

“For Your Information”

(A periodic publication by Sherwood Oaks executive director, Annette McPeck)

July 28, 2016

Swan Update

Over the past week, there have been many questions regarding the location of the swans. I want to assure you that the swans are not missing and have not been returned to their previous owners. They are still on campus and have been spending most of the time in and around the creek, just north of the silt pond. The dredging of the silt pond should be completed within a week and Geese Police has been provided additional instructions to stay away from the swans.

Telephone Scams

I continue to hear about telephone scams from residents almost weekly. The most recent scams that have been reported to me over the past week have been:

- A phone call from someone claiming to be from “Computer Headquarters” or “Microsoft” asking you to log in to your computer or asking for your personal information for a refund.
- An automated phone call from the IRS stating that this is a final notice of a law suit against you and asks you to call them back.
 - The IRS will never call or email you. They only correspond via postal mail.

If you receive either of these calls, here is my advice:

- Never provide your social security number, bank account numbers or other personal information over the phone unless you are extremely confident of the source to whom you are providing the information.
- Simply hang up and then call Mike Mills at ext. 8482 to report the scam call.

Farmer’s Market

Come and support our local sustainable agriculture at our Farmer’s Table on Tuesday, August 2, from 11 AM -2 PM in the lobby. Fresh produce and fresh baked breads will be displayed for residents, staff, and guests, to purchase. Residents may charge their purchases to their resident account. All others must pay with cash. For more information, comments or suggestions, please contact Bev Puglia at extension 8495 or any of our dining services managers or supervisors.

Alzheimer’s Association Caregiver Support Group

Caregiver support groups are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. These groups also help participants develop coping methods to maintain their personal, physical and emotional health, as well as to optimally care for the person with dementia. This includes all forms of dementia and is not limited to just Alzheimer’s disease.

The next caregiver’s support group will be held on Thursday, August 4 at 1:00 PM on the lower level of the Oak Grove Center. A fitness intern will be in The Cranberry Lake Fitness Center to host activities for your loved one while you attend the group. Please call Lori Greer at ext. 4651 with any questions.

Olympics

Congratulations to those who participated in the recent Summer Olympics sponsored by the interns in the Fitness Center (Courtney, Dalton, and Sierra). There were 18 participants who took part in 8 different events over the course of two weeks. Some of the events included shuffle board, cycling on our cyber cycles and water volleyball in our pool. Way to go for the gold!

Medical Office Reminder

Please call to make an appointment if you need to see someone from the medical office (ext. 8480) or community nursing department (ext. 8496). They cannot guarantee that you will be seen if you walk in and sit down because they are caring for residents who already have scheduled appointments. You can also dial 0 for the receptionist and they can transfer the call for you.

The medical office suite is open Monday through Friday from 8-4:30. If you are an independent living resident and need to see or talk to a community nurse after 4:30 PM, call the receptionist and they will contact the charge nurse on duty and ask him/her to visit or contact you.

Ice Cream Social

All residents are invited to an ice cream social on Friday, August 5 in the Card Room from 2-3 PM. This event was anonymously donated.