

“For Your Information”

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

December 7, 2017

Scheduled Power Outage

There will be a power outage on Friday, December 8th starting at 9:00 AM that is estimated to last between 3-5 hours. This will not affect the Community Center, Oak Grove Center or Lakeside Apartments; however, it will affect all other areas on campus. Maintenance will be opening all garage doors before 9:00 AM. Free coffee will be offered in the café during the outage. The outage is weather permitting; the scheduled rain date is Monday, December 11th.

Postage Stamps

The holiday season is in full swing and the request for postage stamps has increased over the past few weeks. We do not seem to be able to keep stamps on hand due to residents buying several books at a time. Over the next month, if you would like to purchase more than one book of stamps at a time, we ask that you pick up an orange stamp ordering envelope from the reception desk and place your order directly with the mail person. You can do this by filling out the envelope, inserting your payment into the envelope, sealing it and putting it into your locked US mail box. Stamps are usually returned the next business day.

Director of Residential Services

I am pleased to announce that Phyllis Franks has accepted our offer to become the next Director of Residential Services. We had several internal candidates apply, which is a reminder of the talented staff we have here at Sherwood Oaks. There will be some time for Bobbie Cleland to train Phyllis for a successful transition.

A farewell gathering to say goodbye to Bobbie will be held on Thursday, January 11th at 1:30 PM at the fireplace lounge. Bobbie's last day will be Friday, January, 12th.

Lobby Furniture

New chairs for the gaming tables in the lobby were delivered on Wednesday as well as two ottomans. We did send back one of the high back green chairs for repair/replacement.

The Birthday Night before Christmas

Join us on Wednesday, December 20th as we celebrate the birthday night before Christmas. Due to the popularity of our themed events, we suggest that you make a reservation if you plan to eat dinner in the Dining Room this night. Reservations can be made by calling 8659 or 724-776-8234 if you live in the patio home 600's or the Lakeside Apartments.

We would also like to remind you to turn in your reservation forms if you plan to eat in the Main Dining Room on Christmas Eve and/or Christmas Day. Reservations were due by December 3rd.

Fall Prevention

Please be careful and safe this holiday season. The following information was found on the Center for Disease Control's website to help educate you on preventing falls.

Talk to Your Doctor

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.
- Ask your doctor or healthcare provider about taking vitamin D supplements.

Do Strength and Balance Exercises

- Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

Have Your Eyes Checked

- Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.

Make Your Home Safer

- Get rid of things you could trip over, such as extra movable rugs.
- Make sure your home has a lot of light by adding more lighting or using brighter light bulbs.

New Requirement to Fly – Passport is Needed

As reported by *Travel and Leisure*, nine states will no longer allow travelers to board an airplane with just their state-issued driver's licenses as of January 22, 2018. These states include: Kentucky, Maine, Minnesota, Missouri, Montana, Oklahoma, Pennsylvania, South Carolina and Washington. The Real ID Act of 2005 states that state-issued IDs from these nine states do not meet the minimum security standards of the federal government.

In order to get past any and all TSA security checkpoints in these states, another form of identification will be required, including a U.S. Passport, Permanent resident card/Green Card or Military ID.

You can read about how to apply for or renew a U.S. Passport by visiting Travel.State.Gov and entering "how to apply for a passport" in the search box that is located at the top right hand side of the screen. Directions on obtaining or renewing a passport are also available at the front desk.