



Fun Times in Assisted Living

July 23, 2021 Edition

COVID STATUS

Our residents remain healthy and well. We did have a new employee case of COVID this week. We have completed 2 rounds of resident and staff testing with no further cases to date.

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

www.oddfellows.com/covid-19



*“Breathe,
darling.
This is just a
chapter. It’s
not your
whole
story.”
S.C. Lurie*



GOOD BOOKS AND GREMLINS

Do you ever doubt yourself? Make a decision and then spend the rest of the next several days picking it apart thinking you made the wrong decision? Ever do something really stupid, maybe it even hurt another person but you couldn’t fix it or take it back? Ever blown up and gotten REALLY mad and chewed someone out only to find out later that you were the one that was wrong?

Me to! All the time!! And each I do something super stupid, boy to I kick myself. Sometimes for days. I’m an overthinker. That can be a blessing, but a lot of times it just kinda stinks. My husband makes decisions, and even when they turn out to be a total flop, he comes away with “Meh, whatever.” Not gonna lie, makes me a teensy bit jealous sometimes. I mean how does he do that, he’s so relaxed about it.

Enter in today’s quote. “This is just a chapter.” For those of us who are worriers and overthinkers, those are powerful words. But with some reflection I’d say they are very true words. I look back to situations a few years ago that caused such angst only to see them now as just a blip.

Maybe that’s the way it’s supposed to be. Maybe those chapters build on one another like a really good book. You know the kinds of books I’m referring to. Those books where you come to the end of the chapter and you’re super sleepy but it leaves you on such a cliff hanger that you start reading the new chapter just so you can find out what happens kind of books. But without those chapters the book just would be empty pages.

Life is hard friends. If I said it any differently, I’d be fibbing to you. Life is so very hard, and it’s not getting a stitch easier. But IT IS SO WORTH IT! Because when you read that mesmerizing book, mixed in between all the chapters of chaos and pain are chapters of joy and happiness. Those chapters that make you smile while you’re reading along. But we appreciate those chapters so much because we know what our characters went through to get there. We aren’t so different. So, if you happen to be in a really good chapter right now, SOAK IT UP!! But if you are in a chaotic and challenging chapter of your book, keep turning the pages. Because it really is just a chapter.

Blessings,
Kari

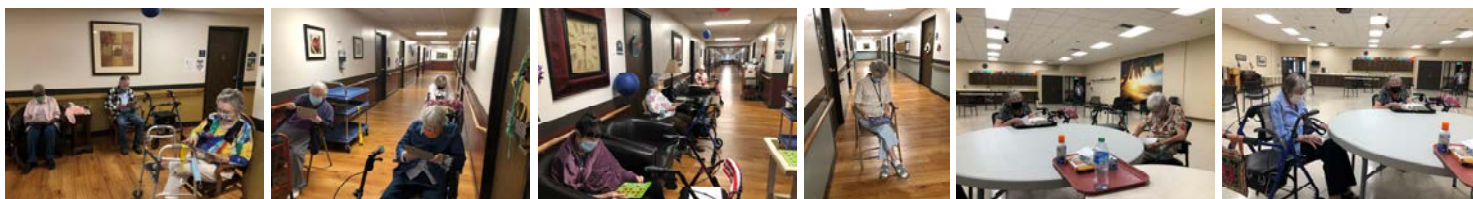
SELFIE SISTERS



These two!! When we started this newsletter way back in 2020, we thought it would be a few months kind of thing. Turns out life had different plans. And along the way, one silly selfie between these two turned into two and then into three. They've become one of my favorite parts of the newsletter. Our Activities Team serves as paparazzi for this newsletter and each week I get emails filled with pictures. Every so often the "Selfie Sisters" pop up in my email and it makes me giggle every time. I never know what they'll be doing next. Love these two ladies!!

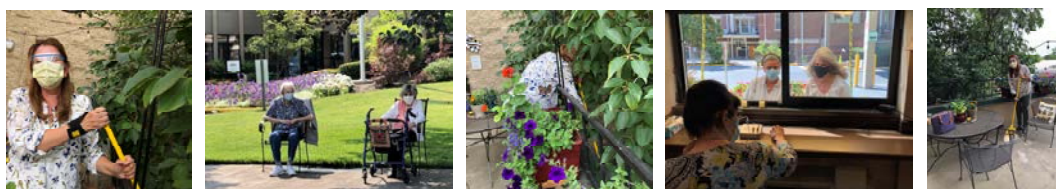
A GAME OR TWO . . .

Life goes in waves. If you work anywhere long enough, you'll probably see it. On a normal summer day in Odd Fellows Land, you'll hear shouts and cheers erupting from the front yard. Things are different this summer. Board games, card games, inside games seem to have as much if not more popularity this summer. Now bocce is still our fierce favorite, but it's been fun to see other interest emerge as well. Rummikub anyone????



A MIXED BAG

If I had a dime for every time I've been asked what it's like to work in a retirement community I'd be a very rich woman today. Working here is everything! There isn't a typical day. Each day brings a new adventure. It's a mixed bag of this and that. When added all together it makes for one of the most amazing experiences in life. Life is about good friends, the people that we love and doing the little things to make the lives of those around us just a teensy bit better.



BABIES

Babies of all kinds are magic. Puppies, kittens, horses, human babies, they have a magic power to soothe the soul and bring along with that more joy than one can imagine. When my kids were babies I worked in a small facility and was able to bring them along with me to work. I'd take them with me when I went to visit someone who was agitated or upset. I wouldn't have to say a word. Their presence brought about a complete calming change for that resident. And this little baby is no different. Miss Nutmeg has no idea the extent of her powers for good. She is like a little magical ray of sunshine on a gloomy day. Her snuggles will brighten any room. And sometimes, along the way a really soft belly rub will make little Miss Nutmeg drift away right there in your lap. There is nothing more wonderful than a sleeping baby.

