

# Community Tree

WINTER 2020

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## Happy 2020 to all of our residents, staff, families and friends!

We look forward to many exciting events this year and continuing to provide the highest level of care and service to our residents.

As part of our commitment to the health and wellness of our community, and in honor of Heart Health Month, we want to highlight Oakwood’s specialized cardiac rehabilitation program. Our incredible program, led by cardiologist Dr. Scott Pfeffer, aims to keep more residents out of the hospital and improve the recovery from many different types of cardiac issues. With the guidance of a full team of specialists in our rehabilitation department, focusing not only on cardiac but also lifestyle monitoring, individuals can expect holistic and effective treatment.

In honor of our amazing team, we would like to invite everyone to attend the upcoming Nursing Home Week event in May 2020. This is always a huge occasion for staff and residents alike, and an important recognition for our team’s tireless work. I look forward to celebrating with you in May. It may seem far off, but spring will be here before we know it. Until then, I wish you an enjoyable rest of the season.



SAM SMITH, NHA, ADMINISTRATOR



## Making Strides in Rehab

MEET RESIDENT THOMAS PYTLEWSKI

Thomas Pytlewski loves spending time with his godson, going out to dinner, and maintaining his independence in the community.

Unfortunately, Thomas lost some of that independence last year when he was hospitalized with atrial fibrillation and sepsis, and as a result became very weak and lost much of his muscle tone. When he transferred to Oakwood Rehab in January 2019, he required a mechanical lift to get in and out of bed and could only sit up for fifteen to twenty minutes at a time. Two staff members helped him with most daily living tasks, as well as getting in and out of his bed and chairs. This was a very challenging time for Thomas who had been so accustomed to his independence; but he was determined to recover!

Through his dedicated attendance of physical and occupational therapy, as well as help from the restorative nursing program, Thomas was able to make incredible progress. After six months, he started using a rolling walker to take his first steps and slowly regained his mobility, confidence and autonomy. Today, Thomas can achieve longer distances with his rolling walker and can get in and out of bed with limited assistance. He continues to work with his occupational therapist, Skye Zellor (COTA) on the many aspects of his self-care with the goal to become entirely independent once more.

A fan of the Philadelphia Eagles and Philadelphia Phillies, Thomas still enjoys watching the games as well as watching old movies on the Turner Classic Channel. Thomas is eager to get back to his own place. We admire your strength and perseverance, Thomas. Way to go!

## WE CAN'T THANK OUR VETERANS ENOUGH FOR THEIR INCREDIBLE BRAVERY & SACRIFICE!



Residents Pictured  
 Back Row Left to Right:  
**Leroy Saliard** (Air Force)  
**Francis Brown** (Army)  
**Robert Umberger** (Marines)  
**Stephen Kaewell** (Army)  
**Anthony Granato** (Navy)  
**Charles West** (Marines)  
**Nichol Feamster** (Army)

Front Row Left to Right:  
**William Delorenzo** (Navy)  
**Melvin Robbins** (Air Force)  
**James Brown** (Navy)  
**Kathleen Yocum** (Navy)  
**Thomas Pytlewski** (Army)  
**Chester Janulwicz** (Navy)  
**Joseph Lentz** (Army)

We were honored to celebrate our veterans, an assemblage of short-term and long-term residents, on Nov. 18 with a touching and emotional ceremony sponsored by Serenity Hospice. Veterans were presented with an Honorary Certificate and American Flag Pin.

## Special Celebrations



Residents **Kathleen Yocum** and **Margaret Stasiorowski** at our Holiday Party on Dec. 19, residents enjoyed a festive holiday meal prepared by the Dietary Department. The fixings included turkey, stuffing, mashed potatoes, creamed corn, cranberry sauce and tiramisu. Along with a warm meal, each resident also received a beautiful holiday gift!



Resident **Anne Mahoney** rings in the New Year at our New Year's Eve celebration. Everyone enjoyed the delicious food and fabulous entertainment by Jimmy Wells.

### WHAT'S COOKING? ♥ HEALTHY RECIPES

# Roasted Carrot & Beet Soup



**Carrots and beets are good sources of heart-protective antioxidants that can help reduce heart disease risk factors. Try this delicious recipe and nutritional info for roasted carrot and beet soup from [eatright.org](http://eatright.org).**

- Vegetable oil cooking spray
- 5 large carrots, peeled & sliced (3 cups)
- 1-pound fresh beets, peeled & chopped
- 2 celery ribs, thinly sliced (1½ cups)
- 1 large onion, quartered (2 cups)
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon nutmeg
- ¼ teaspoon black pepper
- 3 14-ounce cans low-sodium chicken broth
- ¼ cup reduced-fat sour cream for garnish
- Fresh chives, chopped, for garnish

Preheat oven to 400°F.

Coat a 9-by-13-inch baking dish with the cooking spray. Combine the carrots, beets, celery and onion in the dish. Drizzle with olive oil, and sprinkle with sugar, cinnamon, ginger, nutmeg and pepper. Toss to coat vegetables. Cover the dish tightly with aluminum foil and roast for 1 hour, or until the vegetables are fork tender. Cool slightly.

In a food processor or blender, puree the roasted vegetables with the broth in batches until smooth. Combine the batches in a heavy 2-quart saucepan. Heat on medium-low until warmed through.

Garnish with sour cream and chives.

**Serves 8 as an appetizer**  
**Serves 4 as a main dish**

*Credit: Napier, Kristine, MPH, RD, Editor for the Food and Culinary Practice Group, Academy of Nutrition and Dietetics, American Dietetic Association Cooking Healthy Across America. New York: John Wiley and Sons, 2005.*

#### NUTRITION INFO

**Calories: 240; Calories from fat: 70; Total fat: 8g; Saturated fat: 2.5g; Trans fat: 0g; Cholesterol: 5mg; Sodium: 280mg; Total carbohydrate: 35g; Dietary fiber: 8g; Sugars: 19g; Protein: 10g**

### EMPLOYEE OF THE MONTH



**Frank Costanzo**  
Housekeeping

As a valued member of our Housekeeping Department, Frank's thoughtful and caring attitude is apparent from the moment he enters the building. He consistently goes above and beyond for residents and their families, as well as for fellow staff. Frank is always poised to help out and provide the utmost level of service, for which we're very grateful.

Congratulations, Frank! Thank you for your commitment to our community!

FEB. 5: Valentine's Day Bracelet Craft

FEB. 6: Entertainment with Jimmy Wells

FEB 7: What's Cooking Root Beer Floats

FEB. 12: Papparazzi Jewelry Store / Picture Frame Craft

FEB. 13: Entertainment with Rick Baccare

FEB. 14: Valentine's Day Prize Bingo

FEB. 20: Entertainment with Joe Parker

FEB. 21: What's Cooking / Corned Beef Sandwiches

FEB 25: Entertainment with Suzette Pritchett

FEB. 27: Traveling Dollar Store

FEB. 28: What's Cooking / Waffles and Sausage

