

# OAK LEAVES

Winter 2011

Published quarterly by Sherwood Oaks, A Lifestyle of Distinction



## Personal Care at Sherwood Oaks

### Retirement living with quality personal assistance

Personal Care at Sherwood Oaks offers warm, supportive and home-like residences for seniors who are unable to live on their own and want to maintain their independence. If you or a loved one needs help due to a medical condition, post-surgical recovery, diminished physical capacity or for daily geriatric assistance, consider Personal Care at Sherwood Oaks.

Located conveniently within the Sherwood Oaks Health Center, Personal Care offers spacious, private rooms. Designed for those who enjoy companionship, fine amenities and activities, Personal Care residents have full access to the stimulating and enriching lifestyle of the Sherwood Oaks Community.

Barb Voynik, a registered nurse, has worked at Sherwood Oaks for the past 22 years and is currently serving as Personal Care Administrator. "Residents of Sherwood Oaks Personal Care are afforded assistance as needed with activities of daily living, medications and medical oversight. Our goal is to promote independence while treating each resident as an individual. The kind and caring staff strive for a home-like atmosphere."

To determine the appropriate level of care needed, Sherwood Oaks completes an assessment covering an individual's cognition, behavior, mobility, hygiene, eating, and specific medical needs. Based on this assessment, one of three levels of personal assistance is determined and costs are assessed at a daily rate for the care level required.

#### **LEVEL 1 – Basic Assistance with minimal supervision: \$130/day**

The resident is capable of performing Activities of Daily Living (ADL) or, needs cueing and supervision for performing ADLs. Services provided include:

- 24 hour nursing service
- Assistance with ordering medical supplies and equipment
- Scheduling physician appointments and arranging transportation
- Arranging and scheduling medical testing and transportation
- Storage and administration of medications
- Reminders and supervision for ADLs, including mobility, hygiene, eating, toileting and individual medical needs

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Barb Voynik, RN, Personal Care Administrator



## New Residents Spotlight

*"I selected Sherwood Oaks because of its 5-star rating, the community's solid financial sheet, and for Lifecare..."*

Rolf Rolles  
Resident

### Sherwood Oaks welcomes Rolf Rolles

Rolf Rolles is a new resident of Sherwood Oaks and says he is enjoying his new home and retirement life. "The accommodations, amenities and staff are really first rate. I have met such fine people, attended a concert yesterday and enjoy the ongoing News and Views campus lecture series."

Rolf came to Sherwood Oaks from central Florida, but his life's journey began in Germany. Rolf and his wife Hannilore were newly married when they emigrated to the U.S. in 1952 and settled to live in Detroit. Less than a year later, Rolf was inducted into the U.S. Army and served in the Army Corps of Engineers. "Since I was educated in Germany as a chemical engineer, my work for the U.S.



Rolf Rolles moved to Sherwood Oaks last Spring.

Army was done in the research laboratory where I used optical instrumentation to

evaluate the effectiveness of camouflage patterns," explained Rolf.

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# From Mark Bondi President and CEO



Mark D. Bondi  
President and CEO

Dear Friends,  
Welcome to the Winter 2011 issue of Oak Leaves. I hope you'll take the time to read about our community, new residents and events and get a glimpse of the active and carefree lifestyle of Sherwood Oaks that is redefining retirement.

Read about the interesting lives of our newest residents and find out why they chose Sherwood Oaks for their retirement liv-

ing. Sherwood Oaks residents enjoy educational and fitness programs, day trips and a wealth of fine amenities and services. And with our Lifecare program, a full range of guaranteed quality healthcare provides care and financial security.

I encourage you to visit our campus and attend one of the upcoming events. Ladies are welcomed at the Mother/Daughter Brunch on Saturday March 19 at

10 a.m. Reserve your place now and come to enjoy brunch and experience Sherwood Oaks. Plan to attend our Moving Assistance Program on Monday, March 28 at 10 a.m. You'll find out how you can get expert help from Sherwood Oaks with one of the best move-in programs offered anywhere.

In this issue, you'll also learn about Personal Care at Sherwood Oaks. If you or a loved one is in

need of assistance with daily living, Personal Care offers three levels of individualized assistance and the full services and amenities of the Sherwood Oaks Community.

*As always, our community is open to you 24/7 at [www.sherwood-oaks.com](http://www.sherwood-oaks.com). For more information about Sherwood Oaks or to reserve your place at one of our upcoming events, please contact the marketing office at 1-800-642-2217.*



## Personal Care at Sherwood Oaks

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### LEVEL 2 – Limited Assistance - \$150/day

The resident requires hands-on assistance with ADLs and services provided include:

- All services identified in Level 1
- Hands-on assistance with ADLs, including mobility, hygiene, eating, toileting and medical needs

### LEVEL 3 – Extensive Assistance - \$186/day

The resident requires maximum assistance with ADLs and services provided include:

- All services identified in Levels 1 and 2
- Extensive assistance to complete ADLs including mobility, hygiene, eating, toileting, and individualized medical needs.

Sherwood Oaks Personal Care is staffed by an administrator, a care manager, RNs, LPNs, and medical technicians. The department includes 24/7 nursing service and is licensed by the PA Department of Public Welfare.

"Personal Care residents and their families give high praise to our quality of care as shown on satisfaction surveys," says Barb Voynik.

"Our care and respect for residents is at the heart of all we do. We foster an easy way of life for residents where independence and dignity are respected."

*"Our care and respect for residents is at the heart of all we do."*

Barb Voynik, RN  
Personal Care  
Administrator

## Long Term Care Insurance Providers Struggle;

### *Lifecare at Sherwood Oaks offers a quality alternative*

Recent news reports by the Associated Press, Modern HealthCare and other financial publications have revealed that long term care insurance providers are struggling. Top providers such as John Hancock and Genworth Financial have announced

26-40% price increases. MetLife, one of the largest long term care insurance carriers, has

decided to stop selling coverage.

The long term care insurance market is faltering under the strain of higher than expected claims, rigid regulation and the inability to develop a cash cushion due to historically low interest rates.

At Sherwood Oaks, residents enjoy Lifecare, a comprehensive and guaranteed range of

health services and amenities provided to meet an individual's changing health care needs over time.

Selecting Sherwood Oaks for your retirement living can provide you with an excellent alternative to long term care insurance coverage. Lifecare at Sherwood Oaks allows residents to move from fully independent living,

to personal care and skilled nursing care with virtually no additional cost.

And, if you have long term care insurance, Sherwood Oaks offers a discounted program with reduced monthly fees. Contact the marketing team at 1-800-642-2217 to learn more about Lifecare and retirement living options at Sherwood Oaks.



After military service, Rolf returned to Michigan to attend the University of Michigan's School of Engineering. "I had the good fortune to use the G.I. Bill and get a master's degree in chemical engineering. Following graduation, I accepted a research position with Alcoa and relocated with Hannilore and our newborn daughter to New Kensington, Pennsylvania."

The couple raised four more children while Rolf spent 37 years in research with Alcoa. He retired as Alcoa's Technical Director of Research in 1993 and continued to work with Alcoa as an independent international consultant. In this capacity, Rolf laid the ground work and partnered Alcoa with German automaker, Audi, to develop an aluminum intensive vehicle. The successful and innovative result of this venture produced the Audi A8, unveiled in 1995 as the first luxury sedan to feature an aluminum body. These pioneering automotive technologies continue today emphasizing lightweight design. High strength aluminum alloys are used to produce castings, extrusions and sheet metal stampings to be assembled and joined into a space frame structure. This design saved 50% of weight as compared to a similar sized conventional steel metal body structure. The Audi A8 which incorporates the Audi-Alcoa space frame design has received numerous

international design, engineering and performance awards.

In 2000, Rolf and Hannilore retired to central Florida and enjoyed life together until Hannilore's death in 2009. Two of Rolf's

daughters live in the Pittsburgh area and convinced their father to come back home.

"My daughters did the research on retirement communities and narrowed it down to two possibilities,"

Rolf said. "I selected Sherwood Oaks because of its 5-star rating, the community's solid financial sheet, and for Lifecare, which allows me to move to other forms of healthcare as my needs change over time."

### A new home among friends

"We love apartment living and our new home here at Sherwood Oaks is perfect," says Ernie and Rita Pinyot. The couple has lived at Sherwood Oaks for the past 4-1/2 months and is settling in quickly.

"We have many friends here and had heard so many wonderful things about Sherwood Oaks," the couple said. The Pinyots visited Sherwood Oaks to take a leisurely tour of the Lakeside Apartments to consider for their future plans. "We loved the apartments and when we learned an apartment was available, we made our decision quickly. Now, here we are enjoying life at Sherwood Oaks," explained Rita.

The Pinyots had been considering downsizing from their home overlooking the Gary Player Signature golf course at the Diamond Run community in Sewickley. "We decided the time was right to make the move. It would lift a burden from our children and allow us and our children to be free of worries in the future."

Ernie praises the medical care at Sherwood Oaks. "The healthcare



is very high quality and convenient. I visit my doctor, had physical therapy and blood work done right here on-site at Sherwood Oaks," described Ernie. And Rita is enjoying social and volunteer endeavors by playing bridge and joining the Sherwood Oaks Trips and Tours Committee.

Pittsburgh natives, Rita and Ernie have been married for 60 years. They raised five children including twin boys while Ernie spent a flourishing career in construction management. Ernie's work allowed the couple to live in Chicago and Florida while he managed the construction of such notable projects as the 50-story Leo

Burnett building in downtown Chicago and construction of a new arm for Mickey Mouse at Epcot so that it could support a Year 2000 banner commemorating the millennium.

An active and caring couple, the Pinyots are founding and devoted members of Christ Church at Grove Farm. Their love of travel has included 19 cruises to ports all over the world. They are happy to be together and at a point where they can enjoy retirement life without home maintenance, house chores, cooking, and snow shoveling. "Living at Sherwood Oaks is like being on a cruise ship that stays in one place."

*"...the time was right to make the move. It would lift the burden from our children..."*

Rita and Ernie Pinyot  
Residents

#### 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 homepage of our website, [www.sherwood-oaks.com](http://www.sherwood-oaks.com).*



# What's Coming Up?

## You're Invited...

to the Mother/Daughter Brunch on Saturday, March 19 at 10 a.m.

Enjoy the company of mothers, daughters, sisters, and friends while having brunch on the Sherwood Oaks campus. It's a great way to experience how secure and enjoyable retirement life can be. Meet residents and learn about guaranteed future health care, fine amenities and activities, and 24/7 community nursing in the beautiful and gated community of Sherwood Oaks. A special incentive package is offered to brunch attendees.

**Call 1-800-642-2217 to register.**



You are invited to attend...

### Mother/Daughter Brunch




**Where**  
Sherwood Oaks Retirement  
Community Private Dining Room

**When**  
10:00 a.m.  
Saturday, March 19, 2011

**Why**  
To learn about the safety and  
lifetime guarantee of care at  
Sherwood Oaks

## Moving to Sherwood Oaks is easy!

Attend the Moving Services Assistance Program at Sherwood Oaks on Monday, March 28 at 10 a.m.

Learn how you can benefit from this valuable program where Sherwood Oaks matches you with reputable and motivated moving professionals. You'll meet real estate pros and get expert advice on getting your home market-ready to get maximum profit on your sale. Find out how you can receive free moving boxes, five free hours from a professional organizer, and a home delivered meal on moving day.

**Call 1-800-642-2217 and reserve your spot today.**

### Moving to Sherwood Oaks just got easier



Sherwood Oaks Retirement Community is sponsoring a free seminar to introduce you to our *Comprehensive Moving Services Assistance Program*.

**Monday, March 28, 2011**  
10:00 a.m. presentation in the Auditorium

Seating is limited, so please call 1-800-642-2217 to register.

## 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.

## Do you need a speaker for your club or organization?

Mark Bondi, President and CEO, would enjoy meeting you and speaking to your group. Mark is prepared to speak on topics such as how to evaluate care facilities, and caring for aging family members. Mark's training was in health administration and he is an attorney.

**Call 1-800-642-2217 for details.**

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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