



## Fun Times in Assisted Living

March 12, 2021 Edition

### COVID STATUS

We have been so blessed; our residents continue to be COVID free. Our staff remain healthy as well!

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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*“Patience is bitter, but its fruit is sweet.”*

*~Aristotle*

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### CHANGES ARE A COMIN’

Tonight, I’ll not send my usual style of letter to you all. Tonight, I need to share a message of a different sort. It was one year ago tomorrow that Long Term Care facilities across the state of Washington were placed in a “no in person” visitation status. It has been a year friends. It’s been the hardest year for people in long term care in my entire career. Yet, your beautiful loved one’s continue to shoulder on with every challenge they have been given.

If you’ve been watching the news, you may have seen that the Centers for Medicare and Medicaid Services in conjunction with the CDC issued an updated visitation guidance for Long Term Care facilities that significantly relaxes visitation options. Now before you come burning rubber into the parking lot and sprinting for the front door, there is more. Each state must now develop their own interpretation of that guidance. Our Governor and his team are working vigilantly to adjust Washington’s Long Term Care Facility Safe Start Plan to align with the guidance CMS issued earlier this week. Each day I’ve received an update from the Department of Social and Health Services reminding facilities that the Governor and his team are working hard to implement the updated guidance but until those new updates are signed by the Governor facilities are required to operate under the current Safe Start Plan.

Under our current Safe Start Plan we are able to offer window visitation and in person Essential Support Person visitation. If you’ll remember the ESP visitation allows one designated family member to visit in person. You can schedule those visits through our Front Office or by reaching out to Margaret. Visits from other family members can happen via virtual visits or window visits.

As I type our staff are working to develop our Facility visitation policy so that when the Governor does sign the new guidance we are prepared for increased visitation. We will reach out to you as soon as we are alerted to any changes in our visitation guidelines. Much like one year ago, things are changing quickly, so stay tuned, stay positive and be ready. We’ve come a long way together, don’t give up now.

Blessings,  
Kari Randall, MSW  
Assisted Living Director



## HAPPY HOUR IS A HIT!

Who doesn't love a little bit of relaxation on a Friday evening? Well, the precious people who call Odd Fellows home need a bit of relaxation as well. Enter in Happy Hour. Have a drink, grab a snack, play a game and just end the week on a good note with a smile and a wave from a friend. Happy Hour started with a few brave souls and has turned into quite a hit requiring added tables with a bit more distance in this COVID age. Its so heartwarming to see people coming together with smiles all around!



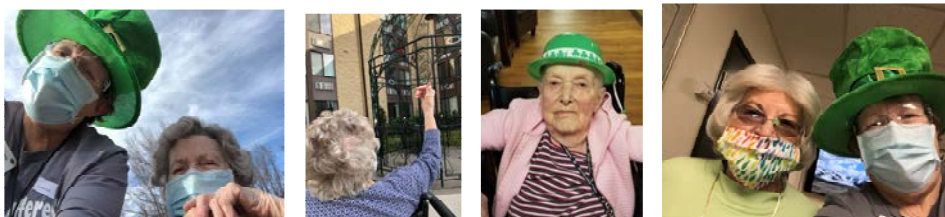
## ANYONE FOR A GOOD GAME

Whether it's board games, card games, outdoor games, bingo, whatever the game. We have a group of residents who are always game to play (no pun intended 😊). You'll walk down the hall at any point and hear laughter or someone shout out BINGO! And may I say that our sweet, gentle residents are COMPETITIVE! Oh no, don't you fudge on a game! They will call you on it with a good-natured smile and a laugh. Good friends and good times, for sure!



## SNEAKY LITTLE BUGGER

Have you seen that Leprechaun? He/She is a sneaky little bugger, running the halls here at The Home. Doesn't He/She know it isn't St. Patrick's Day yet?? It's never to early to have a little fun and spread a little cheer. Our own Leprechaun made a surprise entrance and stirred up a little mischief along the way.



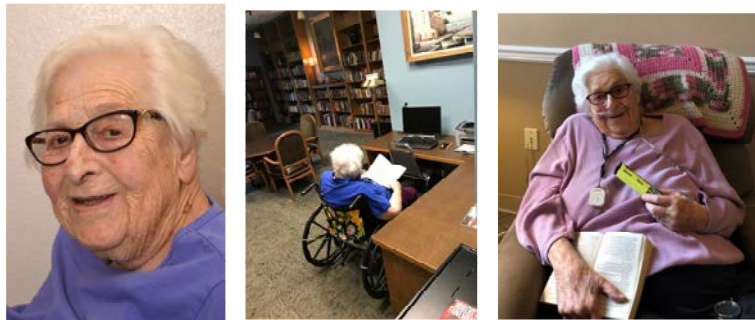


## “GOODBYE’S ALWAYS MAKE MY THROAT HURT”

Charlie Brown said those wise words. You know that when you work in Long Term Care, you will say goodbye to many different people over the course of your career. But it never seems to get easier. We’ve said good bye to some good friends in the past couple of weeks. Beautiful women who each touched this world in their own very special way. I’d like to close this week’s newsletter by paying tribute to Helen Acock and Beverly Arterburn.

Helen was a strong woman with a wicked sense of humor. More than once she made brought tears to my eyes, I’d laugh so hard at one of her off the cuff comments. She was a devoted mother and guiding spirit to many of us. She proudly served in our Armed Forces. A force to be reckoned with, but the with the gentlest of touch. She loved her horses, dogs and human friends with a passion that’s hard to describe. Helen was a caring and beautiful woman.

We will miss her throaty laugh and the way her eyes sparkled and danced when she smiled.



Bev was known as Miss Bev to many of us. She mothered all her caregivers like they were her own children. “You be safe going home now” was heard by each of us as we left our shifts. When the roads were bad, she’d often make us call back to the facility so she would know we were home safe. Bev was full of mischief. She enjoyed hatching up a plan and scooting off with a giggle to see it through. Bev was also a devoted mother. A fierce protector of her family. She enjoyed nothing more than showing off pictures of those she held dearest. Always a tear of pride in the corner of her eye.

Good night Miss Bev – you be safe on your way home!



TLC Charge Nurse Cell Phone

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