



Fun Times in Assisted Living

November 20, 2020 Edition

COVID STATUS

We continue to be COVID free in Assisted Living. Our residents remain healthy and well! We have had one positive staff member who is isolated and doing well.

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

www.oddfellows.com/covid-19



*If you get
tired learn
to rest, not
to quit~
Banksy*

SHHH . . . I'M NAPPING

Do you ever feel tired? Not the kind of tired that gets better after taking a little nap. I mean bone weary, can't pick your feet up and go one more step kind of tired. I do!

When you were little and your parents wanted you to take a nap, did you fight them? I did! I didn't want to take a nap every day. Seriously!! Didn't my mom know what I was missing out on when she made me nap?? What I wouldn't give, as a middle-aged human, to go back in time to those days when we napped every day.

Have you heard the phrase "COVID fatigue"? It is a real thing. We are all weary of what seems to be a never-ending pandemic. I would imagine that people thought much the same thing during the Spanish Flu pandemic years ago. Did you even think we would still be fighting this virus 9 months later? I sure didn't. Yet here we are, all of us COVID weary souls trudging through together.

So, what next? Well, I'm going to go to bed tonight and sleep. Then I'm going to get up tomorrow and keep going forward. I'm going to explain to people why masks work, I'm going to encourage people to wear masks, I'm going to remind people to wear their goggles and face shields, I'm going to make sure we aren't huddling to close to people. Why? Because I'm in a rut??? No, I'm going to wake up and remember that every day is a gift. And I'm going to use it to do everything I can to help stop the spread of this crazy virus!! I'm not going to quit fighting for our health and safety until we have beat this virus. I hope you'll take a rest like me and then get up and fight along side of me. Only together can we accomplish what we need to succeed! See you on the battlefield!

Blessings,
Kari Randall, MSW
Director of Assisted Living





EVERYTHING CHANGES

Are you a creature of habit like me? I DO NOT like change. Life is just fine the way it is, we don't need to alter things one bit in my opinion. But that isn't how it works, is it? We've had to make a few changes recently due to the increased COVID rate in the valley. We have not stopped group activities, but we have reduced the group sizes to 5 people per group. We've also returned to separate dining times for each floor having residents sit one to a table. Our precious county is seeing its highest rate of virus spread thus far in the pandemic. If the virus does enter our facility, we want to make sure that our residents are as safe as possible. And we can help them be that way by helping them remember to physically distance from one another.

WOULD YOU LIKE PIE?

One of my favorite things about Thanksgiving dinner is pumpkin pie. Now it's best when it's drowning in whipped cream, but it's good any old way. Have you ever been to a pie social? Combine pie with a little chat with your neighbor and you've got a recipe for fun. Our Activities Department hosted a come and go pie social this week where residents were able to come and sample some of the wonderful treats of Thanksgiving. It's amazing the smiles that a piece of pie will bring 😊



HELLO MR. TURKEY

We sing a silly little song during Thanksgiving at our house called "Hello Mr. Turkey, how are you?" This week's virtual art class had me humming that tune. Our residents joined around the tables and painted their own versions of Mr. Turkey. Each one turned out so special and unique! Art definitely feeds the soul!



HELLO FROM BINGO

Neither rain, nor sleet, nor dark of night, nor world changing pandemic can stop our BINGO group 😊

