



## Fun Times in Assisted Living

July 16, 2021 Edition

### COVID STATUS

I am happy to report a week of no new cases here at the home. Our two positive employees remain quarantined at home.

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

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



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*“The ache  
for home is  
in all of us.  
The safe  
place where  
we can go  
as we are  
and not be  
questioned.”  
~Maya  
Angelou*

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### 703 ANDREANOF STREET

*“I thought if I could touch this place or feel it  
This brokenness inside me might start healing  
Out here it's like I'm someone else  
I thought that maybe I could find myself  
If I could just come in I swear I'll leave  
Won't take nothin' but a memory  
From the house that built me”*

I learned to ride my bike on the hill behind the house. We played “Miami Vice” in the backyard. In the front yard my Mama tried valiantly to grow grass but the moose always ate it. It's the driveway I shoveled all winter long with the very best 4-wheeler ever. It's the house where I used to hide at the top of the stairs on Saturday nights after my parent's sent me to bed to sneak and watch the movies I wasn't allowed to see.

It's the house I grew up in. It's the house I felt safe in. It's where some of my very first and best memories are from. It's also the house that I haven't seen for 30 years. The lyrics above are to a Miranda Lambert song called “The House that Built Me”. It's one of my very favorites. It was my home. My everything is going to be ok, everyone I hold dear under the roof, lock the boogie man outside the door home. It was my safe place.

I worked for a number of years in a facility with a secured dementia care area. I spent countless hours talking with residents who would look out the window, pace the floor, bang on doors, and jiggle door handles all with the same purpose. They wanted to go home. It took me a bit before I realized one day. They weren't looking for a physical place. They were looking for that feeling that home represents. Safety, security, acceptance and love.

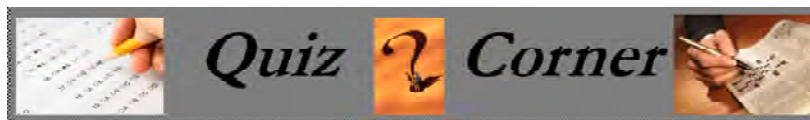
Some of us are still looking for that place. That feeling that home brings. For those that have already found it, congratulations! It's the best feeling in the world. For those still looking, NEVER STOP! You WILL find your home. Your safe place. Because once we're home, the brokenness inside us just starts healing!

Blessings,  
Kari

## THESE TWO!!



I'd like to introduce you to John Brigham and Adele. This is trivia. And I'm not sure which one of these two is having more fun. Adele because she's getting the best of John or John because he's trying to think up ways to stump Adele. These two are like encyclopedias full of random bits of knowledge. It's truly impressive to watch. Often there is a group gathered around, but this day they went head-to-head, just the two of them. They weren't able to declare a true winner, but round two will happen soon enough, I'm sure.



## A LITTLE EXERCISE

Exercise takes on all forms. You can swim, go for a walk, ride a bike, pedal along in a chair, do an arm workout at your desk. Movement is good for the body! And movement outside is even better. We encourage our residents to stay active physically and mentally, but especially physically. This week we had some great fun staying active!



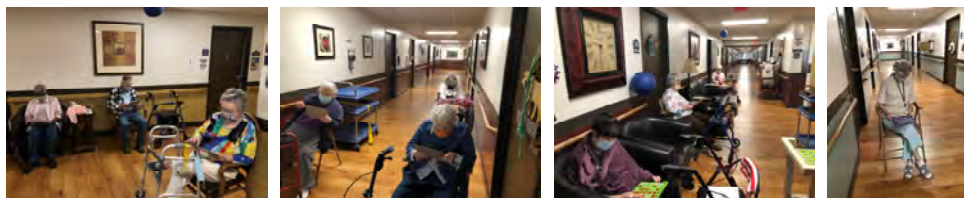
## BUDDING ARTISTS

We have some incredibly talented individuals here at the home. These budding artists are just a sample. I am always amazed that they begin art class with a stark white canvas and walk away with an incredibly beautiful work of art. The example that they are working toward is the same. But each person's interpretation is breathtaking.



## B.I.N.G.O

Hallway bingo made its return this week. Why not mix things up when we can right?!? In an attempt to meet with everyone and help get everyone out for a bit, we hosted a hallway bingo. Sometimes it's fun to mix things up!



With these three hatching up plans, who knows what next week will bring . . . . Stay Tuned!



Good Night My Friend!

