

“For Your Information”

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

March 24, 2020

Updates

Thank you for your cooperation through all the changes and closures we've enforced on the campus. I ask that you maintain these restrictions until we officially lift any or all of them.

The medical director reports our efforts are making a positive difference in our community. Please be mindful of 6-foot social distancing. Furniture in the lobby has been modified.

An updated grocery list is on the back of this FYI. It includes some new items being offered.

Newspaper Stand

Thank you to the woodshop for making the new wooden newspaper stand in the lobby.

New Bank Hours

Effective today, West View Savings Bank office will only operate on Tuesdays and Thursdays in our lobby from 11 a.m. – 1:00 p.m. until further notice.

Tele-Town Hall

UPMC Senior Communities is holding teleconferences on Friday, March 27 to update residents and families on COVID-19. They will also answer questions you may have. There will be two separate conferences; one for Independent Living and one for Personal Care (includes the Oak Grove Center) and Skilled Nursing. To participate in a call, see below:

- Independent Living – 2:00 p.m. – call 1-855-962-0996
- Personal Care & Skilled Nursing – 3:00 p.m. – call 1-855-962-1209

Flyers are posted in the mail room and advertised on channel 900.

2020 Census

If you haven't already received the 2020 census, you should expect it in the next week or so. Each patio home and apartment will need to fill it out and return it by mail or complete it online at my2020census.gov. When you get to the home ownership question, please choose renter. If it asks who owns the property, the answer is Pittsburgh Lifetime Care Community. If you have any other questions regarding the census, please call me at ext. 8467.

Tax Filing Extension

The federal income tax filing due date has been extended from April 15 to July 15, 2020. Taxpayers can also defer federal income tax payments due on April 15 to July 15, 2020, without penalties and interest, regardless of the amount owed. This deferment applies to all taxpayers, including individuals, trusts and estates, corporations and other non-corporate tax filers as well as those who pay self-employment tax.

(over)

GROCERY LIST

NAME _____

APT # _____ PHONE _____

Beverage Quarts

- Whole
- 2%
- Skim
- Lactaid
- Orange Juice

Eggs

- ½ Dozen
- Hard Boiled Eggs (2)

Fruits

- Apple
- Banana
- Orange
- Grapefruit

Vegetables

- Onions
- Potatoes
- Cucumbers
- Tomatoes
- Peppers
- Carrots
- Celery

Single Serve Canned Soup

- Vegetable
- Tomato
- Chicken Noodle

Cookies

- ½ dozen

Single Serve Boxed Cereal

- Raisin Bran
- Special K
- Cheerios
- Honey Nut Cheerios
- Frosted Flakes
- Shredded Wheat
- Rice Krispies
- Corn Flakes

Misc.

- Activia Yogurt:
Vanilla, Strawberry
or Peach
- Jello Cup
- Applesauce Cup
- Pudding Cup:
Chocolate (or)
Vanilla
- Dole Fruit Cup:
Pear (or) Peach
- Pound of Butter
- Mozzarella Cheese
Stick

Single serve bag of Coffee

(makes one pot)

- Regular
- Decaf

Loaf of Bread

- White
- Wheat.
- Rye
- Multi-Grain
- English Muffins
- Bagels
- 1 slice of Wheat

Muffins

- Blueberry
- Banana
- Chocolate