

# Family Tree



**GWYNEDD**  
HEALTHCARE & REHABILITATION CENTER

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## Hello, Friends!

Lots of exciting things are happening here in our Gwynedd Community. This issue will give you a glimpse of life at Gwynedd Healthcare and we invite you to stay connected & involved!

A warm welcome to Jamie, our new Activities Director, whose dynamic personality has captured the hearts of our residents. She is a fabulous asset to our team.

Last but not least, we are pleased to have ranked once again as one of the **“Nation’s Best Nursing Homes” in 2017-18 by U.S. News & World Report.**

Warm Regards,

LEON TARLOW, ADMINISTRATOR

## RESULT-DRIVEN REHAB AT GWYNEDD Getting Our Residents Back On Their Feet



Joe with his dedicated therapists Jessica Solt & Andrew Carter.

Mr. Joseph Murray was admitted to Gwynedd Healthcare & Rehabilitation in December, recovering from surgery that resulted in the need for specialized wound care on his foot. Upon arrival, he was unable to bear weight on that foot and was severely deconditioned due to his hospital stay.

Following intensive wound treatment and a customized therapy regimen, Joe is fast approaching his goals of walking independently, being pain-free and having his wound healed.

He will be discharged home in the very near future, and is eager to get back to his word searches, magazine reading, and “tinkering in his garage.” We will certainly miss Mr. Murray, but look forward to him regaining his independence and returning home!

*Joe is married to Stella, his wife of 52 years. They have three children: Diana, Robin and Kevin. Joe was born in Salisbury, MD, and currently lives in North Wales, PA.*

## Up Close with Jamie Meyers

Activities Director



Jamie lives in the Perkasie area and has been working in activities in long term care facilities for 13 years. She started out as an assistant and through opportunity, encouragement and drive, worked her way up to Activities Director. She is currently in the process of earning her certification in activities.

Jamie is a firm believer in embracing change to best meet the needs of our residents. Through carefully designed activities, innovative programs and incorporating new forms of entertainment such as the

hands-on “Science for Seniors”, Jamie and the activities staff truly enhance the quality of life of our residents at Gwynedd.

As Jamie remarked: “It doesn’t matter your age, everyone loves to learn new things!”

Her goal is to utilize the strengths of our residents, tailoring activities to suit the varying needs of both our short-term and long-term populations. To that

end she has expanded our popular Friendship Circle, scheduling a second session in the afternoon for the rehab patients who are in therapy during the morning session.

**“I am very fortunate to have found a career that I find satisfaction in . . . and it’s the gratitude of the residents that continues to drive me.”**

## Italian Chicken Sticks

Here's a recipe shared by Gwynedd Resident Lena Catanzaro, and soon-to-be-published in our upcoming Friendship Circle Cookbook!

- 8 Boneless Chicken Breasts/ Halves cut into strips
- 1 c Seasoned Bread Crumbs
- ½ c Grated Parmesan Cheese
- 1 ½ tsp. Dried Thyme
- 1 ½ tsp. Dried Basil
- ½ tsp. Salt
- ½ tsp. Garlic Powder
- Pinch Red Pepper Flakes (optional)
- ½ cup Melted Butter



Preheat oven to 400 degrees. Combine first 8 ingredients from bread crumbs though garlic powder.

Dip strips into melted butter and then in bread crumbs. Place strips in single layer on lightly greased baking sheet. Bake 20-25 minutes till chicken is cooked through. Use Marinara Sauce or Honey Mustard for dipping.

EVENTS & ACTIVITIES

MARCH 6 | Sound of Music performed by Philly Senior Stage

MARCH 9 | Karaoke with Steven Brown

MARCH 14 | Birthday Celebration with Steve Pollock

MARCH 16 | Sham-Rocking Social

MARCH 21 | Sing-A-Long with Glenn Faul

MARCH 22 | Monthly Outing "Shop & Lunch" (2nd Hand Avenue & Jim's Buffet)

MARCH 30 | Science for Seniors

### Friendship Circle

Daily, 9:30 am | 3:45 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)

## ♥ Knitted With Love!

Lorraine Clayton, a part of the Gwynedd family since 2015, is a master knitter and crocheter with a heart of gold who is glad to share her talents. She enjoys crocheting blankets for our residents, and donates some of her masterpieces to our annual holiday fundraising bazaar for families in need. We look forward to spreading the warmth by gifting her blankets to hospital patients, and a Knitting/Crochet Club at Gwynedd with Lorraine at the helm is in the works!



## Paying Tribute To Our Dedicated Volunteers

Our Annual Volunteer Appreciation Dinner in October was a gala event. Our Recreation Team went all out transforming our dining room into an elegant venue in honor of the wonderful individuals who selflessly give of their time to volunteer at Gwynedd. Some of our volunteers have been with us for more than 30 years!

**Spanning a wide spectrum of ages, our volunteers all have one thing in common – respect for our residents and a desire to make a positive difference in the lives of our seniors.**

