

“For Your Information”

(A periodic publication by Sherwood Oaks)

February 6, 2026

Valentine’s Celebration

Spots are still available on Thursday, February 12 at 1:00 p.m. in the Cranberry Lake Grill for a “sweet” early Valentine’s Day celebration! We’ll decorate sugar cookies to eat or take home, learn about heart health from our Registered Dietitian, and enjoy light snacks and refreshments. Sign up sheet is posted in the mailroom on the administrative bulletin board.

Ash Wednesday

Ash Wednesday services will be held on Wednesday, February 18 for both Roman Catholics and Protestants. The Protestant service, which will begin at 4:00 p.m. in the Auditorium, will include music, scripture, prayers, reflections, and the imposition of ashes. Leading the service will be resident pastors Alick Kennedy and Jean Henderson. They will also impose ashes for Protestant residents and staff in the early afternoon on the health center units.

Roman Catholic residents and staff may receive Imposition of Ashes in the Chapel (lower level – beside the Medical Office) between 11:30 a.m. - 12:30 p.m. Ashes will be imposed in the early afternoon on the health units.

Fraud Presentation

Lieutenant Matthew Irvin will be here on Monday, February 23 at 1:30 p.m. in the Auditorium to speak to you about fraud. Lieutenant Irvin works in the Investigations Division for the Cranberry Township Police Department. We encourage you to attend.

Fit For Life Festival

The Fitness Center interns (Bailey, Luke & Kalyn) are recruiting residents for their internship project which will run from February 23 through March 13. The Fit for Life Festival is a carnival-themed exercise program that supports strength, balance and cardiovascular activities. The program is designed to be fun and accessible for all residents. Join the program to move, laugh, and enjoy time together. Interested residents should complete an interest survey by February 13 to participate. Interest surveys are available in the Fitness Center, or you can call ext. 8543 and one will be put in your cubby.

Please No Eating in the Lobby

We kindly ask everyone to remember our long-standing policy of not eating at the tables in the lobby. The lobby area is designed for gatherings, games and puzzles. Residents & guests are welcome to dine in the Café or Main Dining Room, or directly on the Skilled Nursing, Personal Care or Oak Grove units. Employees should use the employee lounge located on the lower level.

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Tax Documents for Glenn McElroy

If you use Kotwica McElroy Tax and Accounting Services LLC to complete your income tax returns, you may bring your information (in a sealed envelope) to the reception desk for safekeeping until the March 1 pickup. Completed tax documents will be returned on April 1. If you need to speak to Glenn McElroy, he can be reached at 412-364-4466 or glenn@kotwicamcelroy.com.

Craft Room Donations

If you would like to donate items to the Craft Room, contact Zoanne Lacabe at ext. 8318. She is the new the contact person.

Cybersecurity Awareness

A recent article in a newsletter talked about Cyber Security and Phones scams – what are they and how to protect yourself. Please see below for awareness.

Common Phone Scams

- ✓ **Impersonation Scam:** Posing as IRS, Social Security, Medicare, or law enforcement.
- ✓ **Tech Support Scam:** Claiming your computer has a virus and demanding remote access or payment to fix the issue.
- ✓ **Lottery/Prize Scam:** You won a prize but must pay a fee (shipping/taxes) to claim it.
- ✓ **Auto Warranty Scam:** Automated calls about your vehicle warranty.
- ✓ **Grandparent Scam:** Pretending to be a relative in trouble needing urgent money.
- ✓ **Charity Scam:** Soliciting donations for charities, especially after disasters.

Smartphone Related Phone Scams

- ✓ **Robocalls:** Robocalls with natural-sounding recorded voices. Some can even respond to questions using AI generated messages.
- ✓ **QR Codes:** Scammers are placing the codes in inconspicuous spots, and scanning the code could prompt you to make a small purchase or enter your credentials on a lookalike website.
- ✓ **SIM Swapping:** This technique is used by a thief to reassign your number to a SIM card in a phone they control.

The best thing you can do to protect yourself is to not answer telephone calls from numbers that you do not recognize. If you do answer, but do not know the caller, simply hang up. Another suggestion is to enroll your residential and cell phone numbers with the federal do-not-call list by visiting www.donotcall.gov.