"For Your Information"

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

February 14, 2024

Pitt Presentation

There will be a presentation on healthy "Aging in Research" on Monday, February 19 at 1:30 p.m. in the Auditorium. Dr. Mutasim Makeen will speak to you about the platinum senior-living research registry and how to get involved with aging-related research studies at the University of Pittsburgh.

Resident Get Together

Bill Burtner, Health & Wellness Director, and Megan Szymanski, Director of Rehabilitation, will be the guest speakers at the resident get together on Friday, February 23 at 1:30 p.m. in the Auditorium. Bill and Megan will speak to you about their responsibilities and the services their departments offer. I will also give a brief campus update and will answer any questions you may have.

Psychiatry Services

Did you know psychiatry services by UPMC Western Psychiatric Institute and Clinic are available by scheduling through the Community Nursing Office? Psychiatry is a branch of medicine that specializes in the diagnosis, treatment, and prevention of mental, emotional, and behavioral disorders. We have all experienced the effects of the overwhelming events in the world as of recent, especially the pandemic. Services are convenient and confidential. Early intervention can prolong independence and support a happy & healthy quality of life. Just as you would seek out a specialist such as a cardiologist, neurologist, dentistry, etc. psychiatry focuses on your mental, emotional, and cognitive health. Please reach out to the community nursing department or the medical office to learn more about this valuable service.

Menu Suggestions

Do you have any suggestions for the Spring/Summer menus? If so, please email them to Emily Barnard at barnardee2@upmc.edu or complete the form below and return it to the reception desk by Friday, March 1. Spring/Summer menus are slated to begin in May.

Spring/Summer Menu Cycle Survey

Please consider the following suggestions for the menu cycle:

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