



Fun Times in Assisted Living

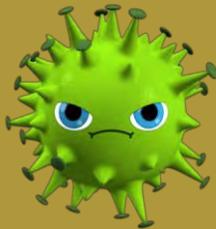
February 5, 2021 Edition

COVID STATUS

TLC remains COVID negative for both staff and residents!! Keep sending us positive thoughts. We are blessed to have no COVID cases.

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

www.oddfellows.com/covid-19



“When something goes wrong I your life, just yell “Plot Twist” and move on.”
Unknown

PLOT TWIST

I have this tendency to be an over thinker. I mean I can seriously think something into the ground. My family will literally tell me “Mom, stop, you’re thinking it to death again.” But my brain tends to run on all the “What if’s” in the world.

Enter in my friend. I have this silly friend who offers fabulous one liners that will stop you in your tracks. She’s the master of sarcasm. I can absolutely hear her saying the quote I found for today. I can see us walking down the sidewalk, me tripping because I really am that clumsy and her yelling out “Plot twist!” Then grabbing my arm and running for dear life, laughing the entire way.

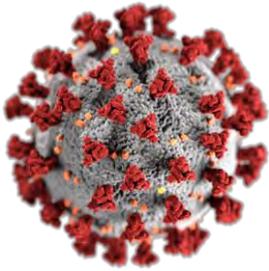
The twists and turns of life are hard for sure! But they don’t have to destroy us. You see, our brains have this immense power to interpret situations. When my daughter was a baby and would stumble and fall. If I didn’t react to her fall, neither did she. If I acted startled, she’d cry. That’s called perception. So much of our emotions are our brain interpreting what is happening both to and around us. Remember those really good movies with all the plot twists, those tend to be our favorite movies. Why? Because of the plot twists. So, when something goes wrong, yell out “Plot Twist”, try to laugh it off and keep moving forward.

Blessings,
Kari Randall, MSW
Director of Assisted Living

KEEP CALM AND CARRY YARN

A few needles, some fuzzy yarn and beautiful things begin to take shape. This week our ladies started a knitting group. I remember knitting circles from years gone by. This group takes me back to a better time. A time when friendships were made alongside of scarves and sweaters. Knit on ladies!!





THE COVID QUEEN

Do you ever wonder what we do to help keep your family safe? I'd like to introduce you to Kayla. We lovingly call her the COVID Queen. She even has the tiara and name tag to prove it. Kayla is one of our wonderful nurses. She pours so much of her energy each week into keeping your family members safe. Kayla tests approximately 250 employees every week with resident spot tests as needed. The picture next to Kayla is one of our testing stations. All our employees must be tested, those tests recorded and sent to the state each week. Why? To keep your family members safe and well. Who does all this each week? Our COVID Queen Kayla! A huge shout out to Kayla for all her tireless hours making this happen!



COVID CHAPTER TWO

This week we enjoyed an activity of a different sort. We hosted our second COVID vaccine clinic. What a turn out we had. We successfully vaccinated 86% of our residents with their second COVID vaccination. One better than that is almost none had any side effects! What a blessing indeed. I was so proud as residents came streaming in the doors. Each one there of their own accord doing everything they could to slow down the spread of this virus. A huge thank you to CVS Pharmacy for delivering and administering our vaccinations. And an even bigger thank you to our residents who stepped forward to receive the vaccine!!



COVID – THE NEXT CHAPTER

No pictures in this segment, but good info (I hope). There have been many questions about what happens next now that most of our residents are vaccinated. Governor Inslee has instituted a safe start plan for long term care facilities. We are currently in phase one. What does phase one mean? In a nutshell, exactly what we have been doing. So why get vaccinated? This is the rationale. For the safe start plan to move forward into phase 2, which does allow for some visitation, our regions case rates have to improve. While our case rates are steadily improving, we are still a long way from where we need to be. That is why the vaccinations. If we can slow the spread of the virus, our case rates will continue to steadily improve, thus allowing us to allow visitation. For now, everyone continues to wear masks. Staff in addition are wearing face shields. We continue to wash hands and maintain proper distances from one another. For the first time in forever, I can honestly tell you that I think we are going in the right direction. As I've said before, stay the course. We are finally getting somewhere!



DEAL ME IN

We have seen the return of our poker group. They have played several times this week and genuinely enjoyed themselves. I'm a slow learner, but I'm finally catching on that we can continue to do so many of our "normal" activities with some modifications. Like setting multiple tables together so people can be safely distanced and putting the discard pile on a tray that can be easily passed between players without people having to be too close. With this kind of arrangement, everyone's a winner!



CUPID IS SPREADING SOME LOVE

The residents have been enjoying channeling their creative spirit this week. They have been busy making homemade valentines' cards. It's always amazed me how everyone can start with the same supplies and end with entirely different results. The laughter and comradery along the way is an absolute bonus!



CANDID CAMERA

Enjoy these random shots of good times 😊

