

# *“For Your Information”*

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

**February 28, 2024**

## **Strategic Masking Update**

As of Thursday, Feb. 29, Strategic Masking will no longer be mandatory at UPMC based upon Respiratory Viruses Safety Program risk assessment. Masking is still recommended, and masks will remain available at entrances.

## **Healthy Aging Presentation**

Josh Woolford, University of Pittsburgh, will be here on Friday, March 8 at 1:30 p.m. in the Auditorium to speak about healthy aging & brain health. The purpose is to increase education and awareness in the community, as well as pique interest in a study called the ForAging (Facilitating Optimal Routines in Aging). It provides a specialized occupational therapy intervention for older adults (60+) who are having challenges in performing their activities of daily living. The goal is to help older adults maintain or improve their independence, while residing in the community, i.e., aging in place. A detailed flyer is posted in the mailroom.

## **Marketing Event**

Join us on Monday, March 11 at 2:00 p.m. in the Auditorium to discover the numerous benefits native plants provide our our most beloved birds. Uncover the amazing connections that plants have with birds to entice pollination, disperse seed, and control pests. Participants will plant native seedlings to bring home. If you are interested in attending, please call the Marketing Department at 1-800-642-2217 and leave a message to RSVP.

## **Spring Forward**

Spring is almost here! Remember to turn your clocks ahead one hour on Saturday night, March 9, before you go to bed.

