



Fun Times in Assisted Living

COVID STATUS

We have returned to a COVID free status!!! Our employees who were ill have all recovered. Our residents remain healthy and well!!

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

www.oddfellows.com/covid-19



Photo Credit to D. Haun

SIMPLICITY 😊

Life is a crazy whirlwind. Sometimes it spins out of control. Sometimes it's just a gentle spin. Think back to when you were a kid. Remember carnival rides? Some of us loved the Tilt-a-Whirl. Some of us threw up when we rode that ride. Not saying which category, I was in 😊. But life is like that and it seems the faster we go, the faster it spins.

How does one slow things down when life spins to fast? For me, that is very much still a work in progress. I do think that simplicity is the key. My daughter taught me a lesson in simplicity while we were on vacation last week. In the evening she would just disappear for a while. One evening she asked me to go with her. At sunset she walked down to the beach, sat in the sand, played some music on her phone and watched the sun go down. There was such simple, pure peace in that particular moment. We need more of those moments in our lives my friends. Find something this weekend, find a moment when you can stop for a single second and just be. If each of us just take in one moment like that each day, maybe we can slow down our Tilt-a-Whirl lives just a little.

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Keep it simple, Keep it honest, Keep it real.

~Unknown

PODIATRY = ACTIVITY????

We had the Podiatrists from Walla Walla Clinic visit this week and we had a GREAT time! We socially distanced and staggered residents arrivals, but it was so nice to be together in the same room together. The really cool old black and white movie playing was fun to. Thank you Dr. Cornia and Robison for the amazing pedicures and fun time 😊





MEET TANNA

I'd like to introduce you to our "new-ish" Ombudsman, Tanna Rasmussen. Tanna started early this year introducing herself to the residents. But like the rest of you, when the COVID restrictions went into effect she was no longer able to visit. Tanna is an amazing resource. Her role as the Ombudsman is to make sure our residents are well cared for and happy. She helps navigate resolutions between residents and the facility if there is a misunderstanding. Tanna also just makes sure we are watching over your loved ones in the right way. If you'd like to meet her or ask her help with any concerns you may have, you can reach out to Tanna at (509) 520-5162 or ombuds@bmacww.org. I hope you enjoy working with her as much as we do!!

GRAND REOPENING

It's hard to remember back to the spring, it seems like ages. Life has definitely been on a Tilt-a-Whirl going at full speed since then. In March we began a planned remodel of our main dining room. It's been fun watching the old room reemerge, a bit like a butterfly from its cocoon. The end result is a thing of beauty! The sun room was removed and replaced with a traditional framed room but with ENORMOUS windows! There is new lighting, new flooring and new equipment. The transformation is astounding! And, it's just good to be home again. The Odditorium served us well as a makeshift dining room, but it's nice to be back where we belong.



ROCK ON!!

Whiskey Creek Band is a favorite of Odd Fellows. We have been blessed by their musical talent many times. Under the beautiful morning sky, we were blessed again this morning. Their vocal talents lifted beautiful sound up to the heavens. Music touches the soul! We had smiles, toe tapping, clapping hands, a few tears, lots of laughs & even some pretty darned talented dance moves. It's in those moments, when eyes light up, smiles come out, toes tap & hearts lighten that remind us just how precious life is. Thank you, Cindy and Terry, for blessing us with your talents & keeping us young at heart!!



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