

# Family Tree


**GWYNEDD**

HEALTHCARE &amp; REHABILITATION CENTER

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## DEAR FRIENDS,

We hope everyone is enjoying the start to this season full of gratitude – we are certainly very thankful to have so many wonderful residents with us!

We're also thankful that our facility is currently being considered by **Abington-Jefferson Health as a preferred provider**, one of only two facilities in the area to be given this prestigious honor! We're exceptionally proud of this recognition and the fact that our hospital readmission rate is significantly lower than the current state average. Our success speaks highly to our continuous level of care and dedication to our community.

As part of our goal to ensure that everyone has an enjoyable experience at Gwynedd, we have a new satisfaction survey initiative we will be launching soon for all long term and subacute residents. We're looking forward to hearing what you think!

With the cooler weather upon us, now is the perfect time for cozy sweaters and festive activities to celebrate the beauty of autumn. We are excited about our upcoming Holiday celebrations. In addition, we have a fantastic Korean Program with ongoing special events to keep an eye out for.

Thank you to all of our residents and staff for continuing to make our community so warm and welcoming – we truly appreciate each and every one of you!

MICHELLE TAYLOR, ADMINISTRATOR

## RECREATION NEWS



### What A Chick!

We had the opportunity to incubate fertile chicken eggs and watch them grow – check out the adorable photo of Chick Pea, our sole survivor of 7 eggs. What a strong little chicken!



### On The Beat

Every Monday at 2 PM, our residents are invited to join Jane Lopoten for a fitness class utilizing everyday items such as drumsticks and pom-poms to get moving and enjoy the music.



### Shark Tank

Our residents enjoyed some splashing good fun at our summertime Beach Party. This photo says it all.

**Our fabulous Activities Department is always coming up with creative new ways to engage our residents!**

## Meet Subacute Resident Louis Pazano



Louis arrived at Gwynedd weakened by Congestive Heart Failure (CHF) and kidney disease. As a short term subacute resident, Louis chose to recover his strength at our community because some of his family members had lived here and highly recommended us.

With the goals to be self-sufficient and independent once more, Louis works hard during his Physical and Occupational

Therapy sessions. When he's not at the gym, he enjoys the karaoke group and is eager to join any activity, with a positive and joyful sense of humor. While participating in creating craft pumpkins recently, he joked, "Just don't tell my army buddies."

While his stay at Gwynedd has been great and the staff have been very helpful with all of his needs, Louis looks forward to returning back home to Lansdale to be with his loving wife.



# Celebrating Chuseok

## THE KOREAN THANKSGIVING FESTIVAL

Home to many Korean residents, Gwynedd's special Korean program offers an all-encompassing cultural experience in the rich Korean tradition. Residents enjoy special activities and celebrations, religious services, Korean TV & newspapers, gourmet ethnic cuisine and staff that speaks their language.

On the recent Chuseok holiday, all our residents gathered to enjoy festivities which featured a dance performance by volunteers from the Hope Network Foundation and some delicious Korean fare.



### DID YOU KNOW?

*Chuseok, literally "Autumn Eve", is a major harvest festival celebrated during the full moon on the 15th day of the 8th month of the lunar calendar. This is a three-day holiday in which Koreans visit their hometowns and enjoy a traditional Korean feast.*



**Anna Yoonae Kim**  
Korean Chef at Gwynedd

### WHAT'S COOKING? ♥ KOREAN RECIPES .....

At Gwynedd, we are proud to serve Korean food prepared by our in-house Korean Chef, Anna Yoonae Kim. Here is one of her favorite dishes:

## Korean Barbecue Beef (Boul-Koh-Kee)

- 2 1/2 lbs beef thinly sliced
- 3 tbsp cooking wine
- 1/2 tsp black pepper
- 1/3 cup medium onion grated
- 2 1/2 tbsp brown sugar
- 1/3 cup soy sauce
- 1 tsp minced garlic

Combine all ingredients, except the beef, and then rub the mixture very gently into the beef. Barbecue on a grill, broil, or sear (sizzle) in a hot, ungreased skillet.

**Makes 5 servings**

Dear Gwynedd Healthcare,



Please continue your compassionate work.

**Mom experienced a quality of life in her later years that we were unable to provide on our own.**

*Sincerely,*  
TOM & JOYCE S.

### EVENTS & ACTIVITIES

NOV 4 | Sing-Along with Glenn Faul

NOV 5 | Slide Show with Ben Soffer

NOV 7 | Resident Council

NOV 11 | Karaoke with Steve Brown

NOV 14 | Monthly Birthday Celebration with Te Naj

NOV 15 | Volley Ball

NOV 21 | Karaoke with Steve Brown

NOV 24 | Gospel Band

NOV 28 | Thanksgiving Day Tea with Justin Gonzalez

NOV 29 | Korean Concert

**Men's Club**  
Every Wednesday, 2:30 pm

**Friendship Circle / Sunshine Club**  
Daily, 9:30 am & 3:00 pm

**Rising Stars**  
Daily, 10:15 am to 8:00 pm

