

# Family Tree



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## Hello, Friends!

There is so much happening at Gwynedd Healthcare – we’re excited to share our latest news with you.

In our pursuit to help residents maintain their highest level of wellbeing, we have brought a wound specialist on staff and engaged the psychological services of Supportive Care of PA – enhancing our stellar continuum of care. These services will be provided at no cost to residents and family members.

We look forward to keeping you posted on the exciting upgrades to our CMS rated 5-star center.

With best wishes for the sustained health of you and your loved ones,

LEON TARLOW,  
ADMINISTRATOR

Summer has arrived . . . Gwynedd’s outdoor gardens are a pleasure to behold!



## Meet Doctor Kwasi A. Manu

### Our Wound Care Specialist

Here at Gwynedd, we are committed to bringing the best wound care directly to our residents’ bedside. Under the direction of Dr. Kwasi A. Manu, (aka Dr. K), a general surgeon who specializes in wound management, our nursing team effectively heals complex and simple wounds.

Dr. Manu graduated from Hunter College of City University of New York, 2003 with Cum Laude in Biological Sciences, and obtained his Doctorate in Medicine (MD) in 2007 from Boston University School of Medicine. He trained in general surgery and trauma for 3 years at Cooper University Hospital in Camden, NJ. Since 2010, Dr. Manu has dedicated his profession to wound care in nursing homes and rehab centers.

**“They took such good care of my mom.”**

“We loved to sit out in the gardens. She made lots of friends. Being part of the Gwynedd community extended her life, gave her great care and support, and wonderful memories.”



## Roasted Beet & Citrus Salad

High in immune-boosting vitamin C and fiber, this delicious combination of beets and grapefruit is a treat to the palate. Pair with grilled or broiled fish to reap the full heart healthy effects!

- 3 beets, peeled and diced (4 c)
- 2 T canola oil (divided)
- 2 c packed spinach leaves
- 2 c drained cans ruby red grapefruit segments
- 1 (15 oz) can mandarin orange segments, drained
- 1 T chopped red onion
- 2 T chopped parsley
- 2 T red wine vinegar
- 1/8 teaspoon salt

1. Preheat oven to 400 degrees F. Line baking sheet by with foil & grease with cooking spray.
2. Drizzle beets with oil. Roast until softened, 45 to 55 minutes.
3. In a small bowl, whisk together oil, vinegar, and salt.
4. Toss together and serve.

© Recipe from the American Heart Association, originally appeared 2016

# Rising Stars



## Be Careful!

### Did you know?

Our Rising Stars program, developed by Gwynedd's Recreation Department, protects our residents who are at high risk of falls.

With increased supervision and intervention provided throughout the day, the program's focal point is our Garden Lounge – a bright, airy room featuring comfortable chairs and glass doors opening to our beautiful courtyard. In this warm, comfortable and secure setting, our residents enjoy a full roster of activities geared to their specific needs. Because at Gwynedd, the safety and wellbeing of ALL our residents is our highest priority.

- People who have fallen once are 2 to 3 times more likely to fall again.
- About 1/3 of people over the age of 65 fall each year, and the risk of falls increases proportionately with age.
- 50% of 80 year-olds fall annually.
- Up to 40% of people who have a stroke have a serious fall within the next year.
- 55% of all falls take place inside the home, and more fall injuries are caused by falls on the same level – not on stairs.



## JULY 4<sup>TH</sup> Celebrating in Style

Residents, staff and family members converged in our dining room for a gala Independence Day BBQ. With burgers and root beer floats in hand, residents tapped their feet to the beat as a lively selection of old and new songs played in the background. A fun spirit filled the air as dancing, games, good food and camaraderie abounded.

### RESIDENT'S CORNER

## 4 GENERATIONS JOIN AT GWYNEDD



Gwynedd resident Betty Leech with her daughter, granddaughter and great-granddaughter