

Community Tree

WINTER 2018

📍 2109 Red Lion Road | Philadelphia, PA. 19115 📧 admissions@oakwoodhc.com 📞 (215)673.7000 oakwoodhc.com

Everyone has meetings!

Here at Oakwood Healthcare & Rehabilitation Center one of my favorite meetings is the Food Committee Meeting.

The Food Committee consists of a group of residents who meet with the Dietary Director, Dietician, and Administrator. The committee meets every two weeks and everyone is invited to come and share remarks and plan for the future.

We discuss meals of the past two weeks, what was liked and what was not such a hit. The committee also makes suggestions for "What's Cooking" – a special food that is cooked in the Activities Department on Friday afternoons.

One of the best parts of the meeting for me is coordinating our special meals. Every month there is a special meal planned by our residents, from the beginning through dessert. (Cheesecake and Strawberry Shortcake seem to be the dessert favorites!)

A big THANK YOU to the residents who have participated and a special invitation for everybody to join us at our next Food Committee Meeting.



IRENE CONTINO-KOSYLA
MS, RN, NHA, ADMINISTRATOR



FACE TO FACE With Donald Williams

OAKWOOD'S DIRECTOR OF FOOD SERVICE

Graduating in 1992 with a Certified Dietary Manager Degree, Donald has been a Director of Food Service since 2004. At Oakwood, Donald is responsible for our successful dining services – and the efficient Meal Tracker System behind them!

Working since 2001 with Irene, Oakwood's Administrator, Donald emphasizes the importance of working with an administrator who "gets it".

"A good fit with the administrator is a very important piece of this job", indicates Donald. "Irene understands what running a kitchen entails and makes sure we have everything we need to operate an efficient kitchen that produces medically prescribed food that is both appealing and tasty".

As for Donald's pride & joy:

1 RESIDENT SATISFACTION:

"When someone stops me in the hall and says—"Donald, soup was phenomenal"—it means that we are doing our job, and it means a lot to me!

You have to understand, our competition is 'HOME'. Our residents' daily fare needs to be at least as good as their food at home."

Most people have preconceived notions of nursing home food but Oakwood is breaking that mold with fantastic food that is appealing to the eye, nutritious, satisfying, and beyond residents' expectations.

2 THE UNITY OF MY KITCHEN TEAM:

"We have an amazing team at Oakwood and our high level of morale shows up in our residents' food experience."

Kudos to Assistant Managers Chris Simbo & Charles McIntyre, and to Amy Coughlin, Dietitian, who are integral to the success of Oakwood's kitchen!

Meal Tracker System: At the time of admission, individuals are evaluated by nursing, then within 24/48 hours of admission by a team dietitian who gets a "diet slip" with clinical information, nursing recommendations and resident preferences. Information in the diet slip is then put into our Meal Tracker System under specific categories to ensure strict control measures: **Cardiac Diet (low in sodium), Diabetic Diet, etc.**

NOTED & QUOTED

"THANK YOU OAKWOOD FOR MAKING MY MOTHER LIVE AGAIN."

"When I visit my mother I notice a beautiful glow. She can't wait to tell me how much she loves Oakwood Healthcare and how much she enjoys going to therapy. The staff is warm and has lots of compassion, Oakwood feels like home. "

- O . M .



Did you know?

SPOTLIGHT ON: **Heart Health**

Your heart works nonstop for your whole life – show it some TLC! Making small changes in your habits can make a real difference to your cardiac health.

- **Aim for lucky #7.** The latest research in cardiac care indicates that 7 hours of regenerating sleep can have a positive impact on your heart.
- **Keep the pressure under control.** Get your blood pressure checked every year if you're 40 or older. Cut back on salt, limit alcohol to no more than one to two drinks a day, favor healthy eating habits and manage your stress.
- **Move more.** Aim for 30 minutes a day, 5 days a week of moderate exercise. That includes any activity that gets you moving around and breaking a slight sweat.
- **Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods.

FEBRUARY HIGHLIGHTS

FEBRUARY 1 at 2:30pm: Oakwood Presents Kirk Mauer

FEBRUARY 2: What's Cooking: Roast Pork Sliders

FEBRUARY. 8 at 2:30pm: Oakwood Presents Kevin Galm

FEBRUARY 9: What's Cooking / Meatball Subs with Provolone Cheese

FEBRUARY 14: Valentine's Day Prize Bingo

FEBRUARY 15: Mardi Gras Celebration Featuring Joe

FEBRUARY 16: What's Cooking / Fish Cakes

FEBRUARY 21: Dollar Store

FEBRUARY 23: What's Cooking / Loaded Baked Potatoes

WHAT'S COOKING? ♥ RESIDENTS' FAVORITE RECIPES

Bertha's Potato Salad



Bertha Cohen, a long term resident at Oakwood, is excited to share a favorite comfort food, one that we got to sample during our weekly "What's Cooking" session.

- 5 lbs of Red Bliss Potatoes
- 1 jar of Hellman's Mayonnaise 15 oz
- 1 jar of Celery Seeds 0.95 oz
- 2 bunches of Scallions



Wash and boil potatoes until fork tender. Drain potatoes and place in large bowl.

Refrigerate potatoes until cool. Dice the Potatoes and place them back into large bowl. Clean and remove fuzzy ends from scallions.

Chop scallions very fine. In a separate bowl add mayonnaise, celery seed and chopped scallions. Mix until well combined. Toss potatoes and mayonnaise mixture until well combined. Enjoy!



Oakwood Holiday Choir performing at our Resident Holiday Party



Vivienne Zamis
CNA

EMPLOYEE OF THE MONTH

Vivienne joined the Oakwood family in May of 2015. An integral part of our caregiving team, she was chosen to be December's Employee of the Month. She was honored for her cheerful attitude, dedication and hard work. Join us in congratulating her for always stepping up to the plate and doing her job well!

