

# Family Tree



**GWYNEDD**  
HEALTHCARE & REHABILITATION CENTER

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## Dear Friends,

Summer is just about here and it's filled with fresh energy and lots of new and exciting events and programs here at Gwynedd! I'm thrilled to share news that we will soon be launching our new Care Concierge program — we'll be assigning a dedicated concierge to each resident to ensure all their needs are being met. Stay tuned for further details!

In this issue we are also excited to share our Nursing Home Week 2019 celebrations with you. This year's focus, "Living Soulfully," showcased how skilled nursing facilities like Gwynedd promote happy minds and healthy souls. Both our residents and staff were enthusiastic about our special activities. I would like to give a special "thank you" to our Activity Department for planning soulful activities that put a smile on everyone's face.

MICHELLE TAYLOR, ADMINISTRATOR

## LIVE SOULFULLY Nursing Home Week 2019

What makes you happy? Whether it's gardening, reading, cooking, listening to music, or relishing a bite of your favorite food – everyone finds happiness in different leisure pursuits.

That's why, in celebration of Nursing Home Week from May 12th – 18th, every day at Gwynedd featured a different event with activities that ran the gamut from savoring a Rita's ice in our garden to enjoying a relaxing massage. Pretzels & Crazy Hat Day, a Potluck Contest, and an Ice Cream Sundae Bar were a few of the highlights of our week.

Kudos to our Dietary Department who outdid themselves for Food Tasting Day by whipping up chicken jambalaya, southern banana pudding, cheesy grits, cornbread and a special cake for Nursing Home Week!

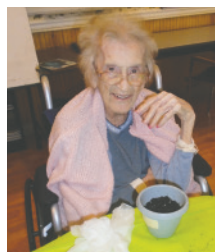


## See How Our Garden Grows!

To mark Earth Day 2019, our residents got their hands dirty planting Ranunculus and Gardenias. The blossoming potted plants were then transferred outside to our garden in celebration of Nursing Home Week.



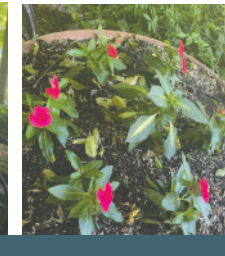
STAGE 1



STAGE 2



STAGE 3



*"To nurture a garden is to feed not just the body, but the soul."*

- ALFRED AUSTIN



NOTED & QUOTED

**“The therapists here are top of the line. They take their time with me and I’m so thrilled. I came to Gwynedd after surgery and I couldn’t sleep on a bed. They let me bring my own recliner from home so I can finally sleep well!”**

- KATHRYN LOESCH JAMES  
Resident at Gwynedd

OUT AND ABOUT OUR COMMUNITY .....



## Meet Lisa Johns

OUR NEW ADMISSIONS DIRECTOR

We’re sure many of you have experienced Lisa’s energetic presence in our halls. Lisa is a proud mother of three, an avid sports enthusiast, and a wonderful new addition to our Admissions Team.

*“I look forward to building strong working relationships within the building and throughout the community at large.”*

Lisa has spent 26 years in the healthcare realm with extensive experience in acute care, acute rehab, hospice and home care. With a degree in social work from Temple University, Lisa loves helping others and working with the senior population.

WHAT’S COOKING? ♥ HEALTHY RECIPES .....

## Blueberry Mango Smoothie

**Ingredients:**

- 3/4 cup plain, fat-free Greek yogurt
- 3/4 cup fat-free milk
- 3/4 cup frozen, unsweetened blueberries
- 3/4 cup frozen mango chunks
- 1 tablespoon honey
- splash vanilla extract

**Enjoy this refreshing and heart healthy treat with your family and friends.**

Add all ingredients to a blender. Process until the mixture is completely smooth. If the smoothie is too thick, add additional milk. Pour and serve immediately.

**Calories:** 188 Per Serving  
**Protein:** 13g Per Serving  
**Fiber:** 3g Per Serving

Recipe from the American Heart Association  
[www.heart.org](http://www.heart.org)



WHAT’S HAPPENING AT GWYNEDD IN JULY?

JULY 4 | 4th of July Party with Kirk Mauerer

JULY 8 | Karaoke with Steve Brown

JULY 15 | Sing Along with Glenn Faul

JULY 18 | Birthday Party with Justin Gonzalez

JULY 25 | Karaoke with Steve Brown

JULY 25 | Christmas in July Social

**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



## Back To The 70s

**Remember the good old days? Our residents got into the hip-hop spirit at our recent 70s Show as favorite entertainers Steve Brown and Linda set the tone with their vibrant music.**