



## Meet Community Nursing (Continued from page 1)

The Community Nursing Program, in addition to providing emergency care, also offers help to residents in many other important ways. Specifically, the nursing staff may:

- Assist residents with the preparation of their weekly medication boxes
- Place orders for medication refills
- Perform blood pressure checks and blood draws when required
- Give allergy injections and flu shots
- Answer medical questions
- Provide first aid care



- Keep and monitor residents' medical records
- Change dressings and bandages
- Talk with residents to be sure they understand and follow hospital discharge instructions

What Ginny enjoys most is getting to know and care for the residents. She is happy to be able to provide a sense of security to residents and their families. "Our goal is to provide care in order to keep residents as independent as possible for as long as possible." Her advice: "Keep active and take advantage of the wonderful programs at Sherwood Oaks. And know that you can contact the community nursing office with any medical concerns at any time."

### Mission Statement

The mission of Sherwood Oaks is to operate a continuing care community for people age 62 and over which fosters independence, health and physical and financial security for residents, while preserving a quality and dignity of life in which residents may realize their fullest potential.



### Come to a Fitness Fair at Sherwood Oaks and learn more about our:

- Kaiser machine and free-weight training
- Tai Chi taught by a Master instructor
- Yoga
- Ping pong, billiards
- Exercise class
- Wooded walking trails, putting green
- Aquatic aerobics and lap swimming
- Hot tub spa
- Computer simulated golf, tennis, bowling
- Therapeutic massage
- Plans for expanding the campus

*The Sherwood Oaks Fitness Center is directed by Bill Burtner who has a Masters degree in Sports Science and Exercise Physiology and is certified by the American College of Sports Medicine. Learn how you can ensure your fitness, and enjoy a lifestyle of distinction at Sherwood Oaks.*

# fitness fair

Wednesday, February 13, 2008  
1:30 p.m.



Sherwood Oaks Retirement Community Fitness Center

Please call to register – (800) 642-2217



100 Norman Drive, Cranberry Twp., PA 16066 • www.sherwood-oaks.com

Oak Leaves is published quarterly by the Marketing Department.

For more information, call Sherry Cook, Marketing Consultant or Phyllis Franks, Marketing Assistant at 1-800-642-2217.

Sherwood Oaks  
100 Norman Drive  
Cranberry Twp., PA 16066  
www.sherwood-oaks.com

Return Service Requested

Non Profit Org.  
U.S. POSTAGE  
PAID  
Pittsburgh, PA  
Permit No. 5673



A Lifecare Retirement Community, a part of UPMC Senior Communities, and accredited by the Continuing Care Accreditation Commission



# OAK LEAVES

Winter 2008

Published quarterly by Sherwood Oaks, Where Retirement Living Comes Alive!



## New Health and Wellness Lecture Series



**"My mission is to help each resident reach their fullest potential." — Bill Burtner, Wellness and Health Promotion Manager**

Fitness and health are important priorities at Sherwood Oaks. In addition to the expanded Fitness Center, individual fitness sessions, group exercise classes, and successful walking program, Bill Burtner, Fitness Director, has introduced a new series of educational presentations in Health and Wellness. The seminars are designed to further enhance the overall health and fitness education for residents.

"My mission is to help each resident reach their fullest potential in health and wellness. The educational topics were chosen to address hot-button health and fitness issues and residents were asked for their input and helped to identify areas of specific interest," Bill explained.

The educational presentations will cover such important topics as staying strong and fit during the winter months, explaining

good and bad carbohydrates, weight loss, the glycemic index, good nutrition habits, evaluating and treating balance problems and how to exercise to prevent aching joints.

Madelin Clements is an 11-year resident of Sherwood Oaks and a big supporter of the fitness programs. She believes the educational presentations are valuable and serve to expand health and wellness to a higher level of awareness through education.



**Madelin Clements**

Because she had polio as a teenager, Madelin suffers with a post-polio condition which limits her mobility. She uses a personalized

(continued on page 2)



## Meet Community Nursing



**Ginny Lott, Director of Community Nursing**

The Community Nursing Program is one of the most important and beneficial features offered to residents of Sherwood Oaks. Ginny Lott is a registered nurse and Director of Community Nursing at Sherwood Oaks.

"We are a lifetime care community, and committed to offering nursing care at any time it may be needed," Ginny said. "There is at least one registered nurse on duty at all times, twenty-four hours a day, seven days a week. And there is never any charge for nursing services."

Before entering Sherwood Oaks, prospective residents transfer their medical records to Sherwood Oaks and meet with both Ginny and the community's medical director, Robert Love, MD. The purpose of this meeting is to find out if the prospective resident will have any difficulty living safely on campus, and to identify any pre-existing medical condition that may require further discussion.

**Kim Palmieri, Community Nurse**



Once living at Sherwood Oaks, "residents need only to dial "0", or take the phone off the hook from their patio homes to reach us. Using the pull cords in any bathroom on campus will also summon assistance from our registered nursing staff. In addition, we offer an alert system pendant that is worn around the neck. Residents can use the pendant when they are engaged in campus activities, such as the Fitness Center. Activating the pendant from anywhere on campus will alert both security and our office for help," explained Ginny.

In an emergency situation it is usually a security officer who reaches the location first, and the registered nurse on duty is called to respond to the scene. The nurse will assess the medical problem

and provide appropriate treatment when possible. They may refer the patient to the on-site medical office, assisted living or even skilled nursing. Or, they may summon transport to a hospital if necessary. Often, the community nursing staff acts as the liaison between the resident and their physician.

(continued on back page)





# From Mark Bondi President and CEO



Mark D. Bondi  
President and CEO

Dear Friends,

Welcome to the Winter 2008 issue of *Oak Leaves*. At Sherwood Oaks, retirees are thriving and enjoying carefree retirement living at its best. They have friends, activities, programs, events, modern conveniences, and lovely homes nestled securely on a beautiful 84-acre campus in Cranberry.

We place a high value on fitness. We know

that staying active and fit makes for longer and healthier lives. In addition to our well-equipped Fitness Center, and group exercise sessions, we are presenting a new series of educational topics on **Health and Wellness**. You'll find information in this issue about our educational seminars and the upcoming Fitness Fair.

One of the main features that sets Sherwood Oaks apart

is our commitment to providing healthcare for life. We know the high-level of comfort that comes with knowing that your future healthcare needs will be met. In this issue, read about our **Community Nursing Program** which provides a registered nurse on duty at all times, 24 hours a day, 7 days a week for emergency and episodic care for residents.

Finally, meet two members of our mar-

keting staff. They have a wealth of information about Sherwood Oaks to share with you. We encourage you to talk with our staff and residents and visit our flourishing community. Contact our marketing department at 1-800-642-2217 for more information about any of the topics in this newsletter or general information about Sherwood Oaks.

My best wishes to you for a happy and healthy New Year.



## New Health and Wellness Lecture Series (Continued from page 1)

*"I especially enjoy the social part of exercise. Gathering with friends and participating in group activities makes it fun."*

Ginny Anguish

program of aerobic and isometric exercises to maintain her current level of mobility. "I enjoy working out during the early morning hours at the Fitness Center," Madelin said. "I can read or gaze outside the windows at the beautiful campus while I exercise."

Residents Bob and Ginny Anguish understand the benefits of

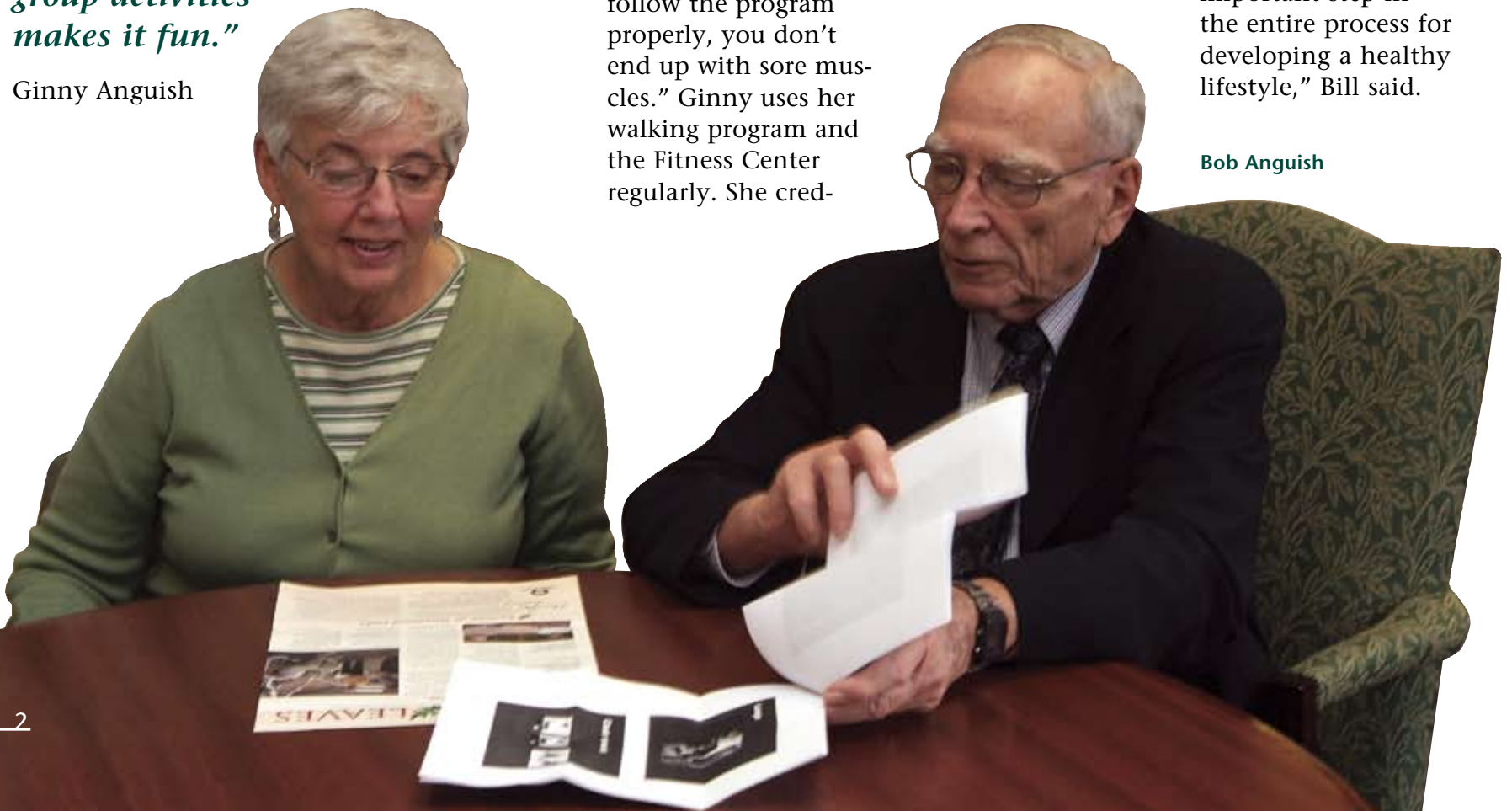
staying active and fit. Bob attended the most recent educational presentation and found it very useful. "The program provided exercises that can easily be done at home," Bob said. "It covered the importance of a warm-up and cool-down period and we received a handout showing detailed exercise illustrations. When you follow the program properly, you don't end up with sore muscles." Ginny uses her walking program and the Fitness Center regularly. She cred-

its exercise as one way she has successfully recovered from a stroke she suffered nearly ten years ago. "As Fitness Director, Bill oversees my fitness program using the exercise machines for strength and flexibility. He monitors my program and sends progress reports to my doctor," Ginny said, referring to a software program Bill

uses called Microfit. Based upon guidelines approved by the American College of Sports Medicine Bill assesses each participant's blood pressure, aerobic endurance, upper and lower body strength, balance and flexibility. Reports are sent semi-annually to the resident's physician.

"Education is another important step in the entire process for developing a healthy lifestyle," Bill said.

Bob Anguish



# Meet the Marketing Staff

Submitted by Diane Cyphers



*“I believe in Sherwood Oaks and the importance of a continuing care retirement community where residents’ future health care needs can be met.”*

Sherry Cook  
Marketing Consultant

**Name:**

Phyllis Franks (left)

**Title:**

Marketing Assistant

Phyllis Franks has been working at Sherwood Oaks for the past year and a half. She assists the marketing staff performing a wide variety of duties.

“My main concern is keeping everyone informed,” Phyllis said. “I coordinate events such as open houses and group tours that are designed to introduce clients to the amenities and lifestyle available at Sherwood Oaks. I distribute weekly informational bulletins that include such things as entertainment programs and off-campus trips. I am also responsible for the in-house television channel and lobby marquee that lists each day’s activities. There is a lot going on at Sherwood Oaks, and it’s important to keep everyone informed.

**Accomplishments:**

Phyllis said working at Sherwood Oaks gives her the opportunity to provide residents with the information they need to become part of a loving and active community. Her reward is interacting with older persons who are rich with friends and fulfilled lives.

**Personal:**

Phyllis has been married to her husband for 30 years. They have raised two daughters who are pursuing careers in medical professions.

**Name:**

Sherry Cook (right)

**Title:**

Marketing Consultant

Sherry Cook is a marketing consultant and has been working at Sherwood Oaks for five years. Her main responsibility is to inform prospective residents about the retirement lifestyle, options, and amenities offered at Sherwood Oaks.

“Sherwood Oaks has so much to offer in retirement living,” Sherry said. “Deciding on a retirement community is a major decision. I’m here to answer all of their questions and let people know that I will guide and help them to make an informed decision. I want people to feel comfortable enough with me to discuss all of their requirements, concerns, and fears and trust that I will assist them in every way. I believe in Sherwood Oaks and the importance of a continuing care retirement community where residents’ future health care needs can be met. “

**Accomplishments:**

Over the past five years, Sherry is proud to have helped nearly 200 people become happy and active residents of Sherwood Oaks. “My reward is the gratitude I receive from the residents who are enjoying life here.”

**Personal:**

Sherry and her husband Dale live in Pine Township and enjoy golf and traveling.