

# *“For Your Information”*

(A periodic publication by Sherwood Oaks Executive Director, Annette McPeck)

**January 17, 2020**

## **Sunday Football**

Thank you to Dave Moon who has volunteered to set up the TV on Sunday, January 19 for the championship games. They will be shown in the Auditorium after the chapel service.

## **Martin Luther King Day**

All patio homes and apartments that are cleaned on Monday will not be cleaned due to the holiday. Transportation schedules, Café hours and Main Dining hours will not change.

## **Update on Lower Level**

The Therapy room is scheduled to reopen on Wednesday, January 22. Hallway flooring installation will begin on Monday, January 20 at 7:00 p.m. We will provide future updates on Library and Fitness Center.

## **Cold Weather**

Frigid temperatures are expected over the next several days. I suggest making sure your scooters are plugged in and/or fully charged.

A reminder for emergency heat is as follows:

- ✓ Turn on “Emergency Heat/Auxiliary Heat” when the outside temperature is expected to be below 35 degrees.
- ✓ Turn back to “Heat” when the outside temperature rises above 35 degrees.

Please note that this only pertains to patio homes 101-360. The lakeside apartment and patio home 600 residents will adjust the thermostat in their homes as normal. Contact maintenance at ext. 8477 if you need assistance.

## **Parking Reminders**

We ask that you park your vehicle so it does not hang over the sidewalk. This will ensure that the sidewalks can be completely cleared of snow/ice and properly treated throughout the upcoming winter months. Reminders are posted in the mail room.

## **Robotics Program**

The North Catholic High School Robotics Team will be here on Tuesday, January 21 at 10:00 in the Auditorium to demonstrate how apps communicate with the robots. Bring your smart device for help choosing and downloading the best app to use for the presentation. Questions can be directed to Roberta Breninghouse at ext. 8471 or breninghouser@upmc.edu.

### **Pinewood Derby Event**

The Mars Cub Scouts, Pack 413, will hold a Pinewood Derby on Saturday, March 21 in the Card Room and Auditorium. A Pinewood Derby is a racing event for unpowered, unmanned miniature cars. Scouts, with the help of adults, build their own cars from wood kits (kits include block of pine wood, plastic wheels and metal axles). The cars are then designed, cut, modified and painted by the racers (within certain rule constraints) for race day. Each car races four times on a digitally timed track to determine winners in their category.

Residents are invited to race in the derby; registration is required. The sign-up sheet is posted on the administrative bulletin board in the mail room. The deadline to sign up is Friday, February 7. Each registered racer will receive a derby kit prior to the event. Questions can be directed to Roberta Breninghouse at ext. 8471 or breninghouser@upmc.edu.

### **Birthday Celebration**

Join us on Wednesday, January 29 as we take a culinary journey to China. This month's themed menu includes: hot & sour soup, chicken & vegetable wonton soup, kung pao chicken, Szechwan shrimp stir-fry, Mongolian beef, Chinese BBQ ribs, vegetable lo mein, vegetable fried rice, Asian green beans & peppers, creamy coconut rice pudding and toasted almond cake.

Due to the popularity of our themed events, we highly recommend that you make a reservation if you plan to eat dinner in the Main Dining Room this evening. Reservations can be made by calling ext. 8234.

### **Dental Presentation**

Lizzie Austin, Pitt dental hygiene student, will be here on Monday, February 3 to speak to you about geriatric oral health. This includes: gingival diseases, denture care instructions, how to care for your mouth and oral physiotherapy recommendations. The presentation begins at 1:30 p.m. in the Auditorium.

### **Cell Phones**

Residents have asked me to publish this reminder:

“As a courtesy to fellow residents, please limit your cell phone use in the dining room or cafe. If you carry your phone into these areas, please make sure it is set to mute or vibrate. And, if you do receive a phone call, please step out into the lobby to answer it.”

### **End of Year Letters**

Prepaid medical expense deduction letters and end of year tax letters for 2019 for Sherwood Oaks and The Sherwood Oaks Fund will be distributed before the end of the month. If you have any questions, please contact Tabby Alford at ext. 8460.

