



## Fun Times in Assisted Living

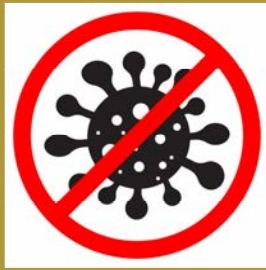
September 18, 2020 Edition

### COVID STATUS

The home front remains COVID free! Our Assisted Living Residents and Staff remain COVID-free to date.

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

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



**Live**

*like there is no tomorrow*

**Sing**

*as if no one can hear*

**Love**

*like you have never been hurt*

**Dance**

*as if no one is watching*

**Laugh**

*like no one is listening*

### YA DYING? 😞

I love my Dad, with my whole heart! But I was a teensy bit of a dramatic kiddo (imagine that 😊). When I would get hurt, fall down, skin my knee, whatever it was, I'd come crying into the house. My Dad would look at me and ask me if I was dying. I'd give him a pitiful, sniffly look and say no in my saddest little voice. He'd look back at me and say "Well kid, if you aren't dying, quit your crying and dust it off." I giggle now looking back at how many times he had to repeat that series of questions.

On my way to work this morning, just as I started my car, one of my favorite Tim McGraw songs was playing. The song was "Live like you were dying". Maybe that sounds a little morbid to some, but the song talks about all the things we put off or take for granted and how we shouldn't. We should live each day as if it were our last!

For most of my career I've worked with people who were leaving this world. The way I look at it, knowing when you'll leave this world is a gift. You can say all the things you never got a chance to. But we can also leave this world in a split second on our way to the grocery store. What happens then? So much gets left undone. Friends, say it, do it, dance with it, drive it, run with it, climb it, fly it, make it. That old phrase, don't put off to tomorrow what you can do today. IT'S TRUE!!

Let's take a little advice from my Pops and from Tim McGraw. If you aren't actually dying, stop fussing and dust it off. Then go out and live like you are!!

Blessings,  
Kari Randall, MSW  
Director of Assisted Living  
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*“And I loved deeper, and I spoke sweeter, and I gave forgiveness I'd been denying . . . . Someday I hope you get the chance to live like you were dying.”*

*Tim McGraw*

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## WHAT I LOVE ABOUT COVID . . .

Yep, you read that right. I said what I love about COVID. No, I haven't completely lost my mind (close some times, but not completely yet). What I love about COVID is YOU! Each and every one of you. I love the creativity you show in figuring out how to express your love to our residents in new and different ways. I love that you don't let isolation stop you from loving your family. Polly had a birthday today and her family got creative. They had a huge party for her, with just a window in between them. Songs, decorations, presents, love, even a super cute puppers joined in the party. I love that they didn't let this virus win. They figured out a way around it and made some amazing memories in the process. HAPPY BIRTHDAY POLLY!!!!



## WE DID A THING . . .

My teenage daughter and her friends have a saying. They will come up and say "Mom, we did a thing." Those words strike fear into my heart every time because goodness only knows what they've done this time – LOL! So families, we did a thing. But I think it's a good thing. We did a little experiment this week. Since the pandemic began, we've been required to cancel all group activities. As a result, we've been doing small hallway groups where residents sit in their respective doorways. Well . . . we experimented with a small group activity this week and reintroduced chair exercises. In very small groups and with designated places for each person to sit with sanitization in between classes. The result – THEY LOVE IT!! Being back together, even in a small group has been amazing. It's like a sneak peek at normalcy. Next week we are going to try and expand this a little with small bingo groups. Keep your fingers crossed that this continues to work!!



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