

# *“For Your Information”*

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

**October 7, 2016**

## **Flu Shots**

Flu shots for residents with Medicare insurance will be given by the community nursing department on Thursday, October 20 & Tuesday, October 25 from 11:00 AM -1:00 PM and 3:00-4:00 PM in the medical office suite. A Walgreen's Pharmacist will also be here to offer the flu shot to residents who have HMO insurance policies like Security Blue, UPMC, etc. You may also call your primary care doctor to schedule an appointment to receive the flu shot.

## **Farmer's Market**

Dining services will host their final farmer's market of 2016 on Thursday, October 13 from 11:00 AM – 2:00 PM in the lobby. Many homemade creations and offerings including sauerkraut, pumpkin soup, apple strudel, cheese & cherry pastries and apple cider will be available for purchase. Chef Fred will be offering samples of side dishes he will be cooking using butternut squash, fennel, bacon and local honey, just to name a few. Anna Mancini will also be making her ever-so-popular smoothies using coconut milk, fresh fruits and greens.

## **Fall / Winter Menus**

Dining Services' menus will change to the fall/winter menus beginning Monday, October 24. We run a five-week menu cycle excluding birthday nights and holidays which are specially designed menus offered in all of our dining rooms. Our chef's demo night will be held on Thursdays to coincide with buffet nights. Please look for new items on our Always Available menu in addition to the favorites. Our team has also added some interesting sandwich specials available in the café at lunch and dinner. As always, resident input is invaluable to the dining services team. Please use the comment cards to let us know how we are doing.

## **Resident Satisfaction Survey**

The satisfaction survey will be distributed to all residents and/or responsible parties in a few weeks. A form asking how you would like to receive this year's survey was sent out to you last week. We ask that you please complete the form and return it to the reception desk no later than October 12. This will allow sufficient time to generate a list of who wants to complete a paper survey and who wants to complete the survey via an email link.

## **Free Concert Tickets**

Marketing has received a few complimentary ticket vouchers for the upcoming season of the Pittsburgh Concert Chorale and the Organ Artists Series. If you are interested in one of these tickets, please call Tabby Alford at extension 8460. Tickets are available on a first come, first served basis.

### **Putting Contest Winners**

Seven residents participated in the fall putting contest that was held on September 28. This year's winners are:

Dan Reynolds - First place

Jim Blum - Second Place (Jim had 'holes in one' in the first two rounds)

Nancy Marshall - Third place

The next contest will be held in the spring. Dates and times will be published in a future FYI.

### **Bravo Cards – Being Recognized As Very Outstanding**

The employees of Sherwood Oaks work very hard to ensure all of our residents receive the quality service they deserve. In an effort to recognize their hard work and dedication, Sherwood Oaks has implemented Bravo cards. Bravo cards may be submitted by residents, visitors, and employees.

If you would like to recognize a staff member or department for a job well done, Bravo cards are available at the reception desk. Simply fill out your card and drop it in the box located at the reception desk. Each month, Bravo cards received are posted near the employee timeclock for all to see.

### **Free Health Screenings**

The Department of Geriatrics at The University of Pittsburgh will be here on Tuesday, October 25 to conduct free health screenings for independent living residents. The screenings will be held in the Card Room from 9-11:30 AM. Light refreshments will be served.

If you are interested in a free health screening, please sign up on the administrative bulletin board no later than October 20. Please call Betty Wright, Director of Community Nursing, at ext. 8496 with any questions.

### **Medication and Medical Equipment**

There have been recent requests for the receptionists and community nursing staff to sign for medication or medical devices for some independent living residents who will not be home when these items are scheduled to be delivered.

Unfortunately, we cannot sign for these particular items; as we are unable to assume the responsibility for them. We would suggest that you contact the company delivering the items and coordinate a date and time that would best fit your schedule. We apologize for any inconvenience.