

January 2020 Community Connections

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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:

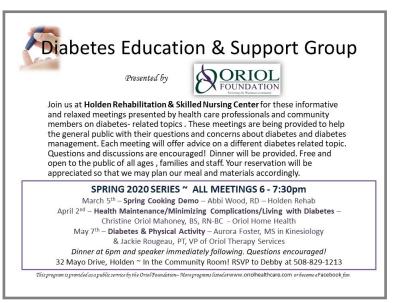
- * keep them in your thoughts
- * Send them a nice note or card
- * Offer them a ride to an appointment
- * Share a coffee or tea with them , cookies too!
- * Pick up a few things at the store for them and leave them at their doorstep. Homemade meals are great!
- Know that it is okay to not know how 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 or a Homemaker 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 Call 508-829-1240 for Oriol at Home Personal Services*



The Oriol Foundation is two years old and is sponsoring our community wellness programs. Our December Holiday Craft Marketplace was a huge success! Thank you to all that shopped & participated! We raised \$180 for the Foundation! Keep an eye on our Facebook page for more upcoming fundraisers. Please consider joining us for any of our **Community Wellness Programs**! These informational talks are a great resource and presented by health care professionals that are happy to answer your questions. A light home-cooked dinner is included at all evening programs. Our **Diabetes Group** will continue as well! All programs are free and open to the public of all ages! We are organizing our 2nd **Health & Wellness Expo** on April 23rd with local health & wellness vendors, food & giveaways!

Our Family Taking Care of Yours at: Holden Rehabilitation & Skilled Nursing Center Oakdale Rehabilitation & Skilled Nursing Center Oriol Therapy Services Oriol Home Health Oriol at Home





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



HOW CAN **ORIOL** HEALTH CARE HELP **YOUR** COMMUNITY? LET US KNOW ! Debby Osipov Director of Community Relations & Marketing at 508-829-1213 or email: DOsipov@oriolhealthcare.com Visit us on the web at : www.oriolhealthcare.com

facebook.

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!

ORIOL 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! Go to one, go to two, go to them all each week!! Namaste

Six classes available !



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 All FREE !!





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



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.

The American Red Cross **discontinued community blood drives.** We enjoyed hosting them and would continue to host if they begin having them again. It was not our decision to stop but theirs. You may choose to continue donating at one of their donor centers. If you miss the Community Drives as much as we do, let the Representatives from the Red Cross know when they Call to solicit your donation!

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