

# Family Tree



**GWYNEDD**  
HEALTHCARE & REHABILITATION CENTER

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## Hello Friends,

While the winter chill is still upon us, we are thrilled about the many festive events taking place over the next few months and are continuing to share the warm spirit that our Gwynedd community is known for.

I'm pleased to announce that our facility was recently chosen as a preferred provider of Abington-Jefferson Health, one of only two facilities in the area to be given this distinction.

We continue to receive wonderful feedback from our long-term and subacute residents through our customer satisfaction surveys and appreciate all opinions and suggestions. Please continue to submit your surveys!

We are also in the last phase of renovations to our facility and will soon begin the expansion of our therapy gym, making it much larger. This is an exciting time for Gwynedd!

Warm Regards,

MICHELLE TAYLOR, ADMINISTRATOR

## CELEBRATING AMERICAN HEART MONTH

**February is Heart Month, an important time to bring more awareness to cardiac issues such as heart disease, which according to the National Heart, Lung and Blood Institute, affects 11% of Americans (more than 1 out of every 9 people). Heart.org reports that heart disease is the number one killer of Americans, yet 72% of Americans don't consider themselves at risk.**



Fortunately, heart disease is one of the most preventable illnesses through healthy nutrition choices and closely monitoring sodium intake, blood sugar and cholesterol, as well as choosing to not smoke, effectively managing stress and aiming to get at least 150 minutes of exercise per week.



Harvard Health recommends small lifestyle changes like a short ten-minute walk, eating one extra fruit or vegetable per day, or trying some deep breathing exercises which can not only help you relax but also lower blood pressure.



*Make sure to speak with your doctor about steps you can take to protect your heart starting today.*

### REHAB SPOTLIGHT

## Heart to Heart with Short-Term Resident Gladys Kriebel



Gladys with her Therapist Karie

An independent 90-year-old who loves to cook, do word search puzzles and spend time with her three children, Gladys Kriebel lived with one of her daughters in Telford prior to coming to Gwynedd Healthcare as a short-term resident.

Admitted from Grandview Hospital with a diagnosis of Congestive Heart Failure (CHF), Gladys was unable to walk on her own but had a high level of physical functioning which helped to keep her motivated through her daily physical therapy and occupational therapy sessions. With help from her team of specialists, including her devoted therapist, Karie, they worked on a variety of breathing techniques, energy conservation and activity tolerance gradually build up Gladys' endurance and muscle training.

Full of determination, Gladys is now able to walk with the assistance of walker and was recently discharged with helpful tips for staying safe at home. Gladys will continue to practice her breathing exercises to help conserve energy and complete tasks around the house without losing her breath.

*"I really enjoyed my stay at Gwynedd and the food was great! I commend all the wonderful nurses, aides and staff who were so helpful to me."*

- GLADYS KRIEBEL



## A PEEK INTO OUR RECREATION DEPARTMENT

Around Christmas time we had **Santa's Elves** visit the community to spread good cheer. We had fun **ringing in the New Year** in style! Our residents enjoyed some festive drinks and cupcakes while socializing in their party hats. Love was in the air at our **Valentine's Day Party** with entertainment provided by Patricia Hawthorne and scrumptious Valentine's petit fours for dessert.



I was recently sent to Gwynedd Rehab by Lansdale Abington Jefferson Hospital following an admission there for a seizure I suffered, which required continued treatment. Lia Cooper, Janine and Lana were sent by God to assist me with my recovery from a sciatica diagnosis. Their loving care cannot be expressed in words. I will never forget the excellent medical care and loving encouragement you provided.



**The 5 Star rating given to Gwynedd Rehab is well deserved!**

*Sincerely,*

BONNIE PIECYK

### WHAT'S COOKING? ♥ HEALTHY RECIPES

# Warm Cinnamon-Raisin Apples



**Apples are full of soluble fiber and antioxidants that are excellent in helping to lower the risk for heart disease, while raisins contain magnesium which also boosts heart health and promotes nerve and muscle function. Together they make a quick and delicious snack or sweet dessert when paired with fat-free frozen vanilla yogurt.**

- 1 Tbsp. light or dark brown sugar
- 2 tsp. cornstarch
- 1 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg (freshly grated preferred)
- 1/3 cup 100% apple juice and 2/3 cup 100% apple juice, divided
- 2 tsp. canola or corn oil
- 2 medium Braeburn, Rome Beauty, or Golden Delicious apples, peeled if desired, thinly sliced, patted dry
- 2 Tbsp. golden raisins
- 1/4 cup chopped walnuts (dry-roasted)

In a small bowl, stir together the brown sugar, cornstarch, cinnamon, and nutmeg. Stir in 1/3 cup apple juice. Set aside.

Heat a wok over high heat. Pour in the oil, swirling to coat the wok. Cook the apples for 2 to 3 minutes, or until tender and lightly browned, stirring constantly.

Stir in the raisins and the remaining 2/3 cup apple juice. Stir in the brown sugar mixture. Cook for 4 to 6 minutes, or until the sauce is thickened, stirring constantly.

Just before serving, sprinkle with the walnuts.

Recipe from Heart.org



### MONTHLY HIGHLIGHTS

FEB. 10 | Karaoke with Steve Brown in the Garden Lounge

FEBRUARY 14 | Valentine's Day Party with Patrice Hawthorne in the Main Dining Room

FEB. 20 | Birthday Party with Kristen Coryell in the Main Dining Room

FEB. 24 | Concert by the Choraleers in the Main Dining Room

FEB. 28 | Karaoke with Steve Brown in the Activities Room

#### **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