

# Community Tree

WINTER 2021

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## Hello!

It's been a busy winter here at Oakwood Healthcare & Rehabilitation Center. During the past two months Oakwood has partnered with CVS Pharmacy to provide the COVID-19 vaccine to any resident or staff member who wanted to receive it. COVID clinics were held on January 13, February 3, and the third and final clinic was held on February 24. We were very pleased with the turnout for recipients of the vaccine.



We are hoping that as the vaccine becomes more readily available to everyone, it will allow everything to return to some sense of normalcy. In the meantime Oakwood continues to offer virtual visits in accessible and creative ways. We have had a great number of residents and families take advantage of these opportunities, and although a virtual visit cannot take the place of visiting with loved ones in person, it has been well received. To set up a virtual visit please contact our Recreation Department at 215-673-7000.



Best wishes,



SAM SMITH, NHA, ADMINISTRATOR



STAFF BEHIND THE MASK SPOTLIGHT

## Meet Our ADON Jaime Blount



Jaime Blount, our Assistant Director of Nursing (ADON), has been at Oakwood Healthcare & Rehabilitation for more than six years. Jamie, who is a certified wound care nurse, started here at Oakwood as a part-time licensed practical nurse, upgrading her accreditation and becoming a full-time registered nurse, then a full-time unit manager. For the past two years Jamie has been working as our ADON alongside Barbara Lorman, our Director of Nursing (DON).

“Oakwood is a great place to work,” Jamie says. “I have learned a lot from my DON and gained a lot of experience.” In addition to supervising the three units here at Oakwood, Jamie makes rounds with our doctors, assists our unit managers, and manages scheduling and daily appointments.

Jamie, who was born and bred in Northeast Philadelphia, always wanted to be a nurse but put her plans on hold, choosing to get married and start a family first. She's the proud mom of four beautiful children (now grown). Sadly, Jamie lost her husband when she was just 36 years old. Soon afterwards she decided to realize her dream of becoming a nurse, a challenge as a single mom with teenagers at home! Jamie set a strong example of hard work and dedication for her children. She put herself through nursing school, all the while working as a full-time certified nursing assistant (CNA), often studying during her work breaks.

Jamie attributes her success in part to having a very encouraging and supportive nurse supervisor. “A supportive mentor can't be underestimated,” she says.

*“A supportive mentor can't be underestimated,” says Jamie, who attributes her success in part to a very supportive nurse supervisor.*

Jamie moved to Bensalem about a year ago, and has a hairless cat, Cindy, and a dog named Chanel, whom many of our residents know and love. Before COVID, Jamie often brought Chanel in to visit with Oakwood's residents. Thank you so much Jamie, for being such an important part of the Oakwood family!



## Rehab Success!

JANICE WADDINGTON

Janice Waddington arrived at Oakwood Healthcare & Rehabilitation mid-January after a very complicated hospitalization involving additional time in the hospital's Intensive Care Unit. This unexpected health setback took a great toll on Janice and she found it very difficult to complete simple, everyday tasks and activities of daily living (ADLs) such as dressing and grooming. Her customized rehabilitation plan was focused on helping her regain her strength so she could independently complete these basic tasks and ultimately return home safely to her family.

From Janice's first day at Oakwood she was very motivated to complete all her rehabilitation sessions, all the while attending dialysis three times a week! Janice bravely fought through the daily fatigue that dialysis causes and pushed herself to achieve and exceed her goals during her rehabilitation. **We are very proud of Janice's accomplishments, and wish her all the best as she returns home stronger and more independent.**



# Community News

Despite the COVID restrictions, there have been lots of fun events happening here at Oakwood Healthcare & Rehabilitation Center.

Throughout the month of February, our staff has been raising heart health awareness to celebrate **Heart Month** and we thank our very own cardiac rehab team for their role in reducing the potentially devastating effects of heart disease every single day.

Of course, all work and no play is dull, so we let loose with our **Mardi Gras Celebration**. Our residents dressed up and enjoyed King Cake and soda while listening to their favorite songs. We also celebrated several birthdays and rang in the **Chinese New Year** by making cherry blossom fans. Our residents loved receiving cupcakes and balloons on **Valentine's Day**, and we all had lots of fun decorating our Valentine love tree!



A special thank you to our Activities Team for always planning creative, fun, and educational events to keep us entertained! **Think you can keep up with the residents at Oakwood Healthcare? Follow us on Facebook to see what we're up to next.**



## WHAT'S COOKING? ♥ FAVORITE RECIPES



### Charlene's Cabbage Soup

Our Admissions Assistant Charlene William is excited to share her trademark, heartwarming soup – the perfect end to a wintry day!



- 1 can of cream of mushroom soup
- 1 green pepper
- 1 yellow pepper
- 1 red pepper
- 1 orange pepper
- 3 cloves of garlic
- 1 Vidalia onion
- 2 sweet potatoes
- 1 whole cabbage
- 4 cups low sodium chicken or beef broth
- 1 tbsp olive oil
- Salt
- Pepper

Sauté peppers, onions and garlic in olive oil. Add diced sweet potatoes and saute for 10 minutes. Add chopped cabbage and saute for additional 10 minutes, until cabbage cooks down.

Add broth and let simmer for 15 minutes on low heat. Add can of cream of mushroom soup. Simmer on low for 1 hour. Add salt and pepper to taste.

MARCH 2: Manicures

MARCH 3: Hallway Bingo / What's Chillin' – Fresh Fruit Smoothies

MARCH 4: Create Your Own Bracelet

MARCH 5: What's Cooking – Liverwurst Sandwiches

MARCH 6: Morning Trivia and Donuts / Hallway Bingo

MARCH 7: Morning Word Games / Ice Cream Sundaes

MARCH 11: St. Patrick's Day Craft

MARCH 12: What's Cooking – Ham and Cabbage

MARCH 16: Manicures

MARCH 17: Hallway Bingo / What's Chillin' – Shamrock Shakes

MARCH 18: Water Color painting

MARCH 19: What's Cooking – Corned Beef Specials

MARCH 23: Manicures

MARCH 24: Hallway Bingo / Cereal Bar

MARCH 26: What's Cooking – French Toast and Bacon

MARCH 27: Morning Trivia and Donuts / Hallway Bingo