

“For Your Information”

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

February 18, 2020

Cruise into Better Health

“Cruise into Better Health” is a 4-week program designed to increase your physical activity. The Program starts on Monday, February 24 and is open to all residents. The program also includes educational seminars every Monday with refreshments (smoothies). If you are interested in participating, you may either sign up in the Fitness Center or call ext. 8543. The deadline to sign up is Friday, February 21. Thank you to Peyton and Bethany, Fitness Center interns, for creating this program.

Concert

The North Allegheny String Ensemble will be here on Saturday, February 22 to perform for you. The concert begins at 1:30 p.m. in the Auditorium.

Birthday Night

Join us on Wednesday, February 26 as we head to “The Big Apple” to celebrate February birthdays. Our New York inspired menu includes Manhattan clam chowder, Chinatown wonton soup, open face pastrami and swiss on rye, sliced New York strip with red wine reduction, chicken riggies with rose’ sauce, seared tuna with apple and thyme, creamed spinach, scalloped potatoes and roasted tri-color cauliflower. We end the night with your choice of a big black & white cookie or a slice of New York style cheesecake with strawberry topping.

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.

Pinewood Derby

Sherwood Oaks is hosting the first Pinewood Derby event with Cub Scouts Pack 413 on Saturday, March 21 at 1:30 in the Auditorium and Card Room. If you are interested in making a car to enter the race or have questions, please call Roberta Breninghouse at ext. 8471.

Love Your Vision Presentation

Certified Low Vision Therapist, Holly Stans, and Ophthalmologist, Dr. Gary Reck will be here on Thursday, February 27 to educate you on low vision, new technology and to offer you a free functional vision screening. The presentation will begin at 1:30 p.m. in the Auditorium. If you have questions, please call Lynn Vissotski at ext. 8478.

ACES Award Winner

The Award for Commitment and Excellence in Service (ACES) honors staff whose everyday actions and, in some instances, personal acts of courage and compassion exceed the high level of service that the community has come to expect from Sherwood Oaks. Each year, fewer than one percent of UPMC staff from across the health system receive this honor.

Please join me in congratulating Fen Hou as a recipient of this year's ACES award. Fen is a professional staff nurse in the Oak Grove Center. She is originally from China and has worked at Sherwood Oaks for 10 years. She is the epitome of thoroughness and organization. She does not accept anything less than the absolute best for the residents. Families are very complimentary of her caring nature and professionalism. Fen facilitates teamwork in the Oak Grove Center, across the Sherwood Oaks campus, and has assisted with UPMC's International Division. We are lucky to have such an outstanding employee! Congratulations Fen!

YMCA Programs for 65+

I want to let you know that the Rose E. Schneider YMCA participates in the SilverSneakers and Silver&Fit programs. These health & fitness programs are designed for adults 65 and older and are included in certain health care plans, including Medicare.

To inquire if one of these programs is included in your health care plan, the YMCA suggests that you call each program directly with your information. The number for SilverSneakers is 1-888-423-4632; the number for Silver&Fit is 1-877-329-2746. If you qualify, you can proceed to the membership desk at the YMCA with your photo ID and insurance card to complete an application. Once the application is accepted and your membership is processed, you can use the facilities free of charge. The YMCA spokesperson asked me to remind you that members must supply their own towels and locks.

Recycling Update

If you would like to see your corrugated cardboard boxes recycled, please put in trash room and be sure the box is empty and flattened. Any box not empty is put in the trash. Please direct questions to Jeff McGaughey at ext. 8598.