

# February 2021

## St. Andrew's Place Assisted Living



Can you believe it is already February? The month of Valentine's Day and the celebration of the people we love. It may sound corny, but, we truly love providing services to our residents even the ornery ones (not that we have any, of course). Enjoying some chocolate and receiving flowers are on the list for this month.

Our residents love to hear from people, so, if you happen to have a few extra valentine cards you want to send out (great home art projects for kids) – send them our way – the residents will enjoy.

At St. Andrew's Place we are looking forward to the day when we can get back to normal. We have done our part by receiving both dosages of the Pfizer vaccine. We are ready when the state allows us to get back to normal. Meanwhile, the window visits will start back up and we are looking for volunteers to monitor outside so we may start outside visitations ~ stay tuned for that.

John Ozimkowski is back as our Activity Director. He still brings a sense of energy and excitement to St. Andrew's and he's ready to ramp up our activities while still respecting the COVID-19 guidelines. During all activities the residents are maintaining social distancing and wearing our PPE.

Happy Valentine's Day. Stay safe and healthy!

Laura Dodd  
Administrator

## This Past Month



## Getting Our Vaccines

Late this past December we managed to get our residents and staff on the list to receive the Pfizer COVID-19 vaccine.

The day of, there was a nervous anticipation in the air. Will it work, will it hurt, how long will our arms be sore, and am I going to grow a third nostril? Okay, maybe not that last one.

Those questions combined with the post injection observation time, to watch out for any adverse reactions, left everybody, residents and staff alike, a little on the edge when getting the shot.

But everything turned out fine. Sure, some of us had a stiff arm in the morning, and were a little more tired than usual, but nobody had any extra nostrils!

So when three weeks passed, and the time rolled around for us to get our second dose, we were all a little bit more relaxed, and a bit better prepared.

James was first in line, ready before even we were. He was going to get that vaccine, and he was going to get it first.

As more of our residents streamed on in, there was an energy in the air, everyone was much livelier than the last time. Excited conversations and jokes were all a buzz in the post shot waiting room.



“It’s the smallest shot I’ve ever had!”

“I hope they got me, because I didn’t even feel it”

“How do I feel? Oh with my fingers and toes just like always.”

People were happy and relieved, a weight that has been hanging over everyone’s heads for the last year has lightened.

Residents were grateful for this shot, felt happy and relieved that they could be protected from the virus. Finally a path to normalcy has begun to open up.





## Activity Update:

It is both an exciting and compelling time to be returning to St. Andrews Place as Activity Director. As you are probably aware over the coming months the residents here will begin coming out of a state of isolation that has taken a physical, emotional and spiritual toll. I believe I have been given this precious opportunity to serve as their guide and humble protector as we carefully reassess the world and begin to discover and reaffirm our place in it. I can assure you the challenge before us will be met with patience, understanding and a devoted solace to a higher calling. It will be my responsibility to provide each resident with a safe environment to explore and express their personal observances and devotions, to offer perspective on a changing a world and to provide daily activities and interactions to help strengthen both mind and body.

I have a background in counseling and a passion for travel and archeology. Starting this February I will be taking the residents on a weekly journey of the mind to explore some of the world's most legendary locations and precious artifacts. We will honor Black History month by reading authors such as Maya Angelou and Langston Hughes, and of course no activity program is complete without a party at least once a month, we are looking forward to Valentine's Day, Mardi Gras and the Super bowl. Finally I understand that adventuring out into the community is a vital component of our resident's wellbeing and will be cautiously and sensibly planning trips to scenic and accessible locations throughout the peninsula as guidelines allow.

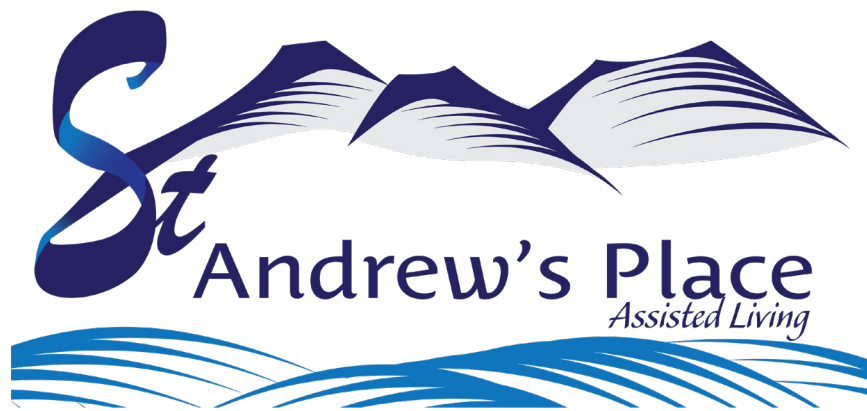
Thank you,

John Ozimkowski



# *St. Andrew's Place*

*Assisted Living*



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