



## Fun Times in Assisted Living

April 16, 2021 Edition

### COVID STATUS

Our good karma is still holding. We remain COVID free in our Assisted Living!!

Please check our website for the most up-to-date information:

[www.oddfellows.com/covid-19](http://www.oddfellows.com/covid-19)



*“It’s your outlook on life that counts. If you take yourself lightly and don’t take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver.”  
~Betty White*

### LAUGH A LITTLE

I don’t know about you all, but it’s been a week. Like, I seriously think next week can’t possibly be any crazier than this week. Then wham-o along comes next week saying “Watch this!” It’s like each week has to win the chaos award or something.

How does one “survive” all this chaos? Don’t ask me, I’m knee deep in the mud right there along with all of the rest of you. If you’ve got any ideas, shout them out. We can use all the ideas we can get. Laughter works for me.

When I was a kid, we used to go to the mountains and right 4-wheelers all weekend. My friend was afraid to drive them so she was always my second. It took me all day, but I convinced her to drive the 4-wheeler. She drove it all right! Right into the cow pond! For those unfamiliar with a cow pond, it’s where cows come to drink and when they drink, they pooh. Fun fact, 4 wheelers will float in the water. They turn upside down, but they float. Not so fun fact, your dad gets really mad once he realizes you are OK. Side note – two preteen girls REALLY STINK when they’ve been swimming in a cow pond. It’s been 30+ years since my friend and I dumped that 4-wheeler. But every time we retell the story we laugh until tears roll down our cheeks.

When I was young and starting out in my career, I used to take myself very seriously. Somewhere along the line I learned life is very, very short! It’s okay to laugh at things and not be quite so serious. It’s okay to laugh at yourself and be silly. Life is going to be hard and with each passing year, it gets a little harder. I could have been mad at my friend for driving that 4-wheeler into the pond. But she didn’t mean to, it was an accident and when it was all said and done, we looked like stinky, muddy, drowned rats. See the humor in things my friends, even if it’s the teensy-weensy tiny things. Because laughter is what keeps us balanced and whole.

Blessings,  
Kari Randall, MSW  
Assisted Living Director





## MUNCHIES ANYONE?

Friday's Cooking Club has become quite a treat. This particular recipe was so popular it made a repeat appearance this week. The picture truly says it all. A bowl full of creamy yumminess! It is 100% resident approved 😊



## IF THE SUN IS SHINING, SOAK IT UP

The sun has been a little deceiving the past couple of weeks. The sun is shining so brightly, it looks so warm and inviting. Then one steps outside for an early morning walk . . . and the goosebumps instantly erupt! It's been downright chilly. But that hasn't stopped our residents from soaking up a little sun. They bundle up and off they go for a little morning sunshine and a stroll. Sunshine, it's good for the soul! 😊



## IT'S BACK AND IT'S BETTER THAN EVER!!

It's a bird, it's a plane, it's a super hero . . . nope. IT'S BOCCE BABY!!! We had just enough sunshine and warm weather this week to start playing two on two Bocce. It warms my heart every year when they start playing. The competition is fierce and the smack talking intense, but it is all in good fun for sure. Just for the spirit of the game. The time to connect with friends. The time for residents and staff to play together, not just doing tasks together. The time for residents and staff to get to know each other better as people, not just as residents and staff. That my friends is Odd Fellows Bocce!!



TLC Charge Nurse Cell Phone

**(509) 520-4664**

This phone is manned 24hrs/day