

Family Tree


GWYNEDD

HEALTHCARE & REHABILITATION CENTER

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HELLO, FRIENDS!

As the world continues to settle down, we're in the process of returning to normalcy at Gwynedd Healthcare and Rehabilitation Center – with a twist! As we transition through autumn, we are all feeling change in the air, and we're capitalizing on that feeling to make for the best possible experience for our residents and their families.

Gwynedd has once again gotten into the spirit of the fall holidays with a return to in-person events and activities, led by an enthusiastic staff who couldn't be happier to be celebrating all together and experiencing quality time in-person with our beloved residents.

Thank you all for your continued support! We look forward to keeping the excitement alive and the improvements coming as we progress forward through the fall season!

Warm Regards,

MICHELLE TAYLOR, ADMINISTRATOR

Introducing Stacie Warner

OUR NEW ADMISSIONS DIRECTOR



We are pleased to welcome our new Admission Director Stacie Warner, who has been with us now since August. Having grown up in Indiana, Stacie has her bachelor's degree in speech pathology, and worked for Toyota Car Dealerships in California and Cincinnati – which she describes, tongue-in-cheek, as “very exciting and glamorous.”

When Stacie's mother got sick and began suffering from dementia eight years ago, she moved back home and began working in the Indiana healthcare sector, her true calling. She worked in admissions at a wonderful nursing home, which she loved so much that she made the choice to place her mom in the facility.

After her mother transferred to a different home in Arizona, Stacie and her fiancé made the move to the Philadelphia area. After first trying out three other facilities, Stacie found Gwynedd, which she describes as “a diamond in the rough.”

“What I love most about Gwynedd, is that I can always be an asset to families since I understand what they are going through and can guide them through the Medicaid process. I can bond with the families and understand them,” she says, adding that “I can sleep well at night, knowing that what I did during the day provides peace of mind to others that their loved ones are safe and well-cared for.”

“I can sleep well at night, knowing that what I did during the day provides peace of mind to others . . .”

– STACIE WARNER

Join us in giving Stacie a warm welcome to Gwynedd!

SPEECH THERAPY SUCCESS! Meet Howard Heiss



We are delighted to announce that one of our long-term care residents, Howard Heiss, has had a very successful journey with speech therapy and some recent milestones to show for it. Having previously been on a PEG tube for nutrition, Howard was reintroduced to food with the help of our Speech Language Pathologist, and thanks to her help, he can now successfully eat a mechanical soft diet by mouth!

When Howard first arrived at Gwynedd in 2018, he was not eating

by mouth and had a significant swallowing deficit. At the time he did months of extensive swallowing therapy but did not improve enough to safely eat by mouth. In 2021, he went for a swallow study and had some improvement in his overall swallow function. Following recent months of intensive speech therapy, Howard can once again enjoy his food!

Congratulations, Howard. Your hard work has paid off and we're all proud of your amazing accomplishment!

Fall Happenings

The season is filled with spirit here at Gwynedd, with constant activities and fall holidays to keep us busy! The air was redolent with autumn's most pleasant aroma, thanks to our **Baking Club** and their to-die-for pumpkin bread recipe.



Our staff and residents had a **spooktacular time** this Halloween, masquerading in costume throughout our halls. Residents had fun creating some

Halloween door wreaths to help us decorate the center, and their very own **spooky masks**, and our recent **Department Heads' Pumpkin Decorating Contest** was a huge success. A big congratulations to our talented Therapy Department – the grand winner chosen by our residents.



A SPECIAL TREAT FOR OUR DEDICATED STAFF

The staff at Gwynedd enjoyed some R & R in our front parking lot with these **awesome massage chairs** from Turbo Sports Recovery – a well-deserved treat in appreciation for all the amazing work they do!



WHAT'S COOKING? ♥ FAVORITE RECIPES

Pumpkin Bread



A delightful autumn treat!

- ½ cup melted coconut oil or extra-virgin olive oil
- ½ cup honey or maple syrup
- 2 eggs
- 1 cup pumpkin purée
- ¼ cup milk of choice or water
- 1½ teaspoons pumpkin spice blend (or ½ teaspoon cinnamon, ½ teaspoon ground ginger, ¼ teaspoon ground nutmeg, and ¼ teaspoon allspice or cloves)
- 1 teaspoon baking soda (NOT baking powder)
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1¾ cups white whole wheat flour or regular whole wheat flour

Optional: ½ cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit...Pinch of ground cinnamon, for sprinkling on top.

Preheat oven to 325° Fahrenheit and grease a 9x5-inch loaf pan. In a large bowl, beat the oil and honey together together with a whisk. Add the eggs and whisk until blended. Add the pumpkin purée, milk, pumpkin spice, baking soda, vanilla and salt, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.

Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in the loaf pan for 10 minutes, then carefully transfer the bread to a cooling rack to cool for 20 minutes before slicing.

Recipe from cookieandkate.com

NOV 10 | Special Entertainment

NOV 11 | Veterans Day Remembrance

NOV 16 | Monthly Birthday Celebration

NOV 19 | Baking Club

NOV 22 | Thanksgiving Arts & Crafts

NOV 24 | Special Entertainment

NOV 25 | Thanksgiving Social

HAPPY
Thanksgiving

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Friendship Circle | Daily, 9:30 am & 3:45 pm
Rising Stars | Daily, 10:15 am to 8:00 pm