Family Bulletin

OAKWOOD RESIDENCE

2109 Red Lion Road | Philadelphia, PA. 19115 (215)673.5555 oakwoodresidence.com | WINTER 2027

From the Administrator's Desk

As the leaves fall and the air turns crisp, we're looking forward to a wonderful holiday season here at Oakwood Residence!

Our Activities Department has planned a festive lineup of celebrations, entertainment and special gatherings for our residents to enjoy. We encourage all families to visit during this wonderful season.

In this newsletter I would like to present the therapy services Oakwood Residence offers to assure the physical well-being of our residents. Experienced, professional therapists regularly provide Physical, Occupational and Speech Therapy to assist our residents in maintaining and improving balance and safety, preventing falls and promoting independence. Especially following an injury, illness or hospitalization, rehabilitation is an important part of the road to returning to prior function.

Oakwood Residence is fortunate to have wonderful therapists, some of who have worked here for years and are truly loved by our residents. In this issue we profile Meredith, physical therapist for FOX Therapy. Please feel free to contact us regarding more information about our therapy program.

Wishing you and your families a happy, healthy and memorable holiday season!

Warm regards,

Nochum Feder

NOCHUM FEDER, ADMINISTRATOR

GET TO KNOW OUR PHYSICAL THERAPIST

Meredith Ludlow



Meredith Ludlow has been part of FOX Rehabilitation for nearly 11 years, helping Oakwood Residence seniors stay active and maintain their independence.

Her interest in physical therapy started in high school and college, where she loved anatomy and physiology. When her grandmother, whom she calls Mom-mom, had a knee replacement while Meredith was in college, she got to accompany her to physical therapy sessions. That experience helped spark her interest in the field.

What Meredith enjoys most about working with older adults is getting to know them. She loves hearing about their families, careers, and life experiences, and helping them reach goals that matter to them. Whether it's walking with more confidence or moving from a walker to a cane, she finds it rewarding to see residents make progress.

Meredith works with residents on strength, balance, walking, and fall prevention. She also likes to make therapy fun by incorporating music, dancing, ball tosses, and even golf-inspired activities. For anyone nervous about starting therapy, she encourages them to come talk with her so she can answer their questions and ease their concerns.

Her advice for staying active between sessions? Keep up with your prescribed home exercises, join Oakwood's exercise classes, and enjoy outings and activities with family and friends. Meredith loves hearing about residents getting out and making the most of their time.

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Meredith grew up in Philadelphia's Lawncrest neighborhood, attended Cardinal Dougherty High School, and earned both her undergraduate and graduate degrees at Temple University.

Away from work, she enjoys spending time with her husband and two children, McKenna and Macklin, Sunday family dinners at her aunt's house, and weekend trips to Cape May. She still keeps in touch with 10 friends from high school, and they enjoy getting together for concerts and holidays.

She's also a Philadelphia sports fan, is learning to sew her own clothes, and makes sourdough bread. Her husband is especially impressed by her parallel parking skills! And when it comes to her favorite food, Meredith's answer is simple: anything her mom cooks.

We're happy to have Meredith at Oakwood and appreciate the care she brings to our residents. Her message to everyone is simple: "Stay active!"

Up Close with Resident

Bill Zelinsky

From serving in the United States Navy and traveling throughout the Far East to building a career and raising a family, Bill has plenty of stories to share!



Born in 1948, Bill grew up in West Oak Lane before moving to the Feltonville and Frankford neighborhoods of Philadelphia. He has fond memories of working alongside his father at the family grocery store in Frankford and growing up with his younger brother.

After graduating from La Salle University, Bill began teaching history at Woodrow Wilson Junior High School. Soon after, he was drafted into the United States Navy during the Vietnam War. He served for four years aboard seven different ships, traveling throughout the Far East and visiting Hong Kong, Singapore, Okinawa, Japan, Korea, and Vietnam.

While serving in the Navy, Bill met the woman who would become his wife. She worked as a service record keeper, and the couple married in San Diego. Together they raised three daughters and are blessed with seven grandchildren.

After leaving the Navy, Bill worked for the United States Post Office in both Philadelphia and San Diego. He lived in San Diego from 1975 to 1977 before returning to Philadelphia, where he spent more than 20 years working at the Acme Warehouse as a member of the Teamsters Union. When the warehouse closed, he continued working for the Philadelphia Parking Authority for another five years before retiring.

Bill enjoys reading, especially history and comedy books. His favorite music comes from the oldies era, with The Four Seasons among his favorites. He also has a fondness for comedy and enjoys the television series *Monty Python's Flying Circus*.

When it comes to food, Bill's favorite is a cheeseburger from Nifty Fifty's. Christmas tops his list of favorite holidays, and the day he married his wife is the one day he would choose to relive.

If Bill could share a dinner with anyone, he would choose his grandfather, whom he never had the chance to meet. Among his proudest accomplishments are graduating from La Salle University and building a life shaped by hard work, service, and family.

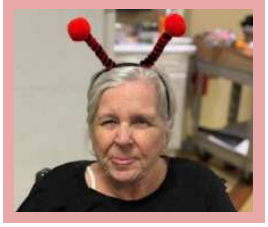
> ***"I am most grateful for my health and my family. Kittens never fail to make me smile, and one of the things I enjoy most about living at Oakwood is the friendly, welcoming atmosphere."***
>
> –BILL

OUT AND ABOUT OUR COMMUNITY

Who Says Halloween Is Just for Kids?







Enjoying Autumn



A Weekly Dose of Puppy Love!





Cracker Barrel Lunch Outing



RESIDENTS:

Norma L .....Nov. 8
Louis D .....Nov. 17
David M.....Nov. 27
Donato.....Nov. 27
William W .....Nov. 29
John M .....Nov. 4
Roland M .....Nov. 8
Stephen.....Nov. 13
James S.....Nov. 14
Charles S .....Nov. 28

STAFF:

Nochum.....Dec. 8
Constance.....Dec. 26



At Oakwood Residence, we always have something fun on the go! Check out our upcoming calendar to see what's taking place at our community.

MONTHLY HIGHLIGHTS

NOV. 11: Veterans Ceremony

NOV. 17: Resident Council Meeting

NOV. 18: Catholic Mass

NOV. 19: Fall Festival

NOV. 24: Food Committee Meeting

NOV. 25: Lunch Outing to Nifty-Fiftys

NOV. 30: Birthday Celebration with Jimmy Wells

DEC. 23: Christmas Party

TBD: Chanukah Party

What's Cooking *every Friday*
Virtual Church *every Sunday*
Manicures *every Sunday & Thursday*