

From the Administrator's Desk

While it has been a few years since our last edition, this time has brought many positive changes to our community.

Oakwood Residence has been beautifully renovated, and we have welcomed outstanding new team members who continue to strengthen the care and services we provide. This newsletter is a way to keep you connected and informed as we move forward together.

In this issue, we are excited to spotlight our Director of Nursing and our in-house hairdresser, two individuals who play an important role in the comfort, confidence, and well-being of our residents. In future editions, you can expect stories that celebrate our residents, staff, events, and the special moments that make Oakwood feel like home.

Thank you for being part of the Oakwood Residence family. We look forward to sharing more with you in the months ahead.



NOCHUM FEDER, ADMINISTRATOR

MEET OUR DIRECTOR OF NURSING

Constance Cole, LPN



If you ask Constance Cole where her passion for nursing began, she will tell you it started long before she ever put on scrubs. It started at a nursing home front desk, answering phones as a receptionist. It started with watching her mom and aunt care for residents with patience, humor, and heart. That early exposure planted a seed that grew into a calling. Today, Constance brings that same sense of family and purpose to her role as Director of Nursing at Oakwood Residence.

Constance has been a nurse since 2017, but her journey reflects years of dedication and steady growth. She worked her way from administrative support to Licensed Practical Nurse, then into nurse supervisor leadership, and now into the DON role. Along the way, she built a reputation for being hands-on, reliable, and deeply committed to resident-centered care. Her experience spans assisted living and skilled nursing, giving her a strong clinical foundation paired with a clear understanding of operations, compliance, and team leadership.

At Oakwood Residence, Constance oversees nursing staff, coordinates care plans, supports admissions and transitions, and stays closely connected with residents and families. What truly sets her apart is her collaborative style. Whether she is rounding in the community, coaching a team member, or answering a family's questions, Constance approaches every interaction with calm confidence and genuine care.

Constance's story is a reminder that leadership is built step by step. From the front desk to the Director of Nursing office, her path reflects hard work, resilience, and heart. Oakwood Residence is proud to have Constance Cole guiding clinical care and setting the tone for excellence every day.

"I believe great care happens when we work together as a team and treat one another like family. I'm proud to be part of a community where residents, families, and staff trust each other, communicate openly, and always put dignity and quality of life first."

- CONSTANCE COLE

Up Close with Our Hair Dresser Joanne McKay-Whittington

For more than five years, Joanne McKay-Whittington has been a familiar and much-loved presence at Oakwood Residence. A licensed cosmetologist with over 30 years of experience, Joanne visits our community every other week, bringing not just her professional skill, but warmth, creativity, and genuine connection.



Joanne spends her days traveling between communities, yet Oakwood holds a special place in her heart. She often says she feels like part of the crew, and anyone who has spent time in her chair can see why.

Joanne loves making people look good and feel beautiful, especially older adults. Her chair is a place where stories are shared, laughter flows, and trust is built. Residents often open up to her, and while she jokes that she could write a book about what she has heard, she takes pride in keeping every confidence. As a creative person who truly enjoys connecting with others, she treasures these conversations just as much as the hairstyles she creates.

A born-and-bred Philadelphia girl, Joanne lives just minutes from Oakwood and has spent nearly her entire life in the city, aside from a five-year stay in

Oklahoma that proved to be quite the culture shock. She is a proud mom of two sons who mean everything to her. One even worked here at Oakwood as an Activities Assistant before heading off to pursue a career in theater. When she is not working, Joanne enjoys reading, relaxing, and spending time with her family and friends.



Joanne with a resident

Before finding her calling in cosmetology, Joanne worked in office settings and briefly in a traditional beauty shop. Ultimately, she chose to dedicate her career to serving seniors, a decision that has clearly made a difference in countless lives. We are grateful to have Joanne as part of the Oakwood Residence family, helping our residents feel confident, cared for, and truly at home.



Winter Wellness: Simple Ways to Boost Your Mood

Shorter days and colder weather can sometimes affect our mood and energy levels. The good news. A few small, everyday habits can make a big difference in how we feel throughout the winter months.

Letting in natural light is one of the easiest mood boosters. Open the blinds, sit near sunny windows, or enjoy a daytime walk when possible. Staying active also helps. Gentle movement like walking, stretching, or participating in group activities can lift spirits and improve sleep.

Staying connected is just as important. Spending time with friends, joining community events, or even enjoying a good

conversation can help prevent feelings of isolation. Keeping a regular routine, especially around sleep, supports both emotional and physical well-being.

Finally, nourishing your body and taking moments to relax matter more than we realize. Balanced meals, staying hydrated, and practicing mindfulness or gratitude can help keep winter days feeling brighter.

At Oakwood Residence, we're here to support wellness in every season.



OUT AND ABOUT OUR COMMUNITY



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 our upcoming calendar to see what's taking place at our community.

MONTHLY HIGHLIGHTS

FEB. 2: Entertainment with Joe Cariso

FEB. 8: Super Bowl Party

FEB. 9: Entertainment with Todd Horn

FEB. 14: Valentine's Day Social

FEB. 16: Birthday Celebration with Felicia Wilkens

FEB. 18: Resident Council Meeting

FEB. 23: Entertainment with "Elvis" Jeff Krick

FEB. 25: Food Committee

Bible Study every Sunday

Manicures every Saturday



TO OUR RESIDENTS:

Giora Appel Jan. 17
Joseph Selsky Jan. 20
William Bright Jan. 22
Ann Sledzianowski Jan. 23
Kathleen Reilly Feb. 17
Henrietta Sauders Feb. 20

Ruth Pullin March 1
Dawn Powell March 1
Lois Sklarow March 19
Sylvia Barsky March 20
Helen Shepta March 25

