

# Mennowood Retirement Community

WINTER 2024

*Because People Make the Place*  
Independent Living, Assisted Living, Memory Care

13030 Warwick Boulevard, Newport News, Virginia 23602  
757-249-0355 • [mennowood.com](http://mennowood.com)

## Holiday Sounds

### *James Curry Performs at Mennowood!*

If you haven't heard James Curry perform at Mennowood you are missing out! James is an outstanding singer, musician and solo entertainer who electrifies his audience and gets the whole crowd energized. The magic of James is that he's not just a talented singer but proof that raw talent, dedication, and a sprinkle of fire in your soul can light up a room. James loves to connect with our residents on a personal level and his charisma shows with every song. Follow us on Facebook to keep up with all the exciting performances at Mennowood!

*Christmas Performance  
of our very own  
MennoBelle's.*



*James serenades  
Mynette Smith (left)  
and entertains our  
residents.*



### *The Mennobelles - Holiday Edition!*

We look forward to any performance by The Mennobelles (our very own handbell choir) but the holidays are extra festive! Thanks for the holiday cheer!





## Resident Spotlight

# Happy 97th Birthday Norman!

Resident Norman Crabill turned 97 this past October! Norman's son Michael is a classically trained pianist and treated all Mennowood to a special birthday performance in honor of his father! We were honored when he came back in December to perform holiday classics for us! We can't wait to have Michael come back!



*Norman Crabill and Residents enjoy listening to Michael's classical music performance!*

## Employee Spotlight

# Alexander Alvarado, 25 Years of Service

**Our newest addition to the 25 years of service club is: Alexander Alvarado!** Twenty-five years of service with our Mennowood Retirement Community—that's an incredible milestone! It speaks volumes about Alex's dedication, compassion, and the positive impact he's had on countless residents' lives. His warm personality and genuine willingness to help shines through, making a difference in every interaction. There are countless "Alex stories" shared by residents, filled with laughter, support, and moments of genuine connection.

Alexander was born in Puerto Rico and moved to the Commonwealth falling in love with Coastal Virginia.

He and his wife Yasena have 5 children and one granddaughter. Alex likes to explore and check out restaurants in his free time with his wife Yasena, one of his favorites is Captain George's in Virginia Beach. Mennowood is grateful for dedicated employees like Alexander!

*Alexander Alvarado, Assistant Maintenance Director, receives his 25 Year recognition from Administrator Thelma Shaffer.*





# No-bake Chocolate Eclair Cake Dessert

## INGREDIENTS

- 2 small boxes vanilla instant pudding (3.4 ounces each)
- 3 1/2 cups whole milk
- 8 ounces Cool Whip (thawed)
- 21 whole graham crackers
- 16 ounces dark chocolate frosting

## DIRECTIONS

1. In a large bowl, whisk together the pudding and the milk.
2. Stir in the Cool Whip.
3. Line the bottom of a 9x13 baking pan with 7 graham crackers.
4. Pour half of the pudding mix over the graham crackers.
5. Add another layer of graham crackers on top of the pudding.
6. Pour the rest of the pudding mix over the crackers.
7. Add one last layer of graham crackers on top.
8. Remove the foil cover off the frosting container. Heat for 30 seconds in the microwave. Use a knife to mix the frosting.  
This is to soften the frosting, so it is easier to spread. You don't want it hot and totally melted, just softened so you can easily spread it.
9. Spread the frosting over the graham crackers carefully.
10. Refrigerate for at least 8 hours or overnight. Serve and enjoy!



## The Coordinated Services Management Community Family

**Chesterbrook Residences**  
*Residential Living, Assisted Living*  
Falls Church, Virginia • 703-531-0781

**Marian Manor**  
*Assisted Living, Intensive Assisted Living*  
Virginia Beach, Virginia • 757-456-5018

**Our Lady of Hope**  
*Assisted Living, Memory Care, Intermediate & Skilled Nursing Center*  
Richmond, Virginia • 804-360-1960

**Our Lady of Peace**  
*Residential Living, Assisted Living, Memory Care, Nursing Center*  
Charlottesville, Virginia • 434-973-1155

**Our Lady of Perpetual Help**  
*Extensive Assisted Living, Memory Care, Nursing Center*  
Virginia Beach, Virginia • 757-495-4211

**Our Lady of the Valley**  
*Assisted Living, Memory Care, Intermediate & Skilled Nursing Center*  
Roanoke, Virginia • 540-345-5111

**Potomac Place**  
*Assisted Living, Memory Care*  
Woodbridge, Virginia • 703-494-3817

**St. Mary's Woods**  
*Residential Living, Assisted Living*  
Richmond, Virginia • 804-741-8624

**Tall Oaks Assisted Living**  
*Assisted Living, Memory Care*  
Reston, Virginia • 703-834-9800

## Crafting with Suzanne Allen



Mennowood Volunteer Suzanne Allen brought a winter art project and all the supplies for our residents to participate. She demonstrated different techniques, brush strokes and effects while still allowing everyone their own creative expression.



*Barbara and Brett practice their painting skills.*

*From left: Brett Francis, Frances Tobler, and Barbara Hartzell enjoy Crafting with Suzanne.*



# Please Join Us For Our Upcoming Events

## Tuesday February 27

*Lunch & Learn: Hospice 101 & Advanced Directives, an overview*

## Wednesday February 28

### *Chef's Table with Cody*

Food is so important when choosing a senior living community. That's why we offer complimentary dining experiences to prospective residents. Guests are invited to join us for an upcoming "Chef's Table" event presented by Chef Cody.

**Space is limited—call Emily at 757-249-0355 to RSVP!**



## Thursday March 7

*VDT Virtual Dementia Training from 10 am -2 pm*

## Thursday March 14

*Lunch & Learn: Help Seniors Stay Safe & Mobile on the Road*

## Wednesday March 27

*Chef's Table with Cody returns for another complimentary dining experience.*

---

*Mennowood is a nonprofit, nondenominational retirement community founded in 1985 by the local Mennonite community.*

---



**Mennowood**  
Retirement Community

13030 Warwick Boulevard  
Newport News, Virginia 23602

*Because People Make the Place*  
Independent Living, Assisted Living, Memory Care