

OAK LEAVES

Fall 2010

Published quarterly by Sherwood Oaks, A Lifestyle of Distinction



A New Outlook on Life

"It's a great feeling knowing that we are free from things like home maintenance and cooking. And most of all, we're happy to be together and living retirement to the fullest."

The Trostles
Residents

"We're just so happy to be together and here at Sherwood Oaks," says Georgia and Ward Trostle.

New residents, Ward and Georgia Trostle moved to Sherwood Oaks six months ago. They selected a two-bedroom apartment in the newly constructed Lakeside apartments on the Sherwood Oaks campus.

"We like the apartment and the connection to the community center is very convenient and an easy walking distance," Ward said.

The couple is enjoying socializing and the activities at Sherwood Oaks. Georgia and Ward are taking a Beginners Bridge class and line dancing. Together, they participate in an exercise program at the Fitness Center. They make use of the library and have high praise for the staff and residents at Sherwood Oaks.

"We came to Sherwood Oaks because we wanted to make our own choice on our own terms," said Georgia. "I had the difficult and sad experience of seeing my parents in a nursing home and Ward and I did not want our children to have to do that for us."

The Trostles are from Penn Township in Butler County. Ward is a retired auto dealership



Residents Georgia and Ward Trostle

owner and Georgia spent her career as a real estate broker. The couple married eight years ago and feels happy and blessed to have found each other at this time in their lives.

"We are enjoying Sherwood Oaks and all that it has to offer. It's a great feeling knowing that we are free from things like home maintenance and cooking," described the Trostles. "And most of all, we're happy to be together and living retirement to the fullest."

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Are Retirement Communities Financially Stable?

It is important for seniors to ask careful questions as they consider which retirement community is best suited to their needs. Some recent newspaper stories have asked if retirement communities are financially stable. Sherwood Oaks willingly answers inquiries about our financial stability. We believe that Sherwood Oaks is

among the financially strongest in the region because:

1. The Sherwood Oaks audited 2009 financial statements show positive net assets of \$5.5 million. Audited statements for FY 2010 will be released soon, and they are expected to show strong operating income, positive investment returns,

and continued investment in capital assets.

2. The Sherwood Oaks Retirement Community has successfully operated for 28 years. We are proud of the good reputation that we've established, especially in the North Hills and Cranberry Township areas.

3. Resident satisfaction at Sherwood Oaks, as measured by an outside consulting firm, shows that residents have rated Sherwood Oaks as exceeding national benchmark scores for many years.

4. The University of Pittsburgh Medical Center UPMC is our parent company and one of the most

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From Mark Bondi President and CEO



Mark D. Bondi
President and CEO

Dear Friends,

Autumn is here and the beautiful natural landscape of the Sherwood Oaks campus is ablaze in vibrant colors. We invite you to visit Sherwood Oaks and discover a retirement life that is rooted in health and comfort, activities and friends.

Read the story about Sherwood Oaks' newest residents and find out why they chose Sherwood Oaks for their retirement living. Their comments and first-hand accounts may help

you to understand why Sherwood Oaks stands out as a premier continuing care retirement community.

Asking the right questions is important when one is considering retirement options. Sherwood Oaks readily shares information about all aspects of our retirement community including our financial resources. Please read the article about our financial strength.

Residents of Sherwood Oaks never want to stop learning. In

this issue, find out about the Continued Learning program and see the amazing schedule of informative and entertaining seminars for those who want to learn, discuss and challenge a wide variety of subjects.

Please remember that our easy-to-use and improved website is available to you 24/7 at www.sherwood-oaks.com. I encourage

you to visit the website and take a look at the new high-definition videos about Sherwood Oaks and our residences. Read the story about why the videos are so unique and informative.

Contact our marketing department at 1-800-642-2217 to schedule a tour of Sherwood Oaks or for more information about our community or any of the topics in this newsletter.

I offer a salute to honor American veterans on November 11th and my best wishes for a happy holiday season to all.



Anticipating a Whole New Life



"I am so excited to begin a whole new life at Sherwood Oaks," says Nancy Cashman.

Nancy lives in Warren, PA (northwestern PA about 25 miles south of Jamestown, NY). "I was looking for a community with activities, amenities and transportation, things that you can't find as an individual in a retirement home or apartment complex," explained Nancy.

Nancy raised her children while living in Mt. Lebanon and is familiar with Pittsburgh. "I wanted to return to the Pittsburgh area where I will be closer to my children and have the opportunity to attend theater, cultural events and convenient shopping. I found Sherwood Oaks during my internet searches for retirement communities and came to visit the campus," Nancy said.

After reviewing the various entrance plans offered by Sherwood Oaks, Nancy selected the Pay-As-You-Go entrance program. The program offers residents access to all of the amenities, comfort and security of Sherwood Oaks without prepaying for health care services. This program substantially lowers the monthly service fee. "The plan was a good fit for me," Nancy said. "And I will be able to make use of any of the on-site health care when I need it, and will pay for it at that time."

She is looking forward to downsizing from her large home and currently has her house on the market. Nancy is hoping to move into her patio home at Sherwood Oaks in the spring. "I am looking forward to making friends, having fun, and entertaining my family at Sherwood Oaks."



Are Retirement Communities Financially Stable? (Continued from page 1)

financially sound organizations in the region.

5. Sherwood Oaks is one of the few retirement communities in the region to be fully accredited by the Continuing Care Accreditation Commission, www.carf.org. We have

achieved this mark of distinction and maintained it since 1993.

Experts have commented that retirement communities requiring an entrance fee present a risk, "perhaps a little risk, but still a risk." Although this is true with any endeavor, we

would point out that not living at Sherwood Oaks presents a risk, too. We believe that the enjoyment of the amenities, physical security, and the knowledge that unlimited continuing care is guaranteed at Sherwood Oaks far outweighs the small risk.

Please contact our marketing office at 1-800-642-2217 if you have questions about Sherwood Oaks. We are happy to provide any information you may need about all aspects of our retirement community and the many entrance options available at Sherwood Oaks.

Caring Couple Finds New Home at Sherwood Oaks

Edward and Barbara Neidhardt have lived at Sherwood Oaks for five months and already have settled into a life that reflects their active and caring nature.

Barbara is part of the Sherwood Oaks chorus and Ed is currently working on a wood project in the workshop. Barbara, who is a registered nurse, joined the Sherwood Oaks Yellow Jackets which is a program of volunteers who assist residents in skilled nursing and assisted living with companionship, socializing and activities. The couple also participates in many other Sherwood Oaks committees seeking outlets in which they can serve and assist others.

The Neidhardts grew up in Pittsburgh and met on the ice at North Park skating rink. Ed graduated from St. Vincent College and spent two years studying at the Gregorian University in Rome. He went on to work in different manufacturing and computer companies in the Pittsburgh area. The couple raised three

children while living throughout the North Hills of Pittsburgh. Devout Catholics, the Neidhardts have always been and continue to be involved with their church and active volunteers in their community.

In 2000 the Neidhardts retired to central Florida and came back to Pittsburgh often to visit family and friends. "After ten years in Florida, we missed our family, friends and Pittsburgh and decided to come home," Barbara said. "Having lived in the North Hills, we knew about Sherwood Oaks," Ed said. "And, my cousin is a resident here and told us so many positive things about Sherwood Oaks. We are enjoying our patio home and happy to be part of a wonderful community near to our children, grandchildren and friends."



Residents Edward and Barbara Neidhardt

"Always walk through life as if you have something new to learn and you will." – Vernon Howard

Sherwood Oaks residents recognize the importance of learning. They crave the experience of enriching their minds, making new discoveries and appreciating the spark of knowledge.

The Fall Continued Learning program schedule is packed with informative and entertaining presentations designed to satisfy a wide range of interests.

Just in time for post-season baseball, Sherwood Oaks welcomes author Colleen Hroncich who will talk about her grandfather, legendary Pirates manager Danny Murtaugh who led the Pittsburgh Pirates to two World Series championships and four Eastern Division titles during his tenure.

Two very timely presentations will be offered about the rapid expansion of drilling for natural gas in the Marcellus Shale regions of Pennsylvania. One session will feature a speaker from the Marcellus Shale Coalition, a group which represents the drilling industry, and a second program will be lead by a representative from PennEnvironment, an environmental organization.

Sister Mary Joy Haywood will return to Sherwood Oaks to present a slide program describing her experiences at the archeological excavation site in Ashdod, Israel.

WQED-FM morning announcer, Jim Cunningham, will discuss his travels with the Pittsburgh

Symphony on their 2010 European tour. He'll show photographs and take the class along and behind the scenes with our world-famous orchestra.

Two historical courses on the city of Pittsburgh will be offered by Dr. Carmen DiCiccio. The first course is entitled "Pittsburgh: From Military Garrison to Iron City 1750-1875" and the second lecture is "Steel City to Most Livable City 1875-2000." Dr. DiCiccio's discussions have been described as two parts history and one part standup comedy as he tosses out stats and anecdotes with a street-smart bravado.

Also on the program schedule is Lucy

Rawson, wife of Ian Rawson, Managing Director of the Albert Schweitzer Hospital in Haiti. The hospital provides medical care and programs for the impoverished people of central Haiti and the discussion will highlight the vital importance of their work since the devastating earthquake struck.

Sponsored by the Sherwood Oaks Residents' Association, Continued Learning offers a free series of discussions, programs, lectures and demonstrations designed to provide residents with a forum for continued personal learning, growth and development. Classes are offered quarterly and presented in the Sherwood Oaks auditorium.



EMAIL NEWSLETTER

Want to receive short, concise and interesting articles about Sherwood Oaks? Sign up for our free bi-monthly email newsletter, called "Sherwood Oaks Notes." Give us your email address at (800) 642-2217, or sign up on the home-page of our website, www.sherwood-oaks.com.



New Videos Now Online at Sherwood Oaks Website

You are cordially invited to relax at your computer and watch quality, informative and true-to-life videos that will take your idea of retirement to a whole new level. Sherwood Oaks has updated the website to include new short videos that will give you an inside view of life on the Sherwood Oaks campus.

Visit the Sherwood Oaks website at www.sherwood-oaks.com and find the green bar titled "Watch Our

Videos." Under the green bar, you'll find two choices: "Sherwood Voices" and "Video Tour of Our Apartments and Patio Homes."

Click on "Sherwood Voices" and meet residents and hear in their own voices about why they chose Sherwood Oaks and specifically what Sherwood Oaks offers that has made the most difference in their lives. You'll get to see their favorite campus spots and hear why they happily call Sherwood Oaks their home.

Take a look at the library, fitness center, workshop, dining room and other popular areas. Listen to personal accounts of the natural beauty of the campus and the security of Lifecare at Sherwood Oaks which guarantees future healthcare as need-

ed over time. Hear residents talk about their active full lives, the welcoming people and safety at Sherwood Oaks.

Click on "Video Tour of Our Apartments and Patio Homes" and you'll get a choice of five short videos of residences on the Sherwood Oaks campus. Narrated by residents, you'll get invited inside their home to experience the spaciousness, quality appointments, modern kitchens, and large closets featured in all of the residences.

The first video tour will show you one of the newly constructed Lakeside Apartments. Residents will narrate the tour as you are guided through the apartment. The second resident tour allows you to experience the Dogwood patio home with one bedroom, a den and enclosed patio. The third tour brings you inside the two bedroom Cedar patio home. The fourth tour is the roomy three bedroom Magnolia patio home with two full baths and enclosed patio. The final tour is the newly built Oak patio home with three bedrooms, two full baths, sunroom, living room with gas fireplace, and 2-car attached garage.

It's a perfect way for you to experience Sherwood Oaks, meet residents and tour the homes and campus while sitting comfortably at a computer. Discover Sherwood Oaks and the opportunity to live your retirement life to the fullest.



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.

Oak Leaves is published quarterly by the Marketing Department.

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

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