

“For Your Information”

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

March 23, 2022

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 Raymona (Mona) Stine as a recipient of the 2021 ACES award. Mona is an evening receptionist who has worked here for five years. She was also named the UPMC Above & Beyond winner for the 2nd quarter of 2021. Mona’s actions speak true to her personality and dedication to treating the residents as family. We are lucky to have such an outstanding employee! Congratulations Mona!

New Fitness Classes

Starting on Monday April 4, the Fitness Center will be transitioning into our Spring Group Fitness Schedule. There will be one change with one new class added. Here is the new schedule along with the descriptions of the new class:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am Group Fitness (Strength & Balance)	10am Tai Chi	10am Group Fitness (Strength & Balance)	10am Move & Groove	10am Tai Chi
11am Stretch & Stability	11am Take a Walk with a Friend	11am Yoga	11am Punch Fitness Boxing Class	11am On the Move

- **Take a Walk with a Friend-** Get out, walk and enjoy the spring air! This is a group walk which explores our beautiful campus while benefitting from a 30-40-minute aerobic workout. Those interested in joining this weekly group walk should meet outside the Scooter Room/Gallery entrance on Wednesdays at 11 a.m.

Raffle Tickets Available until May 16

The Celebrating Senior Champions 50/50 raffle tickets are available at the reception desk through May 16. Tickets are 1 for \$10, 3 for \$25 and 6 for \$40. Proceeds will be split evenly between the winner and UPMC Celebrating Senior Champions. The winning ticket will be randomly drawn on May 23 at noon and the winner will be notified.