



## Fun Times in Assisted Living

January 22, 2021 Edition

### COVID STATUS

We remain COVID free in TLC, both residents and staff!!

Our Care Center residents have recovered.

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

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



*“Silence isn’t empty. It’s full of answers.”  
Unknown*

### PERFECT SILENCE

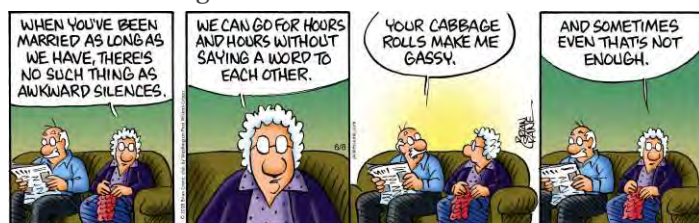
Earlier this winter I think I shared my love for snow. I seriously love snow! I am a very middle-aged adult who you will easily find in a snowball fight, making a snow angel, or sledding down a hill. As soon as snow starts to fall, my email and telephone blow up with calls and notes from my co-workers telling me to “Look outside!” That is followed very shortly by a very middle-aged woman jumping around her office squealing like a small child. I seriously love snow!

Who knows why? I’ve just always loved it; from the time I was a little girl. I was raised in Alaska and it was not unusual for my Mom to find me just sitting in my snow gear in the middle of the yard, just watching it snow. There is perfect silence when it snows. Sound gets muffled while precious little puffs of wonder fall from the sky. No ringing phones, no “Hey Mom”, no email alert, just the silence of the snow.

I live in a very loud household. I have two teenagers, a husband and two dogs. Work is busy, there is usually someone or something that needs my attention. The car radio plays on my way home. I love my life, but there is a lot of noise in it. Does that possibly sound familiar? You to? It’s wonderful noise, but it can be a lot sometimes. Enter in the perfection of silence. The absence of sound. It is good! When you listen to the silence, the answers to questions you didn’t even know you had, start to filter into your awareness. Within that silence is peace. And peace filled moments are precious!

Our homework for this week is to find a moment where silence exists. Stand in the garden, sit in the closet, find an empty room, go out to the outside (wear a coat, it’s cold), take a walk, wherever you can find quiet. SOAK IT UP!! Don’t pull out your phone or grab a book. Just sit there. Trust me, it’s worth it!!

Blessings,  
Kari Randall, MSW  
Director of Assisted Living



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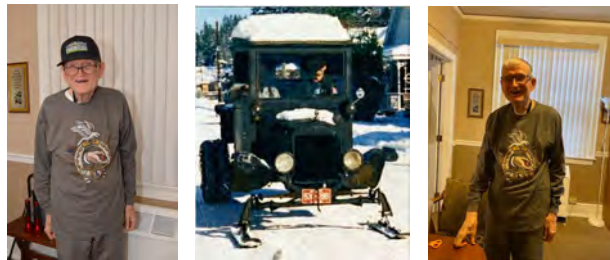


## VACCINATIONS

We have contracted with CVS Pharmacy to provide our COVID vaccine clinics. We will have a total of 3 vaccine clinics in the Assisted Living. We had our first vaccination clinic on January 13. We do not have a date for the second clinic but will share that information once we do. I am anticipating we will see the second clinic somewhere around the first week in February. Most of our residents and staff have received their first COVID vaccine. I was so proud of everyone stepping forward to do what they could to help stop this virus. Since the first vaccine clinic there have been many questions related to “When can I have visitors”, “When can I go out to dinner?”, etc. The answer is, not yet. We continue to follow the Governor’s guidelines and as those change, you will be the first people I tell. Until then, continue to stay safe.

## WE HAVE A WINNER

Malcom is a quiet man with the most beautiful smile you will ever see. In our lobby we have copies of the Odd Fellows Grand Lodge of Washington’s Newsletter. It’s not unusual for a resident to stop by and enjoy reading it. This month’s newsletter had a contest. It was called “Racing in a Blizzard”. There was a picture of an old car (see the picture below). People were asked to guess the make and model of the car. Malcolm knew right away and shared the answer with our front office staff who entered him into the contest. Guess What?!?!? Malcolm won! His prize was a new shirt from our Grand Lodge. Congratulations Malcolm!!



## PAINT WITH ALL THE COLORS OF THE WIND

Who says you can’t have fun at a virtual art class? Well whoever might have said that was WRONG-O! With the help of technology and a very large projection screen our residents enjoyed art class this week. The theme was an owl. The best part is seeing each person’s unique twists, that make their painting unique. You might see one of these ladies in an art gallery someday. There paintings were spectacular!



## HAPPY BIRTHDAY TO TWO BEAUTIFUL WOMEN

Sharon enjoyed a celebrating another birthday this week. Her cake was almost to beautiful to eat. Notice I said “almost” 😊 Thank you Sharon for sharing your special day with us!! We are blessed to have you with us! PS – check out that smile! Her eyes dance when she smiles 😊

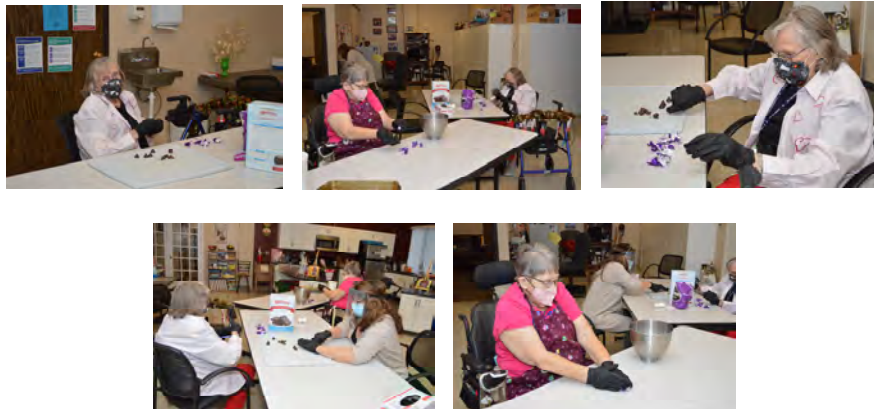


Next, we have a former Assisted Living resident. But we believe, once an Assisted Living Resident, ALWAYS an Assisted Living Resident. Our own Doris Huddell turned 107 last week. She is an amazing woman who keeps us on our toes with her amazing sense of humor. Our hat's go off to you Miss Doris. You are an inspiration!



## SOMETHING SMELLS GOOD IN THERE

Do you know what ruins a good New Year's resolution in about 1/2 a second? Cooking Class! Especially when they make double chocolate brownies. There is a basket in the Activities Department where people can drop in recipes that they would like to make. This week was an amazing brownie recipe contributed by Violet. YUMILICIOUS!



## PARTING IS SUCH SWEET SORROW

But before we go, here are a few precious random snapshots to smile at 😊

