

Family Tree



GWYNEDD

HEALTHCARE & REHABILITATION CENTER

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DEAR FRIENDS,

We're currently under quarantine as we work diligently to keep everyone safe in light of new positive cases at Gwynedd. Still, we're so glad to be in the thick of summer, especially as we've successfully navigated what we believe is the worst of the pandemic. I'd like to take a moment to recognize the exceptional work, dedication and professionalism shown by the Gwynedd community as we've come together to fight Covid-19. Our staff has gone above and beyond to keep our residents safe, and we're extremely grateful.

We are currently completing another round of universal testing for residents and staff. We realize how difficult this has been for all of our residents and families and would like to thank you all for your understanding and support as we work to keep residents and staff safe. Keeping everyone at Gwynedd healthy and safe is always our number one priority.

To ensure everyone's safety, we are no longer scheduling outdoor visits. Instead, please call Social Services at 215-699-5000 for assistance scheduling a virtual visit with your loved one. We will be sure to let you know as soon as we're able to offer outdoor visits once again. Until then, stay well!

Warm Regards,

MICHELLE TAYLOR, ADMINISTRATOR

Introducing Lisa Kline, RN

OUR NEW DIRECTOR OF NURSING



It's our pleasure to introduce you to Lisa Kline, our new Director of Nursing! Lisa comes to us with exceptional experience having spent over thirty years in nursing.

Lisa, who is very process-oriented is a perfect fit for the Director of Nursing role. Lisa's motto is "work smarter, not harder." She is excited to streamline our processes, increase efficiencies, and harness the technology here at Gwynedd to ensure our team continues to provide exceptional care.

Gwynedd is truly a lovely community, with a lot of staff longevity. The staff really, really cares.

– Lisa Kline, DON

Lisa has taken on every job in a long term care setting (except cook), so she understands and appreciates the different roles of our staff and their unique needs. "Gwynedd is truly a lovely community, with a lot of staff longevity," she says. "The staff really, really cares."

Lisa has four adult children and lives with her retired husband in Royersford, PA. She grew up in Montgomery County where she did an LPN diploma program and then got her RN degree from the Community College in Montgomery County.

Please join us in giving Lisa a warm welcome to Gwynedd!

REHABILITATION SUCCESS! Meet Loretta Feenstra



Loretta Feenstra was admitted to Gwynedd Healthcare as a short-term resident after a nasty fall at home due to cellulitis. Loretta, who has had many recent falls, began with physical and occupational therapy in July and, after much work and determination, was discharged to an assisted living facility where she feels safer than being home alone.

While at Gwynedd, Loretta made wonderful progress on improving her balance, strength and mobility in just one month! She especially enjoyed working on the stairs. Loretta rated her time at Gwynedd very highly, and we've loved having her here. The staff and residents at Gwynedd wish Loretta the best. We miss her!

Loretta surrounded by her Therapy Team



Staff Behind the Mask Spotlight! MARIE DELLER, CNA



Marie Deller is a well known face here at Gwynedd, where she's worked for the past 21 years as a Certified Nursing Assistant. Marie currently lives in Philadelphia, PA and is extremely proud of her three children and two grandchildren. She loves to garden and is very active in her local church community, the Church of God by Faith, where she enjoys attending many church events.

Here for more than two decades, our community is like a second home to Marie.

Marie provides exceptional care for our residents who appreciate her compassionate nature, warm smile and big heart. Here for more than two decades, our community is like a second home to Marie, who "loves working at Gwynedd and taking care of the residents."

Thank you Marie for your ongoing commitment and dedication to our residents!

Aloha! Time for Some Summer Fun

Everyone was so glad to see their loved ones in our recent parking lot visits. We hope to resume them soon.

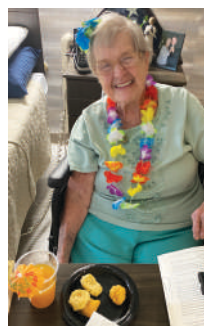


We've been busy celebrating summer with socially-distanced activities and

games. Some of our residents' favorite activities include **Hallway Bingo** where they play from their doorways (we all sanitize after every game), and our popular **Movies on Thursdays** in the Garden Lounge with participation limited to five residents at a time (masks and physical distancing are mandatory).

Our residents savored some delicious summer-themed events and treats including a **Luau**, **Watermelon Day**, **National Cupcake Day** and our **new ice cream cart**, which staff and residents enjoy every other Friday. These summer treats go a long way to rejuvenate and refresh!

We're also ensuring residents stay active and engaged with **one-on-one room activities** including coloring, crossword puzzles, reading books to residents, trivia discussions, and much more. We encourage you to follow us on social media to keep track of the fun here at Gwynedd!



WHAT'S COOKING? ♥ FAVORITE RECIPES

Seven Layer Taco Dip



Here is something yummy for a delightful summer treat!

- 1 (8 ounce) package cream cheese at room temperature
- 1 (8 ounce) container sour cream
- 1 (1 ounce) packet dry taco seasoning mix
- 1 pint cherry tomatoes, halved
- 2 medium avocados - peeled, pitted, and diced
- ¼ cup red onion, minced
- 1 tablespoon fresh lime juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 (15 ounce) can refried black beans
- 1¼ cups salsa
- 1 (8 ounce) package shredded Mexican blend cheese
- 1½ cups shredded iceberg lettuce
- ⅓ cup pickled jalapeno pepper slices

Beat together cream cheese, sour cream, and taco seasoning with a handheld or standing mixer until light and fluffy; set aside.

In a separate bowl, stir together the cherry tomatoes, avocados, red onion, lime juice, salt, and black pepper; set aside.

Spread the refried black beans out into the bottom of a 9x13-inch glass baking dish in an even layer. Spread the cream cheese mixture over the black beans; top with layers of salsa, Mexican cheese blend, lettuce, cherry tomato mixture, and jalapeno slices.

Cover the dish tightly with plastic wrap and refrigerate until serving time. Serve cold or at room temperature.

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