"For Your Information"

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

March 3, 2020

Spring Forward
Remember to turn your clocks ahead one hour on Saturday night, March 7, before you go to bed.

Illness Reminders
Please stay home if you have any cold or flu symptoms. The best way to control these viruses is to prevent them from spreading. This can be done by washing your hands often with warm soapy water for 30 seconds, using hand sanitizer when available and/or coughing or sneezing into the crook of your elbow. Sanitizing stations are located in the lobby, at the entrance of Skilled Nursing, on the wall as you enter the Main Dining Room and Café, in the Fitness Center, and on the wall beside each elevator. I encourage you to use these when you are in the Community Center. If you are feeling ill, please contact the Community Nurse at extension 8496.

Employee Appreciation Posters
Sherwood Oaks will join the nation in celebrating National Employee Appreciation Day on Friday, March 6. Department managers have shared fun facts from their departments for 2019 and made very colorful and informative posters thanking their staff. The posters will be hung on the wall across from the resident storage room on the lower level and on the wall as you enter the Cranberry Lake Fitness Center. I encourage you to stop by and read them. You may be surprised by some of the statistics.

Grill Party
Seats are still available for the St. Patrick's Day party on Tuesday, March 17 in the Cranberry Lake Grill. Please call extension 8505 to make a reservation. Seating begins at 5:30 and the cost is a meal credit plus $20. Entertainment will be the Zoot Trio Group.

Resident Meeting
Our next resident get together will be held on Friday, March 20 at 1:30 PM in the Auditorium. Mike Mills, Director of Security & Transportation, will be the guest speaker this month. Mike will give you an overview of his department and will answer any questions you may have.