



## Fun Times in Assisted Living

June 11, 2021 Edition

### COVID STATUS

Thankfully our residents remain healthy and well. We do have one positive staff member in Assisted Living and another in our West Care Center. Resident and staff testing continues as directed by the Walla Walla County Health Department.

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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*“When nothing goes right, go left.”*  
~ Unknown

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### TURN LEFT

Sometimes I feel like I live in a really bad country song. No disrespect intended, I’m a huge country music fan, but remember the old songs. The ones where the singer’s wife left, truck broke, got fired, bank took the house and the dog ran away. Remember the joke – “What do you get when you play a country song backwards?” “You get your wife back, your house back, your job back, etc.”

Ever have one of those weeks?? Me to!! What do you do when those kinds of weeks happen? I usually wallow in it. I can stir up the best pity party you have ever come across, complete with all the trimmings of self-loathing, disrespect, anger and just general unpleasantness. I stomp around for a while feeling my pain and making those around me just as miserable. Then after about a day of it, it hits me – what am I doing???

Life is going to take us down roads we certainly don’t want to be on. Life will put potholes in front of us, throw rocks at us, trip us, and kick us when we’re down, that’s just life. What do we do then? Do we submit to that and accept the misery? I sure don’t want to. After a day or so of self-pity, I’m ready to get back on the “moving on” train.

We have a choice to make in this world. Are we going to let life control us or are we going to be in charge? Mary Chapin-Carpenter sang a song called “The Bug”. My favorite line is “Sometimes you’re the windshield, sometimes you’re the bug.” You guessed it, it’s all about how sometimes things come together smooth as silk and other times we’re smashed to bits by whatever went wrong. What are we going to do about it? You’ll think I’m being overly simple here, but grab a pen and paper, grab some markers and a piece of cardboard, heck grab the sidewalk chalk and head outside. Write down everything in your life that is HORRIBLE! Then right beside it write down everything that is WONDERFUL! You’ll see a definite difference. What happens is when things go wrong, we can only focus on the wrong. That’s why we need to make a forced turn to the left. Turn into what is right in your life and fill your mind with these things. The rest will take care of itself in time. But while you wait for that to happen, you’ll be surrounded by goodness.

Blessings,  
Kari Randall, MSW  
Assisted Living Director

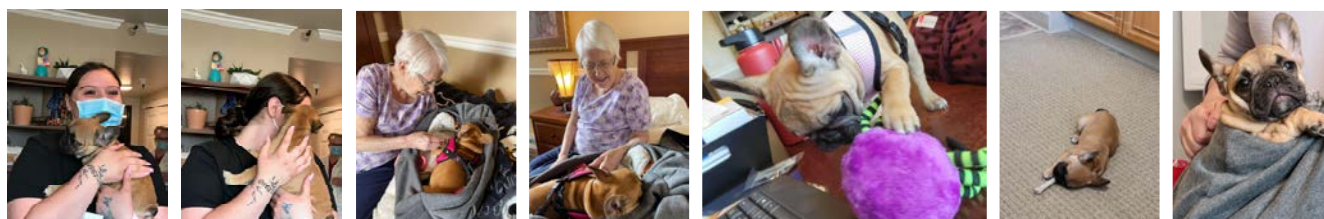
## VISITATION



An update to my email last Friday evening. We continue in an outbreak status. We have tested all of our staff and residents. As of Thursday, we had performed 698 covid tests on staff and residents this past week (that doesn't account for those that were done today). Out of that we do have two positive staff members. Both of which are quarantining at home. We have two more rounds of testing to go. But because we had the second positive staff member, we are not able to reopen to visitation as soon as we had hoped. Our reopen date depends completely on test results. Sadly, I do know that we will not be open for visitation on Father's Day. We will do everything in our power to make this as positive a celebration as we can. I will have more details as we get closer to the holiday so stay tuned. Know we will not stay closed one moment longer than we absolutely have to. Window and virtual visits are available until we can meet in person.

## BABY LOVE

One thing that makes the days a little brighter is visits from Miss Nutmeg. It's not unusual to see our Social Worker Gina with a baby sling over her shoulders and a precious little face peeking out to say hi. Little Nutmeg makes even the greyest day brighter. Gina, thank you so much for sharing her with all of us!



## TURN LEFT

When we had to enter outbreak status and close to visitation, we also had to close our group activities again. Most people I've spoken to agree with me. It's harder this time, we just got used to having our loved ones back in our rooms and hallways. Group activities (properly distanced) were becoming the norm. It feels a little like we are back at the beginning. But like in my letter, when you force yourself to think on the good things, good things happen. Our Activities Assistant has been spending oodles of one-on-one time with your loved ones. She shared with me that while she'd never wish for a visitation closure, she was really enjoying the one-on-one time and the fun new things she was learning about everyone. Enjoy some one-on-one snapshots!

