



## Fun Times in Assisted Living

January 29, 2021 Edition

### COVID STATUS

Assisted Living residents and staff remain COVID free.

We continue to test staff weekly.

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

[www.oddfellows.com](http://www.oddfellows.com)



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*“Be yourself;  
everyone else  
is already  
taken.”  
Oscar Wilde*

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### BE YOU

Yesterday my husband and I sat with my 14-year-old daughter, her teacher and the school’s principal to discuss how my daughter had chosen to handle a difficult situation. For those of you who are parents, you might have sat in a similar situation. These moments make me wonder if I’ve given her the right guidance. Have I told her what she needs to know to go forward in life?

Do you ever sit and ponder? Reflect on your younger years? What would you tell yourself if you could go back in time? I have a laundry list of things I wish my younger self had been brave enough to tackle. I would have gotten my pilot’s license, learned to ride that motorcycle, entered that rodeo, moved out on my own sooner, the list is long. But you see, hind sight is crystal clear.

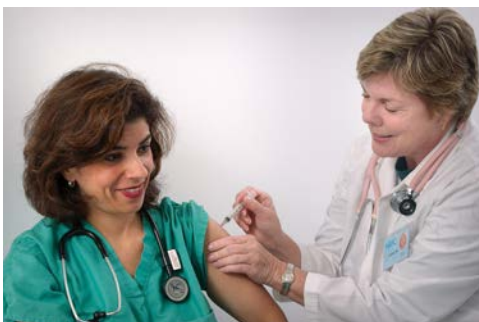
These are things I ponder late at night, maybe because I still have teenagers at home and I pray daily that they will make good choices. Maybe it’s just because I’m a worrier though. But what would I tell myself?? What do I tell my daughter, my son, the endless sea of kids in my life? I think I should tell them exactly what Oscar Wilde is saying. Be YOU!

We are our own perfect someone. Sure, we have faults, but no one can be me as good as I can. And no one can be you quite like you. Each mark, each scar, each moment in time, it all made us who we are standing here today. And we are good! Look at what we’ve done together, we have survived an entire year of a pandemic. We’ve learned new things, stumbled on old challenges, but in the end, we made it this far. The next time someone takes an opportunity to critique you, you square your shoulders and remember that YOU are the very best YOU there could ever be!

Blessings,  
Kari Randall, MSW  
Director of Assisted Living

### VACCINE CLINIC TAKE 2

Good News!! Our next COVID vaccination clinic is scheduled for February 2, 2021. The time is not yet set, but we will start calling residents to attend as soon as the pharmacy staff arrive. If you have a loved one who didn’t get their vaccine in our first round, please encourage them to come get the vaccine this time. All residents who received their 1<sup>st</sup> vaccination on January 13 will receive their second at this clinic.





## DO YOU SEE IT??

This picture is posted with special permission. It makes my heart incredibly happy and I hope it will yours when you see it. These pictures are small, so you might have to zoom your screen in. Yes, we've been quarantined for 10 months, but we haven't lost our sense of friendship or our sense of humor. So, zoom on in and sit down for a little giggle when you see it 😊

## CHOCOLATE FIXES EVERYTHING

About 15 years ago I learned that there is literally a day for everything. Someday, just google "what are we celebrating today" and see what pops up. This week was one of my very favorites – National Chocolate Cake Day!!! Chocolate brings out the kid in all of us. There is something soothing to the soul about chocolate. They've actually studied it. Chocolate, particularly dark chocolate, causes an amino acid release in the body triggering the production of serotonin which in turn elevates a person's mood. See, eating chocolate is good for you. And if those smiles aren't proof enough, I don't know what is! 😊



## A PINCH OF THIS WITH A DASH OF THAT

We don't believe in boredom, even though our campus is technically "closed" we've still got a very Activities Department. Here's a little bible study, a little puzzle play, a little poker, a little service project, a little exercise, all mixed together with a dash of silliness.

