staff is always with you. Our goal is to walk most Wednesdays in April, check your daily sheet for days and times.

**For safety reasons we ask that you wear tennis shoes or shoes without heels, no sandals or flip flops.**



## Wii Sports

“Set off on a journey to a virtual tropical island where an array of fun sports await! This month, keep an eye out for “Wii Sports” programs on the calendar! Each “sport” will be played in the Theater, and a virtual golf course, bowling alley, and more will be projected on the screen.

Using motion-sensing technology, aim to score par on a variety of golf greens, or try to throw a strike in 10-pin or 100-pin bowling! These games are simple to learn, yet still exciting. We hope to see you there!”

There will be 3 different games on the calendar: Golf, Bowling, and Tennis. **Check your daily sheets for games and time.**

## Sunday Evening Movies with Fred

Volunteer **Fred Schneider** will continue his Sunday evening series most Sundays in April. Join him at **6:30 in the Theater**. Fred’s theme is the best of Netflix originals.

## Hearing at Home

A representative from Hearing at Home will be at Our Lady of Peace on **Wednesday, April 10, at 10:30** in the **Chapel**. While they are not able to fix your hearing aids they do offer free cleanings and can answer questions about your hearing aids.

## Technology Assistance

Volunteer, **Elizabeth Waterbury** offers technology assistance and will be here on **Wednesday, April 10, 17, and 24 at 3:30 in the Library**. She can show you how to use your cell phones, I-pads, laptops, computers etc.. She is not able to fix anything with your devices but can teach you how to use them. Bring your devices with you, and she’ll be happy to help.

## Evening Happy Hour

We will be hosting an evening **Happy Hour** on **Wednesday, April 17, at 6:30** on the **front porch**, weather permitting. Join your OLOP friends and neighbors for an after dinner drink. We will be serving wine, mixed drinks, sodas and very light tidbits!

## Knitting Nook

There are a couple of residents who are interested in getting together to knit and thought it would be fun to gather with other knitters while doing it. You would knit your own projects but gather as a group for conversation and socialization. We have a nice sitting area on the **third floor** at the end of the **B Hallway**. If you are interested, come to the Life Enrichment room on the third floor on **Monday, April 1, at 2:00** and after meeting we will head down to the “**Knitting Nook**”. Bring something to knit with you.

## Men's Group

The Men's Group will meet in on **Tuesday, April 2, at 10:00**, in the **Card Room**. Join your fellow men for a first or second cup of coffee, light refreshments, and good conversation. On **Tuesday, April 30**, the men's group is invited to go Out to Breakfast. Destination to be discussed at the **April 2**, meeting.

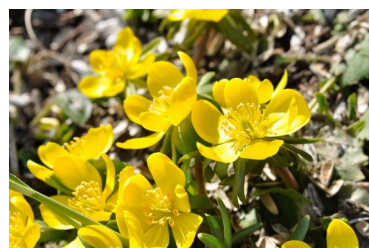
## Walker/Wheelchair Clinic

Come join Brenda Martin with **Powerback Rehab** along with **AdaptHealth** for our annual walker/wheelchair clinic. They will assess your device for correct operation and safety, and make any adjustments you may need onsite. This will be a first come, first serve event on **April 8, from 10:30-11:30** in the **DePiro Room**.

## Wine & Cheese Social

Join us for a Wine and Cheese Social on **Wednesday, April 10, at 3:00** on the **Third Floor Lobby**. Enjoy appetizers, a glass of wine, or a soft drink as you catch up on your plans for spring with your friends and neighbors!

## Flower Arranging



We will be arranging a variety of spring flowers on **Thursday, April 18, at 10:00** in the **Life Enrichment Room** on the third floor. Take your arrangement home with you to enjoy yourself, or give them away to a friend. All supplies will be provided.

## Therapy Spotlight April 2024



April is National Stress Awareness Month.

According to the [National Institute of Mental Health](#). The definition of stress is “an emotional or physical response to an external cause”. A trigger for stress may occur once or repeat over time. Everyone, at some point in their lives, feels stress. It is important to realize the impact of stress in our daily lives and the effect it can have on our physical, mental, and emotional wellbeing. Listed below are common reactions to stress and healthy ways to cope with stress. If you find that you have trouble managing your stress such that it interferes with your everyday life you may benefit from talking to a health professional; including your Powerback Rehab team. Please contact us at **434-973-3501** if you would like to discuss specific ways to reach your health goals, including reducing stress.

Some common reactions to stress may be:

- Feelings of fear, shock, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty sleeping or nightmares, concentrating, and making decisions
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances
- Withdrawing and avoiding doing things

Healthy ways to help yourself cope with stress:

- Take breaks from watching, reading or listening to news stories about traumatic events
- Take care of your body with healthy eating, a good night's sleep, and exercise
- Make time to unwind and complete activities that you enjoy like painting or gardening
- Talk with friends or family about your feelings
- Connect with others in your community or faith based organization
- Avoid the use of drugs or alcohol which could increase stress
- Recognize when you need additional assistance from a professional

### Out to Lunch at Jack's Shop Kitchen

Join your OLOP friends for an out to lunch on **Thursday, April 11**, at **Jack's Shop Kitchen**. This quaint restaurant is located at the foothills of the Blue Ridge Mountains in Greene County. This farm-to-table restaurant is on the main floor of the Greene House Antique Shops. Choose from a variety of salads including Lemon Shrimp, Crispy Chicken Caesar, or a Balsamic Chicken Sandwich, Fried Green Tomato BLT, or a Jack's Shop Burger, to name a few. If you would like to go, **sign up** at the mailboxes on **Thursday, April 4**, We will meet at **10:30 in the main lobby** and leave shortly thereafter. ~ Taken in part from Jack's Shop Kitchen webpage ~

### Barn Quilt Tour

The Barn Quilt concept began in Ohio in 2001 when a woman wanted to honor her mother by having a quilt pattern painted on her barn. The Blue Ridge Barn Quilt Trail began in the fall of 2016 when the Art Guild of Greene (led by member Vyvyan Rundgren) and Greene County Economic Development and Tourism joined together to initiate what has become the largest barn quilt trail in Virginia. Currently there are 145 barn quilts on display at nearly 100 locations throughout the county on barns, sheds, houses, fences, porches, mailboxes and in gardens. Many businesses also display this colorful artwork. Join us on **Wednesday, April 17**, as we travel to Greene County to view the beautiful artwork. We will be leaving OLOP at **1:30**. **Sign up on Wednesday, April 10**, at the mailboxes if you would like to go. ~Taken in part from Jack's Shop Kitchen webpage~

### Out to Lunch at the Olive Garden

Our outing to Olive Garden in March had to be rescheduled. We will be going **Tuesday, April 23**. Residents that signed up for the outing in March will have first choice of signing up. If we have empty seats we will put a sign up sheet out on **Thursday, April 18**.

### Outing to Chiles Peach Orchard

Join your OLOP friends and neighbors for a trip to Chiles Peach Orchard Market. Come on in for fresh-picked fruit and veggies, homemade desserts, unique food products, and local gifts. We will be going on **Friday, April 5**, at **1:30 sign up at the mailboxes on Monday, April 1**.

### Resident Council Meeting

Resident Council Meeting is a monthly meeting where you, the residents, have the opportunity to meet as a community and share your questions, concerns, suggestions and feed back on the happenings at OLOP. Per your invitation, Department Managers will be available to give you updates of happenings at OLOP and answer your questions. The next meeting is **Wednesday, April 10**, at **1:30**, in the **DePiro Room**. If you have a question or concern, please don't wait until the meeting, stop by the front office today.

#### Resident's Birthday

Sandra Shifflett	3rd
Sandra Baliff	4th
Eileen Bracuti	9th
Dabney Via	9th
Joe Giovanelli	9th
Laurie Johnson	10th
Margarete Rice	10th
Caryl Mueser	19th
Sue Corney	24th
Jo Ann Braswell	29th
Bob Barsalou	30th

#### Staff Birthdays

Shanna Miller	2nd
Daisy Nibblins	2nd
Stacey Turner	5th
Paulette Battle	6th
Troy Johnson	6th
Matthew Akanmu	19th
Linda Smith	25th
Cherie Allen	25th
Etta Wimbish	27th
Kyazia Booker	28th
Helen Baker	29th

April Birthdays will be celebrated on **Tuesday April 23**, at your regular dinner seating.



#### Welcome New Residents

Nancy Miller	Apt 117 A
Teddy & Phyllis Tokarz	Apt 226
Glen Lanter	Apt 205
Sandra Baliff	Apt 304

Please greet them and make them welcome!