



THE VILLAS
AT STANFORD RANCH

December 2, 2020

Dear Residents & Families,

Good afternoon from The Villas, we hope you are doing well. We have an exciting announcement to share with you today however I wanted to first share with you a brief update on the COVID front here at the community. We remain COVID free at the moment and we intend to keep it that way. We still ask that visitation only be done on a truly needed basis as new cases continue to surge in both Placer and across the state. Remember it takes all of one case to mechanize us to close things down again so we ask that you please carefully assess if a visit is absolutely necessary. I also want to give a shout out to Chef Mary and her culinary team for putting on an excellent Thanksgiving Day feast. We were most pleased to be able offer communal dining for this holiday, it is our hope that we can continue this.

On to our announcement here at The Villas. A few months ago, I cultivated a relationship with a physical therapy company called ONR (Orthopaedic & Neurological Rehabilitation) with the intention of staffing a full-time physical therapist here at The Villas. After a few months of planning and coordination I am pleased to report that we have accomplished this and we are launching our Physical, Occupational and Speech therapy program here at The Villas. We also are truly blessed with the Doctor of Physical Therapy that we were assigned. John Cardinale is a graduate of California State University at Fresno and pursued studies in geriatric rehabilitation and completed his written Doctoral Thesis on evaluating the effects of balance training on improving multifactorial balance complications to improve overall fall risk in the geriatric population.

With falls being an ever-present concern in senior living, I feel as though we really got lucky with John joining our team. John will be officing on the second floor of our assisted living building just across from our library. We expect that it may take a week or so for John to settle in but in the meantime feel free to drop by and say hello and he will be happy to answer any questions you have about ONR's services. Included with todays letter will also be a brief bio on John that we hope you will enjoy and again feel free to pay him a visit and pick up information from him on this new program we are instituting.

Again, we are very excited to be bringing this excellent addition to our community as I believe it resonates with our mission here at The Villas to improve the health and wellbeing our residents. We hope that you will join us in extending a warm welcoming to both John and the ONR team to The Villas.

Respectfully.

Grayson Tynes
Executive Director