

“For Your Information”

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

August 19, 2020

Above and Beyond

Congratulations to Erin Goldstein, Professional Staff Nurse here at Sherwood Oaks. She was chosen as an Above & Beyond Winner for the 2nd Quarter of 2020. When a resident's daughter arrived at Sherwood Oaks in the early morning hours to take her father to the hospital to see his wife one last time, Erin, realizing the stress and emotion overwhelming the daughter, prepared a care package of snacks to take with her on the way to the hospital. The daughter said Erin's thoughtfulness reinforced the great care her parents have received at Sherwood Oaks over the years. And thank you to Lori Greer, Personal Care Administrator, for nominating her for this award.

Fitness Center

The fitness center will reopen on a limited basis beginning August 25.

- Tuesdays and Thursdays
- By appointment only 8:15 a.m. – 4:30 p.m. with Sherwood Oaks staff present to sanitize between appointments
- Dial extension 8543 to schedule appointment
- Face coverings/masks required
- Temperatures will be taken prior to entry
- Equipment will be spaced to maintain minimum of six feet social distancing
- Independent living residents only

We expect a fitness center intern to start work mid-September and would then be able to offer appointments Monday through Friday.

Styling Center

A licensed barber will begin at the Styling Center on Tuesday, August 25. Additionally, Sandra will be adding a Tuesday afternoon to her schedule.

Cathy's Barber Hours: Tuesdays 9 a.m. to 12:30 p.m. (Men's Day)

Fridays 9 a.m. to 4 p.m. (perms, cut and wash 'n set, no teasing)

Sandra's Styling Hours: Tuesdays 1p.m. to 4 p.m.

Thursdays 9 a.m. to 4 p.m.

Dial extension 8479 to schedule appointments.