

# *“For Your Information”*

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

**February 16, 2017**

## **Postage Stamp Price Increase**

The price of a US Postage Stamp increased to 49 cents on January 22, 2017. If you use a forever stamp, it automatically reflects the current rate.

## **Tax Deductions**

Please consider keeping any Special Services invoices in a 2018 tax folder so you have them ready next year at tax time. Some services, like medical transportation, can be itemized.

## **Resident Meeting**

A resident meeting will be held on Thursday, February 23 at 10:30 AM in the Auditorium. Greg Holt, Director of Maintenance, will be speaking. I will also be giving a brief update on the community and will answer any questions that you may have.

## **Insurance Cards**

We had 124 residents provide copies of their insurance cards for 2017. It is important that accurate and timely insurance information be kept on file. If you have not already done so, please visit either the receptionist or the business office where they will make a copy of your insurance card free of charge.

And a special thank you to Lois Hines, the drawing prize winner.

## **Volunteer Hours**

Are volunteer hours important? A resounding YES! is the answer. The state of Pennsylvania uses the value of volunteer hours as a measure for determining sales tax exemptions and now the IRS has a line on the Annual 990 asking for the number of volunteers. In order for your volunteer hours to “count”, participating in a SORA committee that keeps minutes is the surest way for accurate measurement. The date, the time the meeting started and ended, and the participants should be listed in the minutes. PLCC management reviews these minutes in order to tally the hours. Please give a copy of all committee minutes, monthly or quarterly, to Tabby Alford.

The Yellow Jackets keep track of their hours separately and the forms are housed in a folder at the receptionist desk since they work one-on-one with health center residents. The Yellow Jacket coordinator forwards those hours to Tracey Hess in the business office.

Any other volunteer work occurring in the community can also “count”. Just turn in those hours, monthly or quarterly, to Tracey Hess.

## **Casino Birthday Theme**

Join the Dining Services staff to celebrate “A Night with Lady Luck” on Wednesday, February 22. Reservations are recommended if you plan to eat in the Main Dining Room. Our casino themed menu includes “dicey” beef vegetable soup and “spin-it” spinach soup, “casino” crab bake, “slots” of chicken, “silver dollar” sliders, “black jack” ravioli, glazed parsnip “coins”, fast fried zucchini “markers” and house roasted “chips”. We hope to see you there!

## **Campus Update**

### **New Phone System**

- ✓ The phone system cross-over is currently on hold and we expect it to be implemented sometime later this spring. Existing emergency pull cords in certain areas of the campus will be replaced with wireless wall transmitters that do not rely upon the phone system. We have a plan to program and install them over the next 4-6 weeks.

### **Lobby Furniture**

- ✓ Most of the new lobby furniture has been delivered. We are still waiting on a love seat and a few chairs to be delivered.
- ✓ The lobby carpet will be replaced in the next few months. We met with an interior designer last week and carpet samples have been ordered.
- ✓ Gaming chair options are being reviewed by the vendor.

## **Osteoporosis Presentation**

Dr. Susan Greenspan, University of Pittsburgh Osteoporosis Center, will be in the Auditorium on March 2<sup>nd</sup> at 1:30 PM to speak to you about bone health and the PROUD Study.

The PROUD study is a two-year research study to learn how well an FDA-approved drug called denosumab (Prolia®) works to treat bone loss caused by thin and weakening bones in male and female senior community residents age 65 and older.

You may be eligible for the research study if you have osteoporosis or low bone mass. PROUD involves six study visits over two years and will be conducted at your senior living community. There will be no cost to participants for study visits or study tests, which include a screening DXA scan to measure bone thickness and bone strength as well as an assessment of your risk for fracture. This study is funded by the National Institute of Health.

Detailed flyers explaining this study are posted in the resident mail room.