

Family Tree



GWYNEDD

HEALTHCARE & REHABILITATION CENTER

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DEAR FRIENDS,

With the holidays behind us, we're looking towards the new year with optimism and hope, especially as we've begun our vaccination program. We're thrilled to share that the first week of January, many Gwynedd Healthcare and Rehabilitation Center residents and staff received the first dose of the COVID-19 vaccine! We will begin administering the second dose of the vaccine to residents and staff on Monday, January 25.

The vaccine is a necessary step to keep our community safe and we're confident that these vaccinations will soon bring an end to the pandemic. We look forward to the moment when we can once again enjoy the in-person visits and social events that we all love and miss so much.

For more information about the COVID-19 vaccine, please visit the CDC's website or contact me for questions specific to our vaccination program. In the meantime, rest assured that we will continue to work diligently to keep our residents, staff, and families safe.

I have been amazed at the heroism, dedication, and strength of the Gwynedd community throughout the COVID crisis. We're especially grateful to our staff who continues to work tirelessly for our residents.

Thank you all for your ongoing understanding and support. It means so much.

Warm Regards,

Michelle Taylor, Administrator

Still Feeling The Holiday Cheer!



With Thanksgiving, Hanukkah, Christmas, and New Year's celebrations, we've been busy! Our residents loved their Hanukkah and Annual Giving Tree gifts, and our halls were filled with holiday spirit as we celebrated the 12 Days of Christmas with cookies, reindeer games, ugly sweaters, creative homemade wreathes, and tree decorating! Our staff enjoyed a special Holiday Lunch with a Food Truck visit. We hope that you enjoyed saying "goodbye" to 2020 as much as we did. We had lots of fun ringing in the New Year with hot chocolate and snowman marshmallows, as well as some optimism and hope for 2021!





Staff Behind the Mask Spotlight! **LEONILLA SANDLIN**



A beloved Activities Assistant who has been with us for close to seven years, Leonilla's loyalty to Gwynedd is unwavering. Originally from the Philippines, a friend at church recommended she apply to Gwynedd, which was her first job here in the United States.

She has not missed a day since the pandemic first hit, which speaks to how much she cares about our residents!

Leonilla, who lives with her husband and cat in nearby Norristown, enjoys spending time with friends, meeting new people, singing, dancing, and learning how to cook new dishes. She has shown amazing support and dedication to our residents throughout the COVID crisis and has not missed a day since the pandemic first hit, which speaks to how much she cares about our residents!

With a related degree in education for day care, Leonilla really loves keeping the Gwynedd community active and upbeat. From greeting each resident with a smiling face to singing with them every morning, Leonilla is a ray of sunshine here in our community. She says she learns a lot from the residents and gets a kick when they correct her English. "I love seeing the resident's smiling faces every morning," she says, adding that in addition to leading sing-alongs, she enjoys getting creative with fun arts and crafts.

Thank you Leonilla, for your positivity, loyalty and dedication to our residents and the Gwynedd community!

WHAT'S COOKING? ♥ FAVORITE RECIPES

Chestnut Soup



"Chestnuts roasting on an open fire . . ." We all know the song, but how many of us have had a chestnut this season? This delicious soup courtesy of Laura Tarasiewicz is a twist on one of our country's favorite nuts.

- ½ cup butter, divided (or substitute with olive oil)
- 4 (7-ounce) cans of whole chestnuts (drained)
- 1 carrot, peeled and sliced
- 1 parsnip, peeled and chopped
- 1 celery root, chopped
- 7½ cups of chicken or vegetable stock
- ½ cup of Madeira wine (or substitute another dry wine)
- 1 pinch ground nutmeg
- Salt and pepper to taste
- 2 sprigs fresh parsley, chopped
- 1 pinch cayenne pepper (or to taste)
- Optional: ¼ cup sour cream to garnish

In a heavy skillet over medium heat, melt ¼ cup of butter. Sauté the chestnuts in the butter until heated through. Set aside.

Melt the remaining ¼ cup butter in a large pot. Stir in the carrot, parsnip and celery root. Cook and stir until the vegetables are tender (about 5 minutes). Add the stock, chestnuts and wine.

Bring to a boil, then reduce the heat to simmer. Simmer for 15 minutes. Season with nutmeg, salt and pepper, and fresh parsley.

Puree the soup, a little at a time, either in a food processor, with an immersion blender, or in a blender. Garnish each serving with sour cream and cayenne pepper if desired.

Recipe from All Recipes

NOTED & QUOTED



“My mother was a resident at Gwynedd Healthcare for the past several years and received excellent care and support.

The staff demonstrated a love for older people which showed in the attention given to meet her individual needs and engage her in activities.

In recent months when we were unable to visit, the daily FaceTime calls that were facilitated by the Activities Team allowed my mother to see and listen to her children, grandchildren and great grandchildren during the isolated months of the coronavirus pandemic . . . I cannot say enough positive accolades about the facility and staff who work there.”



– The Gibson Family

OUR DAILY SCHEDULE INCLUDES:

Coffee & Tea Room Service
Morning Sing-Along
Daily Chronicles
One-on-One Room Activities
Hallway Aerobics
Bingo
Arts & Crafts

To see photos and videos featuring life at Gwynedd, make sure to visit us on social media!



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