

“For Your Information”

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

March 1, 2021

Employee Appreciation Posters

Sherwood Oaks will join the nation in celebrating National Employee Appreciation Day on Friday, March 5. Department managers have shared fun facts from their departments for 2020 and made very colorful and informative posters thanking their staff. The posters will be hung on the wall across from the resident storage room (on the lower level) Friday afternoon. I encourage you to stop by and read them. You may be surprised by some of the statistics.

2020 ACES Winner

Join me in congratulating Amy McNear, a certified nursing assistant in the Oak Grove Center, who won the 2020 UPMC Award for Commitment and Excellence in Service (ACES). Amy has worked at Sherwood Oaks for 17 years and is a role model to her peers for providing optimal care to residents. We are lucky to have such an outstanding employee. Congratulations Amy!

Fitness Classes Cancelled

Due to employee vaccinations, Yoga and Move & Groove have been cancelled in the Auditorium on Thursday, March 4.

Safety Reminders

A few safety reminders for when you leave your home:

- Wear your aerial pendant
- Take your time and utilize benches if you need a rest as you make your way to and from the Community Center
- Wear your mask and practice social distancing

Entrance Safety

The Security and Transportation Committee asked me to remind you to not block your patio home entrance doorway should you park your scooter in your patio home. Be sure to leave sufficient space for safe entry in and out of your home.

Scam Alert

Recently, a resident shared her experience with an attempted scam. Someone saying they are from Amazon calls and says they need assistance correcting a false charge. Amazon will never ask you to make a payment outside of their website and will not ask you for remote access to your device.

COVID-19 Vaccine Side Effect Information

Independent living residents will receive a COVID-19 Vaccine side effect handout at Thursday's vaccination clinic. Common side effects include, but are not limited to:

- Soreness at injection site
- Headaches
- Low-grade fever, under 100 degrees
- Aches and fatigue
- Malaise-general feeling of discomfort
- Chills

If you have symptoms attributable to the vaccine such as achiness, headache or low-grade fever, it is okay to take ibuprofen or acetaminophen to reduce symptoms, if these medications are safe for you to take. If you have been evaluated by a physician regarding a known or potential allergic reaction and advised to take a specific medication, please follow that guidance.

Contact Community Nursing at 724-776-8496 if experiencing severe symptoms that need medical attention.