



From the Administrator's Desk

Happy 2020! I hope that everyone is enjoying a warm and joyous start to a new year and a new decade.

In the past, we have focused our spotlight on various enjoyable and enriching recreational programs provided by our staff which continue to enhance the quality of our residents' social lives. In this and future newsletters, I would also like to highlight the therapy services we offer that also ensure that the physical well-being of our residents is addressed.

Our seniors benefit from experienced, professional therapists who regularly provide Physical, Occupational and Speech Therapy, with the goal to improve and maintain balance and safety, prevent falls and promote independence. We understand that following an injury, illness or hospitalization, rehabilitation is an integral part of the road to returning to prior quality of life.

We are truly fortunate to have wonderful therapists who have worked with us for years and are exceptionally well loved by our residents. In this issue we are proud to feature Occupational Therapist Shira and Physical Therapist Bev of St. Mary's Home Health.

Please feel free to contact us for more information about our therapy program.

NOCHUM FEDER, ADMINISTRATOR

MEET OUR REHAB DEPARTMENT

Beverly Palucis, PT & Shira Shifrin, OT



Bev (L) & Shira (R)

A dynamic duo, Beverly and Shira both work full-time for St. Mary Home Care – part of the Trinity Health System. Beverly graduated from Temple University with a master's degree in Physical Therapy and has over 20 years of experience in various healthcare settings including acute care, inpatient and outpatient rehab, and more than 15 years of experience as a home care physical therapist. Shira graduated from Stockton University with a master's degree in Occupational Therapy and has spent over 10 years working in various healthcare departments, her favorite being home care.

Beverly enjoys helping patients regain their independence and maximize their ability to function at their best. "I have been working with residents at Oakwood for several years and have developed a close bond with many of the residents, both as a professional helping to rehabilitate those in need and as just a familiar friendly face," comments Beverly. She appreciates Oakwood's team-approach to patient care and enjoys working alongside our dedicated and compassionate staff to help our residents thrive and adapt to their home at Oakwood.

Shira loves working with patients in their home environment, helping them regain their strength so they can age in place. After working in Oakwood for the last eight years as a member of the therapy team, the community feels like home to her. "I always enjoy coming to Oakwood, working alongside the staff and collaborating with them to ensure the residents reach their utmost potential," says Shira.

"There is nothing more satisfying than working with the residents that we have come to know so well and helping them regain their strength, balance and endurance, to ensure that they can resume and enjoy all their regular daily activities."

-SHIRA SHIFRIN, OT

Up Close with Resident Bernice Martin

Always cheerful, easygoing and laughing, Bernice enjoys socializing, and sharing a good joke. We truly enjoy having Bernice as part of our family and are delighted to share her fascinating life story.



Bernice Elaine Martin (affectionately known as 'Niecey' to her family, and 'Bern' or 'Bernie' to her friends) was born Bernice Elaine Muse on December 5, 1934 in Hightstown, NJ, a small town just outside of Princeton.

The youngest daughter of John and Effironda Muse's seven children, Bernice suffered from rickets in her legs. This disorder limited her movement and mobility and as a result she couldn't run or play like other children. However, with dedicated daily leg massages using liniments made by her mother and sitting in front of a warm oven, she was able to overcome this affliction and help her siblings on local farms, picking fruit to support the family income.

Bernice was an extremely social and active student in school clubs and sports. After graduating from Hightstown

High School, she went to live with her Aunt Gertrude in Philadelphia and attend Berean Institute of Business where she completed a two-year degree in Business Administration. Following her graduation from Berean, Bernice took the Government Test and started working for the Navy at the Aviation Supply Office (ASO) in Northeast Philadelphia. Her first assignment was working at Fort Dix Military Base as an Office Assistant.



Bernice surrounded by family & friends

During her stay at Fort Dix, she met her first husband, Richard Martin, who also worked for the government, and married him on May 6th, 1961. The couple decided to make Philadelphia their home to raise their daughter, Alicia (also known as Lisa) who was born in July 1963. Ultimately, however, changes

with their careers put a difficult strain on their marriage and they eventually divorced in 1965.

-Continued on back

Up Close with Bernice Martin *Continued*

Hardworking and determined, Bernice continued to work full-time at the Aviation Supply Office (ASO) and at times held part-time jobs to help supplement her income and care for Alicia as a single mother. She worked as a waitress at Hot Shoppes Restaurant and at Parkview Hospital as a clerical assistant in the evenings, continuing to advance within the ASO organization. She took on extra training classes and traveled to boost her rank and salary, eventually becoming Head Buyer/Purchaser of Navy planes and jets.

When she wasn't working, Bernice loved spending time with her daughter doing mother-daughter activities. She also enjoyed being with friends, dancing and

having parties, playing pinochle, and bowling. An excellent cook and baker, family and friends always requested her smothered cabbage, mac-n-cheese, and many different kinds of cakes.

Bernice eventually retired from ASO in 1990 after 38 years of service, and focused on helping to raise her two grandsons, Jamie and Julian. In 1996 she decided to go back to work part-time at Wendy's Restaurant for 10 years.

While she never remarried, Bernice had a loving, long-term relationship with

her boyfriend, Marshall Rucker, for 32 years until his passing in 2002. During their time together they traveled to many places including the islands of Hawaii, California, and Las Vegas.



Samuel, her beloved great-grandson

In her leisure time, Bernice enjoys watching movies (especially Westerns), dancing and listening to jazz, gospel, and R&B music. She loves spending time with her family and grandchildren, including her great-grandson Samuel. Her only pet was a cat named Midnight whom she adored and looked after for 18 years.

OUT AND ABOUT OUR COMMUNITY

New Year's Party



Balloon Send-Off



At Oakwood Residence, we always have something fun on the go! From morning to evening every day is chock full of exciting activities.

Check out some of our recent social events and celebrations taking place at our community.

Santa & His Elves



Ugly Sweater Contest



Weekly Wednesday Black Jack Club



FEB. 2: Super Bowl Party

FEB. 4: Entertainment with Kristin Coreyll

FEB. 10: Painting with a Twist

FEB. 11: Valentine's Avon Specials

FEB. 12: Entertainment with Tom Tolnay

FEB. 13: Bus Trip

FEB. 15: Bocce Ball

FEB. 19: Food Service Meeting

FEB. 20: Entertainment with Jimmy Wells

FEB. 25: Monthly Birthday Party/ Entertainment with Suzette Pritchett

FEB. 27: Timeless Trivia / The Fabulous 50s



RESIDENTS:

Bernice Martin	Dec. 5
Robert Nolan	Dec. 7
Sara Benson	Dec. 11
Carmella Lawrence	Dec. 31
Mike Foley	Jan. 3
Miriam Lawson	Jan. 9
James Juliano	Jan. 9
Linards Saulevics	Jan. 19
Ann Osinski	Jan. 28
Maria Huk	Feb. 3
Gertrude Davis	Feb. 19

STAFF:

Shirley Jefferson	Dec. 13
Ayelet Farage	Dec. 15
Manjusha Abraham	Dec. 16
Falisha Tyson-Brooks	Dec. 18
Aster Younas	Dec. 19
Victoria Allen	Dec. 27
Ruth Thomas	Jan. 9
Nicole Simmons	Jan. 13
Saima Aster	Jan. 20
Debbie St. Peter	Jan. 28
Sharon Roy	Jan. 29
Robin Scott	Feb. 13
Susan George	Feb. 16