

# “For Your Information”

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

**November 9, 2021**

## **COVID-19 Booster Side Effect Information**

Common side effects of the COVID-19 booster include, but are not limited to:

- Soreness at injection site
- Headaches
- Low-grade fever, under 100 degrees
- Aches and fatigue

If you have symptoms attributable to the booster such as achiness, headache or low-grade fever, it is okay to take ibuprofen or acetaminophen to reduce symptoms, if these medications are safe for you to take. If you have been evaluated by a physician regarding a known or potential allergic reaction and advised to take a specific medication, please follow that guidance.

Contact Community Nursing at 724-776-8496 if experiencing severe symptoms that need medical attention.

## **Veteran’s Day Program**

Join us in the Auditorium and Card Room on Thursday, November 11 at 2:00 p.m. for “A Patriotic Salute to Sherwood Oaks’ Veterans.” This year’s guest speaker is resident, Jim Hvidding. Jim will speak about the untold story of the USS Tullibee. Patriotic piano music begins at 1:45 p.m. Memorabilia will be on display in the lobby beginning at 10 a.m. Individually packaged refreshments and snacks will be offered in the lobby after the program.

## **Resident Get Together**

Please join us for a resident get together on Friday, November 12 at 1:30 p.m. in the Auditorium and Card Room. The guest speaker this month is Beverly Puglia, Director of Dining Services. Beverly will speak about her department and the upcoming holiday season. I will also provide a brief campus update and will answer questions.

## **Masking Reminder**

Masks are required on all Sherwood Oaks’ transportation vehicles regardless of vaccination status. Complimentary masks are available at the reception desk.

## **Birthday Meal**

Join in the Main Dining Room and Café on Wednesday, November 17 as we travel to Italy. We start with your choice of minestrone or tomato basil soup. Entrees are roasted fish bruschetta, braised Italian beef, Tuscan garlic chicken and rigatoni with vodka sauce. Accompaniments include cannellini beans & greens, polenta, and broccoli rabe. Dessert choices are tiramisu or cannoli.

Reservations are highly recommended for lunch and/or dinner by calling ext. 8234 with your name, number of people in your party and reservation time.

