



## Fun Times in Assisted Living

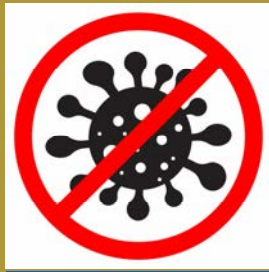
October 8, 2020 Edition

### COVID STATUS

Assisted Living residents and staff remain COVID free this week.

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

[www.oddfellows.com/covid-19](http://www.oddfellows.com/covid-19)



### PATIENCE AND GRATITUDE 😊

When I was little and would ask my mom for something new, something similar to what I already had, such as a new Barbie. My mom would often tell me “No” and then reply with “More wants more.” Now when you’re 8 and your Mom tells you that, first of all you don’t get it because your concrete brain can’t wrap its self around the abstractness of that statement. And second, you’re just mad because you really wanted that new Barbie!

Late last evening I sat talking to a young man who was going through a difficult moment. He shared with me much of his current situation. I left our conversation so very humbled and extremely grateful for all that I have. My house isn’t fancy and my car is 25 years old. But you know what, I had a roof over my head last night and food in my cupboard this morning. My kids were warm, fed and safe. And praise be, our new puppy only woke up one-time last night!

I don’t know about you, but sometimes it’s hard for me to remember to be grateful. My mind wants to drift to the negative and focus on what I don’t have. Especially with all that is happening in the world and all that we hear in the media. It’s actually hard work to be grateful sometimes. But practice makes a habit and habits are easy to follow. During this next week, when you start to think of something negative, catch yourself. Force yourself to switch your focus. Let’s do this together. For every one negative thing we think about, let’s tell ourselves two things we are grateful for. Soon it will be a habit!

Blessings,  
Kari Randall, MSW  
Director of Assisted Living  
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*“Everything comes to you in the right moment.*

*Be patient. Be grateful.”*

*~ Unknown*

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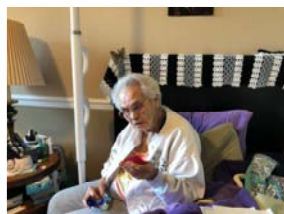
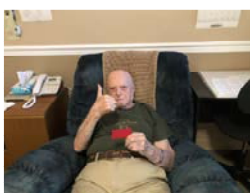


## MEET LISA

For those of you who have not yet met Lisa Wolf, she has been the Activities Assistant in our West Care Center for many years. This week she became our new Activities Director. She has some fabulous ideas already! I think you will all appreciate her compassion, gentle spirit, zany sense of humor and skillful creativity. Lisa brings many years of experience to her new role here at the Odd Fellows. We are all so excited for what the future holds for our Activities Department. Join us in welcoming Lisa into this next chapter of her exciting adventures in Activities.

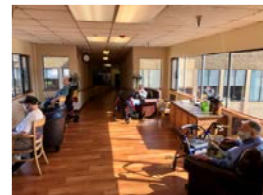
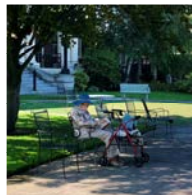
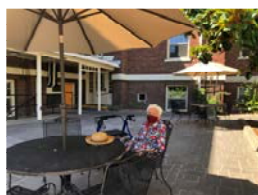
## A QUIET SUNDAY MORNING

Over the last few months, I've shared many of our different activities with you. All the concerts, bocce, exercise, and let's not forget bingo. 😊 But what I haven't shared is what our Activities Department has done to help meet our resident's spiritual needs during the pandemic. Pre-pandemic we had regular church services that met on campus for those residents who wish to join. With social distancing and the limitations on group sizes, we have not been able to hold those church services. In its place, is an individual spiritual moment with each of our residents who want to participate. Each week our Activities Assistant takes those residents who want to participate a card with a message on it and offers to say a prayer with them. It's become an anticipated meeting, sometimes it's a quick moment and sometimes it prompts discussion, but it is resident directed. It's in those still quiet moments when great things happen 😊



## ODD FELLOWS ODDITIES

Here are snapshots of random happenings throughout the week. Enjoy!



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This phone is manned 24hrs/day

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