

# ***“For Your Information”***

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

**January 13, 2023**

## **Rehabilitation/Physical Therapy Update**

Megan Szymanski, Director of Rehabilitation, has a change in her responsibilities and will now oversee both the Sherwood Oaks and Cranberry Place Rehabilitation departments. She will travel between the buildings on a regular basis for both clinical and operational needs. Due to changes in Megan’s availability on our campus, please make an appointment for an evaluation or to discuss any issues with her. You can also contact her via email at [hollandml@upmc.edu](mailto:hollandml@upmc.edu). The rehab/PT staff at Sherwood Oaks will continue to provide excellent care and can be reached at extension 8478 for scheduling appointments or for questions.

## **Café Closure - Lunch**

Our college students are returning to school, so the Café will be closed for lunch service beginning Sunday, January 15. Takeout meals are available at the Café counter from 11:30 a.m. – 1:00 p.m. daily. Breakfast & dinner hours remain the same. We are updating the Sherwood Oaks dining slide on the Seneca Valley TV channel, and our recruiter has sent email blasts advertising open positions. If you know a student who may be interested in working with the dining team, please call Jesse Komara at ext. 8505.

## **Martin Luther King Day – January 16**

All patio homes and apartments that are cleaned on Mondays will not be cleaned due to the UPMC observed holiday. A credit will be placed on your bill. In addition, fitness classes are canceled, administrative & marketing offices are closed, and there is no US mail delivery on Monday. Transportation schedules, Reception Desk hours, Café meal pick-ups and Main Dining hours will not change.

## **Resident Get Together**

Bill Burtner, Health & Wellness Director, and Megan Szymanski, Director of Rehabilitation, will be the guest speakers at the resident get together on Friday, January 20 at 1:30 p.m. in the Auditorium & Card Room. Bill and Megan will speak to you about their responsibilities and the services their departments offer. I will also give a brief campus update and will answer any questions you may have.

## **Furnace Filter Replacement**

Starting on January 18, maintenance will be changing furnace filters in independent living patio homes and apartments. This will begin in patio #101 and continue numerically through the community. This process is expected to take approximately 2-3 weeks to complete. Please contact maintenance at ext. 8477 with questions.

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### **End of Year Letters**

Prepaid medical expense deduction letters and end of year tax letters for 2022 for Sherwood Oaks and The Sherwood Oaks Fund will be distributed at the end of January. If you have any questions, please contact Tabby Alford at ext. 8460.

### **Scam Calls**

The year is young, but I have already had reports of scam callers posing as grandchildren. If you receive a call and they ask, “Guess who this is?” do not volunteer names.

### **Resident Meeting with Dan Santoro**

Cranberry Twp. Manager, Dan Santoro, will be on campus to speak to you about what is happening in the township. The meeting will be held on Tuesday, January 24 at 1:30 p.m. in the Auditorium & Card Room.

### **Birthday Celebrations**

Dining Services is having movie-themed birthday celebrations for 2023. The “birthday” movie will be shown on channel 951 at 1:30 p.m. and 7:30 p.m. to coincide with the celebration held in the Dining Room and Café each month.

This month’s theme is Mary Poppins and will be held on Wednesday, January 25 in the Main Dining Room, and Café. The menu includes biscuits with jam, oxtail soup, London particular soup, roast lamb, eggs benedict, fish & chips, Cornish pasties, baby roasted potatoes, brussels sprouts with bacon, and dill carrots. Desserts are a spoonful of sugar cookies and bread & butter pudding.

Reservations are highly recommended for lunch and/or dinner by calling ext. 8234 with your name, number of people in your party and reservation time.

