



# Winter 2018 Community Connections



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

Winter is a time for us all to relax a bit and try to enjoy our families through the holidays. Many people tend to rush and do too much which can lead to exhaustion, stress and injury. Slow down and allow yourself to take time for YOU! This is particularly important for Caregivers. If you know someone caring for another, here are a few tips:

- \* keep them in your thoughts
- \* Send them a nice note or card
- \* Offer them a ride to an appointment
- \* Share a coffee or tea with them , cookies too!
- \* Pick up a few things at the store for them and leave them at their doorstep. Homemade meals are great!
- \* Know that it is okay to not know how to help. Call and ask what you can do that would be most helpful.
- \* Share with them that they could look into a respite stay for their loved one. It is beneficial to everyone's health and welfare. Sometimes a short break is all that is needed to keep the Caregiver strong and able.

*Call 508-829-1111 for Respite Stay information*

www.OriolHealthCare.com



**Oriol Health Care**  
*Our Family Taking Care of Yours*

## ORIOLO RESPITE PROGRAM

*A program for Seniors  
and their caregivers*

*If you are considering traveling or need to have surgery, respite is a wonderful option for care-givers.*

*Take some stress out of your time away by bringing your family member to stay with us!*

*Let our family take care of yours!*




Respite provides short-term, temporary relief to those caring for a family member while providing a positive experience for those receiving care.

Oriol Health Care is happy to offer a chance for our family to take care of yours through our respite stay program. Enroll your loved one in our short stay respite program at either Holden Rehabilitation or Oukdale Rehabilitation. While the caregiver has a period of rest, we will care for your parent, spouse or loved one. Included in the program are daily activities, meals, laundry, a complete physical therapy assessment, a nutritional assessment and round-the-clock care. Our guest will also be treated to a manicure and a visit with our hairdresser/barber before going home refreshed!

**Please call Admissions at 508-829-1111 for current rates and availability. \***

Admissions and information: Call 508-829-1111  
Email: Admissions@OriolHealthCare.com  
Website: www.OriolHealthCare.com

**Oriol Health Care**  
Holden Rehabilitation & Skilled Nursing Center  
32 Mayo Drive Holden, MA 01520  
Oukdale Rehabilitation & Skilled Nursing Center  
79 North Main Street West Boylston, MA 01583

\*Five night stay minimum. Rooms for respite stays are based on availability.




The Oriol Foundation is nearly a year old and is sponsoring our community health education programs. The first program booked for Spring 2019 is about keeping your brain healthy! We are also planning on topics like heart health, bone health and skin health! Our **Diabetes Group** will continue as well! Please consider joining us for any of our **Community Health Education Programs!** These informational talks are a great resource, presented by health care professionals that are happy to answer your questions. A light home-cooked dinner is included at all evening programs. All programs are free and open to the public of all ages! We are organizing a **Health & Wellness Expo** in the spring of 2019 with local health & wellness vendors and info! You won't want to miss it!

**alzheimer's association**

**healthy living for your brain and body**

**tips from the latest research**



**an education program by the alzheimer's association**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Presented by: Alzheimer's Association  
Date: Thursday, March 21, 2019  
Time: 6:00 - 7:30 pm  
Location: Community Room at Holden Rehabilitation & Skilled Nursing Center  
32 Mayo Drive  
Holden, MA  
Dinner will be served.  
Pre-registration required. Please call 508-823-1213 to RSVP

Oriol Foundation is a 501(c)(3) organization and your donations are tax deductible to the full extent of the law.

*For Admission information or tours of any of our facilities call our Admissions Team at 508-829-1111  
Or email : [admissions@oriolhealthcare.com](mailto:admissions@oriolhealthcare.com)*



HOW CAN **ORIO**L HEALTH CARE HELP **YOUR** COMMUNITY? LET US KNOW !  
 Debby Osipov Director of Community Relations & Marketing at 508-829-1213  
 or email: [DOsipov@oriolhealthcare.com](mailto:DOsipov@oriolhealthcare.com)

**facebook**

Visit us on the web at : [www.oriolhealthcare.com](http://www.oriolhealthcare.com)  
 Oriol Health Care - *Our Family Taking Care of Yours*  
 Find us on Facebook and "like" our page to get our updates delivered to your page!

**ORIO**L HEALTH CARE presents:  
**SENIOR FITNESS CLASSES** *with Marty*



Join our free and fun fitness program for seniors! **Oriol Senior Fitness** is a one-hour class providing exercise and education for any level participant! The goal of the class is heart and circulation health, strong flexible muscles, improved balance and yoga bliss! Oriol Health Care pays the cost of class instruction and materials to promote wellness and fitness for our community seniors! You will enjoy this experience and leave with a smile! Local classes have grown in popularity so come and join us and make a move towards wellness with Marty! Drop-ins and beginners welcome!

**Six classes available ! All FREE !!**

**Class Schedule ~**  
 Day classes 10:00-11:00am  
 At the following COA offices:  
 Mondays ~ Sterling COA  
 Tuesdays ~ Princeton COA  
 Thursdays ~ Paxton COA  
 Fridays ~ Rutland COA  
 \*\*\*  
 Fridays  
 Holden COA 1:15—2:15  
 \*also\*  
**CHAIR YOGA !** 12:45—  
 1:30pm  
 Wednesdays ~ West Boylston  
 COA at the Church

**Better Breathing with Bob**

Asthma? Allergies? Shortness of Breath? COPD? Emphysema?



Join us for an informative support group meeting to discuss breathing issues with Oriol Health Care Respiratory Therapist Bob Dumont. Bob brings over 30 years of experience in his field and has led many community groups to help educate and support anyone affected. Some topics to discuss—Do I need oxygen? How do I travel with oxygen? What affects allergies and asthma? What causes shortness of breath? How do I use my inhaler? What is Sleep Apnea?

**1ST WEDNESDAY OF EACH MONTH**

FREE PROGRAM OPEN TO THE PUBLIC,  
 QUESTIONS ENCOURAGED !



10:30—11:30AM  
 76 North Main Street  
 West Boylston



2:00—3:00 PM  
 32 Mayo Drive  
 Holden

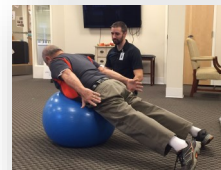
RSVP to Debby Osipov, Director of Community Relations ~ 508-829-1213 ~ email: [DOsipov@OriolHealthCare.com](mailto:DOsipov@OriolHealthCare.com)



Oriol Therapy Services  
 at Holden  
 Rehabilitation  
 provides  
**OUTPATIENT**  
 Speech, occupational  
 & physical therapy  
**APPOINTMENTS !**  
 All ages welcome!  
 Call 508-829-1194

Now on

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**PRE-BOOKING  
 YOUR REHAB RECOVERY**  
 We take reservations for our short term rehab stays. If you are planning a surgery or hospital stay, contact us before going in to arrange your post-hospital stay with us for a smooth transition to recovery.

Our next American Red Cross **Blood Drive** at our Holden building will be on **Valentine's Day** February 14th, 2019 from 12—6PM.

Please consider giving the gift of life ! We have collected over 500 pints to date!  
 Book your appointment by visiting [RedCrossBlood.org](http://RedCrossBlood.org) or by calling 1-800-RED CROSS  
 Please bring donor card and/or positive ID.



For Admission information or tours of any of our facilities call our Admissions Team at 508-829-1111  
 Or email : [admissions@oriolhealthcare.com](mailto:admissions@oriolhealthcare.com)