



THE PINES

AT PHILADELPHIA

REHABILITATION AND HEALTHCARE CENTER

GET TO KNOW OUR STAFF

MEET OUR FEATURED EMPLOYEE, NICOLE ACHUFF!

“I have worked in healthcare for over 8 years, and during those years, I worked in many different roles. I was a receptionist, CRC assistant, Dietary Manager, Medicaid Specialist, and Admissions Coordinator, until I finally found my niche in being a Director of Marketing and Admissions and Hospital Liaison! Working in different roles has shown me the hard work each staff member puts in, and how important each of these departments are to running a building smoothly. I am very excited to join The Pines Team and I look forward to this new chapter!”



A MESSAGE FROM OUR CLINICAL DIRECTOR

Have you gotten your COVID-19 Vaccine?

As you probably already heard, the vaccine is being offered in all of the Paramount buildings.

If you didn't get it in the first round, its not too late to sign up for the next!

Why should you get vaccinated?

Vaccination is the best way to end the Pandemic and return to normalcy.

What's the rush?

Building up your immunity is a race against time. There are several new and highly contagious strains of the virus now circulating.

If you're thinking, "I'll just get it at one of the mega-vaccine sites that are opening around the state," be aware.... Current estimates are that you may wait from 4 to 14 weeks to get it.

Think you're doing everything you can?

Even if you are following all recommended precautions; wearing a mask, extra handwashing and social distancing you may be at a greater risk to get COVID-19 than in 2020.

Afraid of the Side-effects?

You CANNOT get COVID from the vaccine. There is NO live virus in it. It is chemically engineered so your body will build up a response so when exposed you will either not get it or get a much milder case.

Like any vaccine there are few things you may feel. Arm soreness, low grade fever and fatigue may occur and last 24-36 hours. This is your body building immunity!

Afraid of an allergic reaction?

If you have a history of allergic reactions CONSULT with your physician. Current data shows that only 11.1% of severe allergic reactions per one million doses given so far. And safeguards are in place to monitor, observe and treat on site if a reaction occurs.

Again, Why should you get vaccinated?

The Science says we cannot return to normalcy until herd immunity is reached. That means we need 7-90% of the population to get vaccinated.

The sooner you get the vaccine the sooner you and those around are Safe!



Cindy Preston, RN
VP of Clinical Operation
Paramount Care Centers

WHAT'S HAPPENING AROUND THE PINES



Santa Claus came to visit our team and residents for Christmas!

WHAT'S HAPPENING

Happiness is only a cupcake away!



We're #raisingthebar with our awesome branded sweatshirts!





JANUARY BIRTHDAYS

JAN 1 - NASRIN UDDIN

JAN 1 - RICHARD CLEMENS

JAN 8 - KEREN LEE WILLIAMS

JAN 9 - KATHERINA SHARKEYI

JAN 10 - OLUMID BABALOLA

JAN 12 - THERESA SAUTTER

JAN 1 - RICHARD CLEMENS

JAN 12 - THERESA SAUTTER

JAN 29 - YVON FRERE PETIT

JAN 29 - PATRICIA O'NEILL

JAN 31 - THOMAS GAGLIANO

Thank you for joining us for our January newsletter!

PLEASE FOLLOW US ONLINE