

# COMMUNITY CONNECTIONS

*What Oriol Health Care is doing in your community!*



ORIOL HEALTH CARE

*Our family taking care of yours*

HOLDEN REHABILITATION & NURSING CENTER  
OAKDALE REHABILITATION & SKILLED NURSING CENTER  
WACHUSETT EXTENDED CARE FACILITY  
508-829-1111  
[www.oriolhealthcare.com](http://www.oriolhealthcare.com)

Oriol Health Care is not just “nursing homes” anymore! We have experienced tremendous growth in the last year and want to keep you up to date on the latest endeavors and offerings we have for you and the community. We will be happy to give you more detail or set up programs with you on request. Oriol Health Care is committed to quality long and short term care, and the education and wellness of our public. Oriol Health Care truly is “*Our Family Taking Care of Yours*”



**GUYS & GALS SENIOR FITNESS** is currently our most popular community program! Fitness Instructor Marty French leads hour-long classes for you every week! Classes at the town senior centers are now in Princeton, Paxton and Rutland and Sterling too! This program is free to those that attend. Exercise equipment, instruction and laughter provided with every class! No registration required!

**SENIOR CRAFT CLASSES** have begun at Oriol Health Care in the Wachusett Extended Care cafeteria. Materials and samples are provided by the Wachusett Recycled Resource Center. We joined resources to be able to provide an opportunity for seniors to craft without the expense of supplies. Join us the last Friday of each month from 2-4pm for some crafty, social fun! Have ideas?



MANAGING CONCERNS ABOUT FALLS

Oriol Health Care is proud to announce that we are now able to offer A **MATTER OF BALANCE** program. This award-winning program is designed to reduce the fear of falling and increase the level of activities in older adults. This is an 8-week program for a maximum group of 12 participants per program. Oriol's Kelly Duquette and Debby Westerback have completed the Master Trainer program to be able to teach this program to the community and train more coaches. Please be cautious of imitation programs. Please contact us to set up an informative session for your group. Registrations for your groups will be first-come, first-serve and put on our list. We look forward to educating people to become stronger and safer!



### **WATCH US ON LOCAL TELEVISION!**

Taping has begun at the Oriol Health Care facilities for a new Holden Cable TV show called "To Your Good Life". Each show is hosted by Sandy Mahoney and will feature informative discussions on health and wellness topics, a nutrition segment with Dietitian Sue Bartolini, and a fitness segment with instructor Marty French. Watch the program on [www.HCTV11.com](http://www.HCTV11.com) or our website! Any topics you would like to suggest? Let us know!



## **ORIOLE HEALTH CARE SPEAKER'S BUREAU**

Oriol Health Care can provide you with any of the following presentations:

**FILE OF LIFE** - An educational and interactive program during which we explain the importance of having this information handy and assist the attendees in filling out their File of Life. File of Life card and magnetic packets provided.

**SENIOR NUTRITION** - Our staff Registered Dietician can provide an informative presentation on a variety of nutritional topics with samples included!

**HEALTH CARE PROXIES & ADVANCED DIRECTIVES**, Why are they important? Be prepared after attending by having your health care proxy and option explained to you. Forms and assistance provided.

**MEDICARE AND ME**, What does my insurance cover? - An informational presentation to take some of the concerns away and provide some answers.

**MATTER OF BALANCE** - An 8-week program to educate the 60+ population on how to overcome their fear of falling and improve their balance. Introductory session with video and sign-ups required prior to beginning.

**HOME & PERSONAL SAFETY** - Our staff from Oriol Therapy Services can provide a presentation on proper ways to move, arrange your home and discuss other safety measures that can be taken in a senior's environment.

To discuss any of our topics, arrange for one of our presentations, or request another program or sponsorship by Oriol Health Care, please contact:

Debby Westerback, Director of Community Relations at 508-829-1213  
or email: [DWesterback@oriolhealthcare.com](mailto:DWesterback@oriolhealthcare.com)  
Visit us on the web at : [www.oriolhealthcare.com](http://www.oriolhealthcare.com)