

Community Tree

AUTUMN 2017

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**Administrator
Irene Contino with
Phillip Bowdren,
our Resident
Council President**

Celebrating the grand opening of Oakwood's new Computer Lab!

Hello, Friends!

With the arrival of autumn, some people think of pumpkins but if you are immersed in Healthcare, you think of flu season – like I do.

Flu is a serious disease. A lot of people think they have the flu because they have a cold or a “stomach virus”, but the flu is much more severe than that.

If you truly have the flu it could be life threatening. You could have complications – especially if you have other health related issues such as diabetes, high blood pressure or breathing difficulties.

Because the flu is so serious, we strongly suggest you take the “flu shot”. We recommend this to all patients, residents and the staff members who care for them.

Have a wonderful autumn season – and do all you can to protect yourself from the flu!

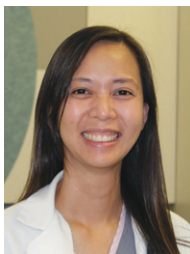


IRENE CONTINO-KOSYLA
MS, RN, NHA, ADMINISTRATOR

“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 & how much she enjoys going to therapy. The staff is warm & has lots of compassion, Oakwood feels like home. ”

- O . M .



FACE TO FACE With Jae Leyson PT, DPT

OAKWOOD'S DIRECTOR OF REHABILITATION

A graduate of the University of St. Tomas in the Philippines, Jae received her DPT degree at Boston University, and has been at Oakwood for 9 years, first as a lead therapist and as a supervisor since 2014.

What is distinctive about rehabilitation at Oakwood?

Our staff! It makes a BIG difference on the therapy side because it is clear to us all that we are NOT treating impairments. We are treating people – human beings with a life to live, dreams, and expectations. It is important to know our residents' expectations, to communicate and find out their personal goals, and then customize the therapy goals as much as possible.

Residents want to resume their prior level of activity. While that might not always be possible due to various health factors, we customize the therapy to help each individual maximize their physical functioning.

The best part of your job?

Discharging a resident of course – is

the climax of our relationship and occurs when residents attain their highest level of overall independence in terms of transfers, autonomous eating, dressing etc.

“We are NOT treating impairments. We are treating people ...”

Our residents return home with a comprehensive **Discharge Packet** that includes exercises to sustain the goals achieved in therapy, safety recommendations, as well as recommendations for levels of assistance they will require back at home, and the equipment that will make their life easier and more independent.

In your position, what makes you especially proud?

My pride & joy is our staff at Oakwood: Each therapist gives of their heart 100% to each resident – all the time! Our residents are in good hands.



Meet Dr. Stuart Jacob

PODIATRIST



Dr. Jacob, DPM, is a welcome presence at Oakwood as he works “hand in hand” with our staff to keep our residents’ feet problem-free.

Board certified by both major boards in podiatry, Dr. Jacob is proactive in his approach to foot care, and looks to prevent complications before they arise. He knows our residents well and has made many friends.

Dr. Jacob has been affiliated with Lourdes Hospital in Burlington, NJ, since it opened 25 years ago, and currently serves there as the Wound Center Podiatrist.



Sandra Allen
Housekeeping

EMPLOYEE OF THE MONTH

Join us in congratulating Sandra Allen for receiving September’s Employee of the Month! An integral part of the Oakwood Family since September of 2016, Sandra loves to sing and interact with the residents. She is a team player and a pleasure to work with.

The Golden Games



Hurrah to Team Oakwood!

Residents who participated and are featured in photo: **Kathleen Yocum, Harry Hillman, Helen Allen Viteo, Edith Simpson & Margaret Stasiorowski**
Staff featured: **Alice Gallagher (Activities), Kelly Piontko (Activities), Shilena Cox (Housekeeping) & Tynesha Russell (Concierge)**

On Sept 14, 2017 some of our residents represented Oakwood Healthcare in the 2017 Golden Games. Organized by CARIE, the Center for Advocacy for the Rights & Interests of the Elderly, this event is a wonderful opportunity for older adults to compete in a variety of races and relays specifically adapted to their abilities. The teamwork between our residents was remarkable as they took part in the Hat and Scarf Relay, Bean Bag Toss and Volleyball Toss. We look forward to next year’s event and hope to see our Oakwood Golden Games Team grow!



Sheila’s Potato Latkes



Pictured above (l to r) is Sheila, with Activities Director Kelly Piontko & her husband Leonard Resnick.

Sheila Resnick, a rehab resident at Oakwood, is excited to share this family favorite that’s always a hit during the holidays!



- 5 lbs Russet Potatoes
- 1 Large Onion, quartered
- 6 Eggs
- 1 box of Matza Meal
- Oil for frying
- Salt, to your liking

Repeat process until all potatoes are grated.

Add matza meal to potato and onion mixture until it is the consistency of pancake batter.

Heat oil in medium frying pan, then add spoonful of mixture to hot oil. Brown on both sides. Place on paper bags or paper towels to remove excess oil.

Enjoy with your choice of sour cream or applesauce!

Peel and cube potatoes and chop onion.

Add 1 egg and 2 cups of cubed potatoes to a food processor, and grate until liquefied. Pour in large bowl.

OCTOBER HIGHLIGHTS

OCTOBER 11: Dollar Store

OCTOBER 12: Oakwood Presents “Raffaele Avelino”

OCTOBER 18: Pumpkin Patch / Pumpkin Decorating

OCTOBER 19: Oakwood Presents “Neil Farber”

OCTOBER 26: Oktoberfest

OCTOBER 31: Halloween Staff & Resident Costume Party