



Fun Times in Assisted Living

November 25, 2020 Edition

COVID STATUS

Once again, we are COVID free in Assisted Living. We are thankful our residents and staff are healthy and well.

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

www.oddfellows.com/covid-19



*As we express
our gratitude,
we must never
forget that the
highest
appreciation
is not to utter
words but to
live by them .*

*~ John F.
Kennedy*

THANKFUL

Being thankful is a learned behavior for me. Realizing I was ungrateful was such a shocking revelation. I wasn't born a grateful human being. Learning to be grateful took some work for me. In fact, I think I was solidly middle aged before I could actually tell you I had really learned to be truly grateful. I had a husband, two great kids, a dog, a cat, a house, more cars than I should admit to, lights that turned on when I flipped the switch, and plenty of food in my fridge. I should have been grateful. Instead I found myself complaining and envying all the things I didn't have.

Sound familiar? I think all of us have had a moment like that. My turning point was with a former supervisor. We did some traveling together for conferences. During those long drives she helped me learn to have a grateful heart. Shouldn't I already have known that?? For some of us, it's not a natural ability. But once I did, was it ever life changing!!

Now here we sit. Each of us in our own little house. We're hearing all over the news about limiting social gatherings, don't connect in real life with all your family and friends on the one holiday every year that reminds us to be grateful. Well then what do we even have to be grateful about if that's the case??

EVERYTHING!!!!!! Yes, our lives aren't easy by any stretch. But we woke up today. Some people didn't. I'm sitting here in a warm office with an amazing view typing a letter to some of my favorite people in the entire world while other people are outside wet and cold. We always have something to be grateful for! Maybe it's just a warm cup of coffee to start your morning or your favorite blanket as you crawl into bed at night. Maybe your opinionated cat decided to crawl up on your lap for a snuggle today. Maybe it is a lot of different things for each of us. But be thankful for it! Be thankful for each teensy, tiny thing. Because as our lives go forward, those teensy things will end up being the big things in our lives. So, join me as we head into the holiday season tomorrow with a grateful heart, thankful for our many blessings!

Blessings,
Kari Randall, MSW
Director of Assisted Living



THE TURKEY'S ARE A TROTTIN'

Tis the season for a good old-fashioned Turkey Trot! This morning found our residents trotting around different floors trying to find those elusive turkey's. We turned the tides on the turkey trot. Hidden around our Assisted Living were oodles of turkey's. Our residents trotted around trying to find all of them, exchanging them for prizes. Oh, they had fun!! And staff to, as we got to help give clues and hints (Shhh don't tell!) to where those silly turkeys were hiding



DIFFERENT IS GOOD . . . RIGHT??

Last week we talked about the changes in our dining room. How we had to return to each floor having a designated dining time to maintain proper adherence to group sizes. As a result, we also asked each resident to dine at his/her own table. We called it "a table for one". But here's the thing. It looked really lonely. The residents are some of the toughest people you'll ever meet. They didn't love our "table for one" idea, but they were so very gracious and accepting. Then, we had a light bulb moment. Out of it came what you'll see in the pictures below. There are large gold stickers marking where people should sit to allow for proper distancing. Rest assured, your loved one's won't be dining alone this holiday. They can sit with friends and enjoy Thanksgiving dinner with all the trimmings in good company.



HAPPY THANKSGIVING TO EACH AND EVERY ONE OF YOU!!

