

“For Your Information”

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

October 16, 2020

Fall into Healthy Habits

Are you interested in improving your health and wellness? “Fall into Healthy Habits” is a four-week program which includes physical activity and an educational component. If interested, or if you have questions about the program, please call the Fitness Center at ext. 8543 or stop in to see Rebecca (Fitness Intern) between 8-4:30 M-F. The “Fall into Healthy Habits” starts on Monday, October 26. The last day to sign up is Thursday October 22. Details are posted in the mailroom.

Resident Satisfaction Survey

The resident satisfaction surveys will be distributed next week. The window for completing the survey is October 19 - November 6, 2020. Independent Living surveys will be placed into each pigeonhole in the mail room. Skilled Nursing and Personal Care surveys will be distributed by Epiphany Lehman and Lori Greer. Oak Grove Center surveys will be mailed directly to each POA/responsible party.

- Each survey is in a white envelope addressed to Holleran Consulting.
- Please complete the survey and use the same envelope to mail it back to Holleran.
- There is an email address listed on the survey for those who wish to complete it online
- If you complete an online survey, please toss the paper survey into a recycle bin.

Thank you in advance for completing this valuable tool. If you have any questions about the survey, feel free to contact Tabby Alford at ext. 8460.

Café

The café is now open from 9 a.m. to 4 p.m. for residents who wish to purchase grocery items and/or grab n’ go items.

Drug Take Back Day at Cranberry Township Municipal Building

This drive up & drop off event is Saturday, October 24 from 10 a.m. to 2 p.m. at the Cranberry Township Municipal Building (rear lot) for any unwanted, unused or expired drugs including prescription and over-the-counter drugs. Please remove any personal information listed on prescription bottles. Flyers are posted in the mail room.

We are hopeful to resume on-campus Drug Take Back Days in the Spring.

Political Signs

Political signs are permitted inside your windows and on the doors of your residences, but yard signs are not permitted. These signs will be removed and placed outside your door. And please, be courteous to each other during this time.

Pumpkin Decorating Contest

Residents and staff are welcome to enter our annual pumpkin decorating contest. Pumpkins will be on display in the lobby October 27-30. No carved pumpkins please. Judging will begin on October 29 and prizes will be awarded to the top three entries. Please use sanitizer before and after voting, wear your mask, and social distance while viewing the pumpkins. Questions can be directed to Roberta Breninghouse at ext. 8471.

