

Community Tree

AUTUMN 2019

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Stepping into Fall ...

With the cooler weather here, it's time to start thinking about celebrating the fall season! We're fortunate to always see the beauty around us at Oakwood, both around and inside our community, with many familiar smiling faces at our weekly themed activities.

Changing tree colors and warm sweaters mean lots of exciting new events to look out for, too. It's the perfect time of year to think of giving back and getting together with friends, so be sure to check out our upcoming events for the full scoop on what's to come in the next few months.

We are excited to send our residents to participate in the upcoming Golden Games – a senior olympics event that takes place at Philadelphia's Carousel House.



SAM SMITH, NHA
ADMINISTRATOR



Aloha!

Love & affection on display at Oakwood Healthcare's Island Festival held on June 14.

Short-Term Resident Doris Pullin (center) surrounded by her Daughters.

REHAB SUCCESS STORY:

Mariamamma Samuels

We are inspired by the success stories of our residents and are happy to share Mariamma Samuels' incredible progress.

Mariamamma arrived at Oakwood in July 19, after an unfortunate fall in her home resulted in a painful hip fracture and surgery. Prior to her fall, Mariamma was cooking, going out with her family and caring for herself at home. Her accident caused a great deal of pain and significantly limited her ability to stand or even dress herself

From day one of therapy, Mariamma was motivated and ready to work as hard as she could to return home to her family who was supportive throughout her stay at Oakwood. Her devoted daughter and granddaughters came to every therapy session to help translate and keep her spirits high. What an amazing support system!

Through physical therapy, Mariamma gradually began to walk again. She is now able to walk over fifty-five feet with a walker and is tackling the stairs in preparation of her return home. In occupational therapy, she learned how to use adaptive equipment to dress herself and compensatory strategies to perform other every day movements without assistance.

Mariamamma has made wonderful progress in all her therapy goals and is eager to return home to her loving family. We are so thrilled to have had her as part of the Oakwood Healthcare family, even for a short while.

Special recognition goes out to Mariamma's outstanding therapists: Ezinne Mbata (COTA), Miriam Whittington (OT), Olga Golant (PTA), and Khyati Shah (PT).



L-R: Therapist
Ezinne Mbata
COTA/L, Short-Term
Resident Mariamma Samuels and
her Daughter Lyni Mary Sunil

COMMUNITY NEWS

Each month our Activities Team works hard to plan a rich variety of recreation. Our summer was packed with lots of fun activities and themed events, including **Christmas in July, barbecues, visiting vendors, ice cream socials** and **musical entertainment**. Entertainer Stephen Brown (below) is one of our favorites. We enjoy giving our residents a good time!



WHAT'S COOKING? ♥ HEALTHY RECIPES



Pumpkin Bread

Looking for something different to make this season? Why not try this healthy autumn recipe for a festive change!

- Vegetable oil or cooking spray
- 2½ cups sugar
- ½ cup canola oil
- ½ cups unsweetened applesauce
- 1 15-ounce can pumpkin
- 4 eggs
- ¾ cup nonfat plain yogurt
- 2½ cups all-purpose flour
- ¾ cup toasted wheat germ
- 1½ teaspoons salt
- 2 teaspoons baking soda
- 1½ teaspoons baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1½ cups raisins

NUTRITION INFO

for 1/12 of one loaf or one muffin:

Calories: 240; Total Fat: 4.5g;
Saturated Fat: 0.5g; Cholesterol: 35mg;
Sodium: 300mg; Total Carbohydrate:
46g; Dietary Fiber: 2g; Protein: 4g.

Preheat oven to 350 °F. Spray two 8"½-by-4"½-by-2"½-inch loaf pans or 24 muffin tins with cooking spray.

Cream together sugar, canola oil, applesauce, pumpkin, eggs and yogurt until smooth.

Stir together flour, wheat germ, salt, baking soda, baking powder, cloves, cinnamon and nutmeg.

Combine the dry mixture with the wet mixture; stir until well combined. Fold in raisins.

Pour into prepared pans (fill muffin tins ¾ full). Bake for 50 minutes (loaves) or 25 minutes (muffins).

For a tangy taste, you can substitute sweetened dried cranberries instead of raisins.

This recipe freezes well as muffins or bread, up to three months. Thaw at room temperature, in the microwave (about 15 seconds per muffin or slice, or in the toaster [slices only]).

EMPLOYEE OF THE MONTH



Joy Renzi
Restorative Aide

It's important to us to always recognize the special individuals who help make Oakwood a vibrant, safe and welcoming community. Our employee the month of July was Joy Renzi, who has been with us since 2013.

Joy is an exemplary team player among the staff and always takes the time to help her fellow colleagues. She demonstrates outstanding service and dedication by ensuring that everyone is well cared for and happy, and we are so thankful for her warm and considerate presence.

OCT. 3: Entertainment with Raffaele Avelino

OCT. 4: What's Cooking / Liverwurst or Ham Sandwiches

OCT. 10: What's Cooking / Cheesesteaks

OCT. 11: Oktoberfest with Entertainment by Joe Miaolko

OCT. 17: Traveling Dollar Store

OCT. 18: What's Cooking / Cream Chipped Beef

OCT. 23: Paparazzi Jewelry Store

OCT. 24: Entertainment with Jimmy Wells

OCT. 25: What's Cooking / Homemade Waffles with Sausage

OCT. 31: Halloween Party & Costume Contest

Recipe by Corrina Riemann, RD from *Cooking Healthy Across America*, © American Dietetic Association.