



January 2020 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 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



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

www.OriolHealthCare.com



Diabetes Education & Support Group

Presented by



Join us at **Holden Rehabilitation & Skilled Nursing Center** for these informative and relaxed meetings presented by health care professionals and community members on diabetes- related topics . These meetings are being provided to help the general public with their questions and concerns about diabetes and diabetes management. Each meeting will offer advice on a different diabetes related topic. Questions and discussions are encouraged! Dinner will be provided. Free and open to the public of all ages , families and staff. Your reservation will be appreciated so that we may plan our meal and materials accordingly.

SPRING 2020 SERIES ~ ALL MEETINGS 6 - 7:30pm

- March 5th – **Spring Cooking Demo** – Abbi Wood, RD – Holden Rehab
- April 2nd – **Health Maintenance/Minimizing Complications/Living with Diabetes** – Christine Oriol Mahoney, BS, RN-BC – Oriol Home Health
- May 7th – **Diabetes & Physical Activity** – Aurora Foster, MS in Kinesiology & Jackie Rougeau, PT, VP of Oriol Therapy Services
- Dinner at 6pm and speaker immediately following. Questions encouraged!*
- 32 Mayo Drive, Holden ~ In the Community Room! RSVP to Debby at 508-829-1213

This program is provided as a public service by the Oriol Foundation--More programs listed at www.oriolhealthcare.com or become a Facebook fan

*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 **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

facebook

Visit us on the web at : 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! 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 !!

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RESPIRE PROGRAM
*A program for Seniors
 and their caregivers*

If you are considering traveling or need to have surgery, respite is a wonderful option for caregivers. 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 Oakdale 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!

Oriol Health Care
 Holden Rehabilitation & Skilled Nursing Center
 37 Main Drive Holden, MA 01520
 Oakdale Rehabilitation & Skilled Nursing Center
 90 North Main Street West Boylston, MA 01580

Please call Admissions at 508-829-1111 for current rates and availability. *
Admission call toll-free: Call 508-829-1111 Email: Admissions@OriolHealthCare.com Website: www.OriolHealthCare.com

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

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THERAPY SERVICES
Physical • Occupational • Speech

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

facebook



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!



American Red Cross

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