



# THE PINES

## AT PHILADELPHIA

REHABILITATION AND HEALTHCARE CENTER



# WHAT'S HAPPENING AROUND THE PINES



Letter from our Activities Director:

**Hello,**

Most people do not realize the importance of activities in nursing homes. The activities staff's purpose is to improve these residents' quality of life. It helps a resident recognize that they are not alone and that others are in the same situation. Activities benefit the residents psychologically, socially, spiritually, and physically. The psychological health of the residents impacts their lives in such a big way. If they feel emotionally ill, that can wear on their physical health. Participation in activities will help improve their mental well-being and can eliminate depression.

Thank you,

**Rob Ware-Grzanka**

*Activities Director at The Pines*





# WHAT'S HAPPENING AROUND THE PINES

## Employee Spotlight: Derek *Physical Therapist*

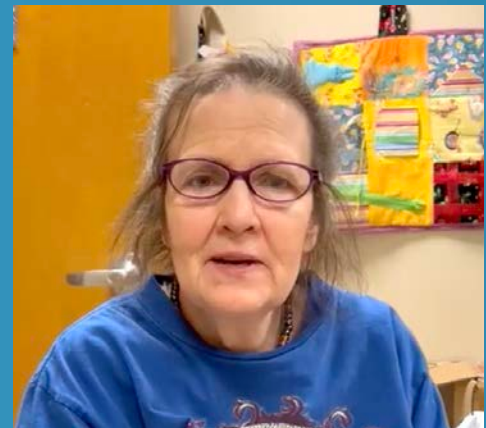
The secret behind every smiling resident at the Pines? Our incredibly devoted and passionate staff. Meet Derek, one of our amazing Physical Therapists!

**#MeetTheTeam #EmployeeSpotlight**



## RESIDENT TESTIMONIAL

"I wanted to say that I was a resident here at The Pines. I really enjoyed my stay. The staff was very attentive and caring. They really make you feel welcome. The PT department was very helpful and structured the program to your needs, which I thought was very nice. Also, the activities director was very helpful in many ways. They were someone you could talk to and give you things to do with a bunch of activities and a change of pace from your room. The activities were engaging and well planned out. It really added to my stay. I appreciate everything I had while I was here, and I wanted to put that out there, so people know this is a good place to come to when you need to."





# WHAT'S HAPPENING AROUND THE PINES



## National Housekeeping Week

We're celebrating National Housekeeping Week with our amazing housekeeping director, Sherry, and her amazing crew: Bob, Charley, Cathy, and Carol. They keep this place so clean and smelling great. They also prevent harmful diseases by eliminating bacteria and viruses. They play such an important role, and we are so grateful to every one of them.

**#HousekeepingWeek #ThePinesAtPhiladelphia**





# WHAT'S HAPPENING AROUND THE PINES



## Rehab Week

For Rehabilitation Week, we want to thank our amazing team of therapists. Starting with our Director of Therapy, Binu, and our team of therapists: Terry, Derrick, Liza, Shreya, Raji, Jessica, Breez, Tom, Stephanie, Angela, and Nidia.







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**THE PINES**  
AT PHILADELPHIA  
REHABILITATION AND HEALTHCARE CENTER

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Thank you for joining us for our September newsletter!  
**PLEASE FOLLOW US ONLINE.**