

# Family Tree



**GWYNEDD**  
HEALTHCARE & REHABILITATION CENTER

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## Dear Friends,

It may be icy and cold out there, but within the walls of Gwynedd Healthcare life is cozy and warm. We are proud of the family-like atmosphere that envelops our center. Whether its our therapists, nursing staff or housekeeping, everyone goes about their duties with a smile on their face and a commitment to enhance our residents' quality of life.

In this issue, we are excited to share a glimpse of our vibrant Recreation Department. Our residents thrive on the abundant daily opportunities for social interaction and stimulation. Kudos to our fabulous Activities Team who make this all possible.

Warm Regards,

MICHELLE TAYLOR, ADMINISTRATOR

### WILL YOU BE MY VALENTINE?

## CandyGram Time at Gwynedd!



Love is in the air as our residents prepare CandyGrams to present to their favorite staff members on Valentine's Day. The close bonds developed between our staff and residents is what makes Gwynedd so unique. Here, everyone is family!

### DID YOU KNOW?



For Valentine's Day 1959, Western Union introduced CandyGram, "the sweetest message in the world." A one-pound box of chocolates that could be sent anywhere in the country seemed a great idea for Valentine's Day and a great way to expand their customer base as they competed with the growing popularity of the telephone.

### NOTED & QUOTED

**"When I got here, they gave me only 2 weeks to live, and look at me now!"**

**Therapy is going great and I love being in the gym.**

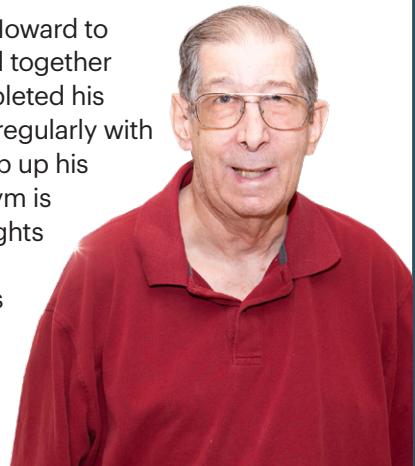
**You know, the house where I was raised is only a mile away . . . I've come back to my roots, I'm home."**

- HOWARD HEISS  
Resident at Gwynedd

When Howard Heiss arrived here from the hospital this past summer in precarious health due to Congestive Heart Failure, his stay at Gwynedd was supposed to be stepping stone to hospice care. Defying all odds, today Howard is a walking miracle as he strolls our halls on his own two feet while enjoying life to the fullest.

Our therapists worked intensively with Howard to help him regain his independence – and together they've succeeded! Although he's completed his physical therapy regimen, he exercises regularly with our restorative nursing assistants to keep up his strength. In fact, his time spent in the gym is his favorite part of the day! Howard delights in the daily visits from his family, and enjoys watching TV in the comfort of his own chair that he brought from home.

**"Dad's a different man now," says his grateful son.**





#### A PEEK INTO OUR RECREATION DEPT.

Under the dynamic leadership of Nicole Staropoli, our Recreation Department has recently introduced many new initiatives including **afternoon Friendship Clubs, floral arranging** and **weekly balloon volleyball** which is an all-time resident favorite! We've also reinstated our popular **Mens Club** every Wednesday, where the guys can enjoy non-alcoholic beer and discuss sports while the ladies get their nails done.



## How Flowers Impact Our Residents' Wellbeing



*Floral arranging at Gwynedd with Hisu Han Swei*

A recent study by Rutgers University indicates that flowers have a positive effect on our emotional health. Flowers are instrumental in boosting mood, socialization, and overall satisfaction – making floral arranging an ideal activity for seniors.

#### The benefits of flower arranging include:

- **Sensory stimulation.** The bright colors, scents, and textures of flowers delight and stimulate the senses.
- **Focus and cognition.** Working on a flower arrangement exercises parts of the brain responsible for spatial awareness (the ability to be aware of oneself in space) – a major cognitive function when recovering from stroke or orthopedic surgery.
- **Preserving dexterity.** The fine motor skills required to manipulate and place each flower gives the hands and fingers a good workout.
- **Sense of accomplishment.** Beyond the activity being a relaxing, low pressure way to socialize and get to know people, the beautiful end result is a very personal accomplishment one can be proud of!



FEB. 7 | Resident Council

FEB. 8 | Flower Arranging

FEB. 14 | Valentine's Day Party with Jett Blaq

FEB. 15 | Slide Show with Ben Soffer

FEB. 18 | Karaoke with Steve Brown

FEB. 21 | Birthday Party with Justin Gonzalez

FEB. 24 | Gospel Band

FEB. 28 | Balloon Volleyball

**NEW! Mens 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

**Community Crochet Club**  
Every Thursday at 2 pm  
(except the 1st Thursday of the month,  
when we have Resident Council)