



## Fun Times in Assisted Living

September 10, 2021 Edition

### COVID STATUS

We currently have 1 COVID positive employee. That person is quarantined at home. Our residents continue to remain healthy and well. Unfortunately, our visitation restrictions must continue.

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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*“As life becomes harder and more threatening, it also becomes richer, because the fewer expectations we have, the more the good things of life become unexpected gifts that we accept with gratitude”*  
~Etty Hillesum

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### GIFTS

I have always loved Christmas and birthdays. I love to shower people with gifts. But I'm also that person that wraps everything separately. If I buy you an entire new outfit, it's going to come in at least 3 boxes. Because opening presents is SO MUCH FUN!!!! Sometimes at my house we will even wrap up silly gag gifts (like put some gravel in a box or grab some granola bars from the kitchen). You get to open another present and everyone gets a chuckle out of it as well.

This week has been a “whoa, slow down Maude” kind of week. On those kinds of weeks, the world weighs heavy. And of course, those are also the times when things are likely to go wrong and it's easy to get discouraged. Like an unplanned trip to the vet for a dog that refuses to walk this morning. But when picked up the dog who fortunately only has a pulled muscle, the bill that I expected to be \$500+ was only \$58. Not going to lie, I actually asked them to double check and refigure because I was sure it was supposed to be more. Nope, \$58. Whew! That was a gift indeed!

But here's the thing, how much do we really appreciate those little gifts. The person in front of us at the coffee shop who pays for ours just to be nice. The person who holds the door open for us just to make things a little easier. The person who comes along and takes the ginormous bag of dog food from our cart and loads it in our car for us because they see us struggling. The unexpected, unplanned for, surprise gifts. The gifts that reframe your whole day and just make things a little better.

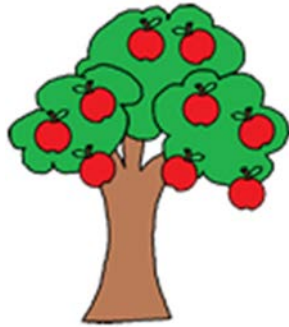
Today's quote really made me think. Stop and look back 2 years ago. Things are harder today than they were then. Three years ago, my biggest challenge was figuring out what to make for dinner and if my son had done his homework. Today we are holding peoples lives in the balance as we navigate the chaos of the pandemic all the while still trying to hold on to some little slice of “normal”. But the harshness of the last almost 2 years has truly made me appreciate the gifts I am given, the big and the small. I'm reminded of the “Pay it Forward” movie from a few years ago. Accept the gifts that you're given today with an open and grateful heart, then pay a gift forward, hold a door for someone, pay someone a compliment. Spread gratitude. The world needs it now more than ever!

Blessings,  
Kari

## RANDOM ACTS OF FUN

### IT'S APPLE HARVEST

Apple harvest is one of my personal favorite times of year. It signals the changing of the seasons. There are new smells in the air, the crisp nip of fall chill in the mornings. Things are changing, good things are coming. Good things like APPLE BINGO!! Introducing our Apple Bingo Tree. Each resident who wants to play has a card. Every day they can pick 5 balloon apples off the tree and pop them to reveal your BINGO numbers for the day. The first resident to complete a bingo wins! It's so much fun watching people try and decide which one to pick and how to pop those stubborn balloons!



### WELCOME NEW MEMBERS OF TEAM TLC

We are proud to announce the birth of two precious little ones to two of our wonderful aides. Tayanna welcomed darling little Miss Eliana and Shaylie welcomed precious Mr. Greyson. Everyone is home, healthy and doing well. Welcome to our Team TLC family little ones!!

