



Fun Times in Assisted Living

September 17, 2021 Edition

COVID STATUS

We currently have 2 COVID positive employees. They are quarantined at home. Our residents continue to remain healthy and well. As a result, our assisted living visitation restrictions must continue.

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

www.oddfellows.com/covid-19



*“It is the sweet,
simple things of
life which are the
real ones after
all.”*

*~Laura
Ingalls Wilder*

MUDDY FRIDAY NIGHT

I am a world class procrastinator who lives by the mantra - *never do today what you can put off and wait to do in a last-minute chaotic rush*. And, to add the cherry to the top of the sundae, I'm also late for absolutely everything. Oh, wait, there's more, add to that, I'm a volunteer-er. Sure, I'll help change your tires and hem your dress all before I fix dinner tonight, just ask me, I can guarantee you I'll say yes. But I'll be a chaotic tornadoe doing it.

Today I spent the afternoon watching teenagers play a cross between rugby and football in a field of knee-deep mud. It reminded me of being a kid and making mud pies. There was so much laughter and good-natured camaraderie between the players. One would tackle the other and then stand up and help them back up again. No bruised egos, just friends playing with friends.

It reminded me of a slower time in life when things were simpler. When we weren't in hyperdrive all the time with an endless list of things to do. How and when did we go from simple joys in life to endless lists of projects to complete? And why did we let it get so complicated after all?

As the person who volunteers for everything but also procrastinates her to-do list then is late to the event, my life tends to run in high speed most of the time. But on this muddy Friday evening as I sit on my back patio and type this to you, I'm hearing my dogs play (OK and yelling at them to get out of the tomatoes) listening to the bird's chirp, feeling the chill sneak into the warmth of the day. It's simple. Just a moment in time, but a moment that allows me to catch my breath. We need those moments, now more than ever. The simplicity of a perfect moment to help us catch our breath and regroup. The simplicity of playing in the mud or talking to the neighbor across the fence. We need to make time for those moments because it is in those moments that our soul finds healing. And in the end, it makes us better people. When my soul is calm, I'm actually a decent person to talk to, not a raving madman barking orders at everyone around me. Life is precious and life is short. Take a moment with me friends to slow down and enjoy it. Take the time for you. Even if it's only a few seconds at a time to breath in some fresh air. Grab onto those moments for all they are worth because they are the moments that we remember.

Blessings,
Kari

BEAT THE DRUMS

Christmas is coming!! OK, that probably wasn't funny because if you're like me that sentence is terrifying (remember, I'm a procrastinator). But if you're starting to wonder what to get your loved one for Christmas this year.

Might I suggest a drum set! Yep, you heard me, a drum set. We have added a new activity to our program, Drumming! Not only does it make a joyful noise, it is such a therapeutic activity. This activity works with hand/eye coordination, the ability of the brain to follow instructions that are given relatively quickly and it's an amazing way to vent out frustrations. Beat those drums!! Those who joined in our first activity all enjoyed themselves. We'll see who joins us next week, I know I'm going to watch for it and see if they'll let me join in!



YARNERS UNITE

The yarners of Odd Fellows united this week to show off their skills. Each at their own level. I think that speaks to a lot of things in life, we are all each at our own level because no two of us are the same. They came together to show their projects and work on a few new ones. As the weather cools, the yarning groups return. Hello Fall!



KEEP IT MOVING FRIEND

Chair exercise class is unarguably one of the best attended groups we have. I'd say second only to bingo.

This group watches out for each other. If a regular member misses, their group friends are checking on them to make sure all is ok. And don't sit in someone else's seat now, you will be reminded to move 😊 But this group not only takes care of each other's health, they take care of each other's mental health to.



SHALL WE PAINT . . .

I am always amazed at people who are able to paint. I mean really paint, actual pictures that really look like something. We have some incredibly talented artists at The Odd Fellows Home. Art class continues to have a loyal following. Each bringing their own special flare to the project. Though they all start out with the same example, each project is as unique as the artist creating it.



FAIRWELL BOCCE

That amazing voice you hear when you call in to ask questions will be different on Monday. Our Janelle is moving on with a new chapter in her career. I'm trying to find words to describe her. She is the master of all. Seriously folks, she even fixes cell phones. Janelle not only managed our entrance and telephone, she managed our resident phone system, triages situations, sorts through chaos and does it all with a smile letting the person standing in front of her know that they are the most important person in the world to her at that moment. And that doesn't even begin to touch on all that she does for each of us. Not to worry though, Ana will be taking her place and will take care of you just as compassionately as Janelle did. We celebrated Janelle's leaving with a two-on-two bocce game so that all could help celebrate. Thank you, Janelle, for your years of service and friendship. You are truly one in a million!



FACES OF A FRIEND



May you find many adventures, but always remember where home is.