

# *“For Your Information”*

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

**September 19, 2017**

## **35<sup>th</sup> Anniversary**

Just a friendly reminder to join me at the resident cocktail party on Wednesday, September 20<sup>th</sup> from 4:30-6 PM in the Card Room/Auditorium/Lobby. The Café and Dining Room will be open for dinner. Please remember to make a reservation if you plan to eat in the Dining Room.

To commemorate this anniversary, notepads with a 35<sup>th</sup> anniversary logo will be distributed to each resident this week. The notepads will be placed into each Independent Living and Personal Care mailbox. Skilled Nursing and Oak Grove residents will receive their notepads with the daily chronicle that is handed out by the Recreation Therapy staff and volunteers.

## **Dining Services Updates**

Unfortunately, the Café will be closed for dinner on Friday, September 22<sup>nd</sup>. We have a staffing shortage due to Friday night football and marching band. Takeout meals will still be available at the counter. We apologize for any inconvenience this may cause.

Box'd Chef is coming to Sherwood Oaks for a 4-week pilot program beginning Tuesday, September 26<sup>th</sup>. For those residents who still enjoy cooking, this is an opportunity to order a meal and prepare it fresh at home. Each meal kit will include fresh ingredients, a recipe card, and step-by-step easy to read cooking instructions. The Box'd Chef meal kit is priced at \$15 each and provides two servings. Residents and staff alike may purchase Box'd Chef meals thru the café or by calling ext. 8505. Orders must be placed prior to 1:00 PM for pick up after 3:00 PM the same day. Residents may pay cash or add the charge to their resident account; meal credits will not be applicable. Cash only will be accepted for staff. These meal kits will be available Tuesdays, Wednesdays, and Thursdays thru October 19, 2017. Look for the Box'd Chef meal of the day daily on TouchTown, TV channel 900, or the list provided in the Café. We hope that you participate in our pilot program and give us the feedback that we need to make it possible to offer yet another option for meals here at Sherwood Oaks.

Halt deine Lederhosen fest (Hold onto your Lederhosen) and join us on Wednesday, September 27<sup>th</sup> as we celebrate Oktoberfest. We start off the meal with a choice of apple cheddar curry or chicken spätzle soup. We move on to a choice of entrees including: sauerbraten, pan seared trout in Riesling, wiesn handel or German sausages. Accompaniments will include: homemade potato pancakes, glazed turnips, rutabagas & carrots, and roasted parsnips in apple jack.

## **Flu Shots**

We are teaming up with Walgreens Pharmacy this year to administer flu shots to our residents. The flu shot clinic will be on Thursday, October 12<sup>th</sup> and Tuesday, October 17<sup>th</sup> from 11 AM-1 PM and 3-4 PM in the Medical Office. The Walgreens Pharmacist will accept all types of insurance. If you have any questions, please contact Betty Wright at ext. 8496.

Employee flu shots will be administered by the Community Nursing Department on Friday, October 13<sup>th</sup> from 7 AM-Noon and 1-5:30 PM in the Sherwood Meeting Room.

## **ACES Award Winner**

The Award for Commitment and Excellence in Service (ACES) honors staff whose everyday actions and, in some instances, personal acts of courage and compassion exceed the high level of service that the community has come to expect from Sherwood Oaks. Each year, fewer than one percent of UPMC staff from across the health system receive this honor.

Please join me in congratulating Bethany Martin as a recipient of the 2017 ACES award. Bethany is a Registered Nurse who has worked in the Oak Grove Center for the past seven years. She deserves to be honored for her dedication, commitment and outstanding service. In addition to the Oak Grove Center, Bethany has provided support to Personal Care, Community Nursing and Staff Development. A recognition dinner will be held in October for all ACES recipients.

## **2018 UPMC Calendars**

The sixth annual UPMC Senior Communities benevolent care calendar, "Chart Toppers," features more than 150 residents dressed as one of many famous singers who topped the charts. Several Sherwood Oaks are featured in the calendar. Each patio home, apartment and room on Personal Care, Skilled Nursing and Oak Grove will receive a complimentary calendar courtesy of this year's sponsors: UPMC Health Plan, Brian Catale & Associates and Operations Veteran Benefits. The calendars will be distributed next week. One calendar will be placed into each Independent Living and Personal Care mailbox. Skilled Nursing and Oak Grove residents will receive their calendar with the daily chronicle that is handed out by the Recreation Therapy staff and volunteers.

Additional calendars are available for purchase at the reception desk. Calendars for residents, families and staff are \$7.00. Calendars for other visitors are \$10.00.

## **Understanding Medicare**

Eric Holmes, an independent insurance broker with Insurance Services of Zelenople, will be here on Monday, October 9<sup>th</sup> to talk to you about the differences in Medicare Advantage and Medicare Supplement plans. This educational session will be held in the auditorium at 1:30 PM and is open to you and any family members or friends who wish to attend.