



## Fun Times in Assisted Living

March 4, 2021 Edition

### COVID STATUS

TLC has no COVID positive staff or residents. We are blessed to have everyone healthy and 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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*“Don’t  
compare your  
life to others.  
There’s no  
comparison  
between the  
sun and the  
moon, they  
shine when it’s  
their time.  
~Unknown*

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### SUN VS MOON

It’s been a week! I was definitely not my best self this week. There were also moments where I think I did pretty good, but there were other moments that were far from it. I’ve spent my entire life trying to be my best self. Almost a hyper focus of “am I good enough”, constantly comparing myself to those around me. Mothers who made it look easy with perfectly behaved children. Career women who are always on time, poised and put together. Spouses who were always there with the right words and shining love for their partner. Constant comparison has left a wake of self-doubt and insecurity.

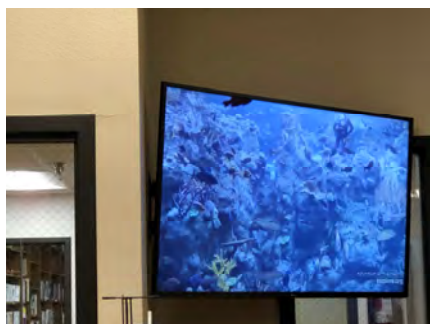
It wasn’t long ago when the mother of one of my daughter’s friends reached out to me and asked, “How do you do it all?” She told me I made being a working mother look easy. Gave me the best belly laugh EVER! You see, I’m a HOT MESS!! I am literally sitting at my dining room table this morning looking at a table full of groceries that I was too tired to put away last night. My sink is full of dirty dishes. I left my desk at work covered in papers. I’m not talking about nice tidy little piles; I’m talking about when it looks like a copier exploded. Because you know what?? I’m human.

Humans are works in progress; from the day we are born until the moment we leave this world. We are each unique. Some of us can organize a meeting and make it look effortless. Some of us can bake and it turns out heavenly every time. You know what I’m getting at. If we all had the same talents, we’d look like little green army men. But thank heavens we don’t. We are all special, unique, and perfectly imperfect.

Here’s the thing – we have to stop comparing ourselves to each other. Like the quote for the week says, the sun and moon are perfect, each shining bright when it’s their time. When we compare, we will always find something we are “lacking” in. But those areas we find “lacking” are really just what makes us different from each other. You see, we are each our perfect selves, warts and all. Each of us growing and bettering ourselves every day. So, I say sip your coffee, while wearing your pj’s and keep looking at that table full of groceries, you’ll get them put away at some point. But even if you don’t, you are still the most perfect version of you that there will ever be!

Love and Blessings,  
Kari Randall, MSW  
Director of Assisted Living

## MORE THAN JUST A TV

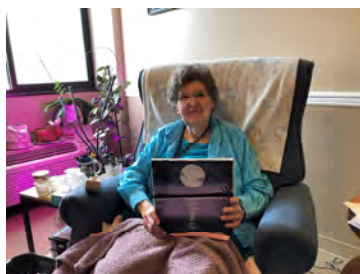


When you can't go to the aquarium, the aquarium comes to you. I'd like to introduce you to our newest addition. It's a TV! But it's like how Clark Kent and Superman were the same person with different powers. This is a TV with superpowers! This tv streams the aquarium. Watching the eagles in their nest has been particularly exciting. If we were to wander out in nature, we'd never see the Eagles in this much detail. The changes in scenery are also exciting. We never know if we'll see fish, penguins, birds, etc. Yet another amazing virtual experience.



## JUST A WEEK

Are there really such things as "just a week"? No, there are things to look forward to every week. What I probably should have said is that we didn't have any "special" events this week. No vaccine clinic, podiatry clinic, etc. It was just a regular old week. A week filled with card games, presents from loved ones, decorating for St. Patrick's Day, Exercise Class and Bingo. Not a boring week, just a normal week. Do you remember when we were youngsters and we dreaded regular old weeks? I don't know about you, but as an adult I treasure "regular old weeks". It's a moment to catch our breath. Not saying we haven't had good times, even in quiet moments memories are still made.



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