



Fun Times in Assisted Living

COVID STATUS

We are still at zero cases here at The Odd Fellows home. Thank you for helping us keep it that way!!



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

www.oddfellows.com/covid-19



Artwork Courtesy of Donna A.

MINIATURE COWS 😊

Someday, a zillion years from now, I plan to retire. When I retire, I want to have a little ranch and raise miniature cows. Why? Because miniature cows are the cutest creatures on earth!!!! And, they are silly which makes me laugh. Why am I talking about miniature cows and telling you my retirement plans??? Because one of our wonderful residents Donna had the picture to your left hanging on her door this week. It stopped me in my tracks, then made me smile, then made me giggle. It just made my day a little brighter.

But again, what does that have to do with anything? LAUGHTER!! Laugh people!! Make a joyful noise! Laughter truly is good medicine. It is healing, it relieves stress, reduces tension, and boosts the immune system. I'm not saying it's a miracle drug, but it's a start. Find something, like my cute little miniature cows, that makes you laugh. I'll get you started . . . Imagine a young married couple setting up their first house. It was a precious little house with beautiful hard wood floors. The young wife was trying to keep the home tidy so was cleaning one day. What does one use to clean hardwood floors? Well, pledge works on wood furniture, so it must also work on floors. The floors shone brightly. The husband came home and the couple were being silly, the wife turned to give a playful kick in his direction and landed smack on her back on the floor. You see, pledge, floors and fuzzy socks are a volatile combination! I know because my husband and I still laugh about that moment today, 22 years later. He swears I hovered in mid air for what seemed like a minute before I fell flat. He also says I looked just like a character in a Bugs Bunny cartoon. 😊

So, take my story and chuckle for a minute, feel any better? Try it again. Remember to laugh my friends. Laughter is good!

Kari Randall, MSW
Director of Assisted Living
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“Laughter is like a windshield wiper, it doesn't stop the rain but allows us to keep going.”

Unknown



Artwork Courtesy of Dorothy C.

VITAMIN D

Shall we go for a walk today, a walk today, a walk to day . . . I remember my mom singing that song to me when I was little. Here at the Odd Fellows, we are going for lots of walks every day. We even have staff that come in just to take people for walks. Vitamin D and fresh air are wonderful things. I know many of you are concerned about your loved ones getting out and about. It's happening daily, weather permitting. Our Activities Department hosts a time where residents can go for walks and sit in the sun but not have to wait to be let back inside. We find people are really enjoying it. So when you go for your daily walk, remember we are to.



A HANDY LITTLE GADGET

I love gadgets! We found a really cool new gadget that we think you're going to like. We have a communication amplifier in our front lobby. If you come to visit your loved one and want to have a window visit, we've got just the ticket. To the right of the automatic front doors is a window with a patio chair beside it. On that window is a round speaker. What is inside is a microphone and an amplifier to adjust the volume of your voice. We just flip the "on" switch and you talk, voila! No more frustrating or confused visits trying to get cell phones or walkie talkies to work. You just sit down, we bring your loved one to the window, turn on the switch and you talk. Easy Peasy! Please let us know if you'd like to schedule some time for a window chat. We'd be happy to make that happen.

WHO DO I CALL??

It came to my attention this week that you might not have all of our contact information. Here is how to reach all of us in the Assisted Living:

TLC Charge Nurse Cell Phone

(509) 520-4664

This phone is manned 24hrs/day

Resident Care Manager

Becky Schrock, RN

(509) 524-4860

bschrock@oddfellows.com

Social Worker

Ali Mallory, MSW

(509) 526-6849

alecks@oddfellows.com

Medical Records

Margarett Fulsom

(509) 526-6827

mfulsom@oddfellows.com

Director

Kari Randall, MSW

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