

March 2021

St. Andrew's Place Assisted Living



We are ready! Here at St. Andrew's Place we are gearing up to "spring forward" and are actively anticipating the longer days and warmer weather. Our flower starts have been prepped and the outdoor planning has begun. Before you know it, the residents will be having lively tea parties on the back patio with custom mocktails and musical accompaniment (socially distanced of course).

March is a month of both seasonal transition and celebration. At St. Andrew's Place we are thrilled to be planning a St. Patrick's Day party with Rainbow beverages, corned beef and cabbage, and a special St. Patrick's Day guest!

Although Clallam County has moved to Phase Two of the Safe Start, long term care, which includes assisted living, are required to operate in Phase One. What this means is that St. Andrew's Place is diligently working hard to keep residents protected, and there are limitations on people entering our building. However, positive news is coming out daily and change is assured to be on the horizon. We are very hopeful that as more people are vaccinated, we will be able to move on safely.

Laura Dodd
Administrator

This Past Month



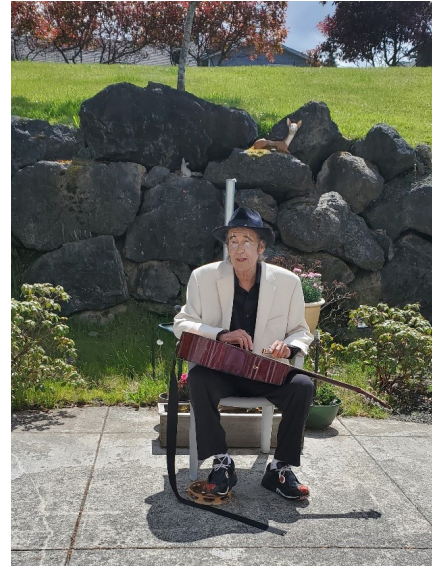
The Story of Richard

The story begins with multiple calls from different agencies about an elderly gentleman who was living in a situation that wasn't safe. We first began receiving calls from a social workers. They were concerned about his eating habits and felt he was being taken advantage of by his neighbors. This was followed by calls from his doctors and the fire department who were all concerned about his well-being.

Everyone described him as funny, kind, and unique. He was a professional clown, musical performer, and artist. But, he was also a vulnerable, elderly man who needed care and a safe place to live. As a low income person, Richard was approved for Medicaid as the source of payment. St. Andrew's Place was and still is the perfect fit for him as we accept people upon move-in on Medicaid.

When an apartment came opening, Richard moved in within days. For over a year and a half Richard has had a safe home that takes care of his meals, housekeeping, and laundry. St Andrew's Place monitors his medical needs. He is able to be the performing clown, musical performer, and artist every day. His art is hung up throughout the building, the resident's and staff love his music and antics. He enhances everyone's day. In a world we can't really participate in right now his gifts become even more priceless.

Richard was able to move in because of the generosity of United Way and other business and people supporting St. Andrew's Place who make it financial feasible to provide a safe home and services to vulnerable seniors.





Our Fuzzy Friends

St Andrew's Place is a pet friendly community. We recognize the important benefits pets can bring to our residents. Not only are they warm and fuzzy (assuming we are not talking about a goldfish), studies have shown that owning a pet can help to reduce stress, anxiety, and blood pressure, as well as provide a sense of purpose.

As we age sometime it can be hard to get up in the morning, start the day, and be active. Owning a pet gives purpose and a motivation to rise-and-shine, and see what the day holds. After all, there is a fuzzy friend relying on them, needing them to get up and care for them. Exercise is vital not only for the resident but also for the pet. Taking a pet, such as a dog, out on a walk is a great way for a resident to get in their exercise and fresh air.

And it's not just the owners that gain benefits from pets being around. Other residents can gain enjoyment as well. That friendly wagging tail, or those fuzzy ears that want a little scratch behind them are joys for all, not to mention it offers a good chance for residents to chat and socialize.

Pets (within reason, a full grown alligator or a Clydesdale probably won't make the cut) are welcomed here at St. Andrew's, as long as the resident can take care of and clean up after it.





A Word From our Activity Director

This last month here at St. Andrew's Place was filled with fun, adventure and reflection. We seized the opportunity through our cultural and literary activities to embrace the trials and tribulations of the last year. No doubt the residents understand something we should all remember; they believe in a shared view we can still achieve anything together.

Much like the tulip bulbs beginning to surface and pierce through the recently fallen snow we are also looking forward to blooming in the spring sun. I have had to open both sides of the dining room to accommodate the (socially distanced) increasing number of residents eager to get stronger through exercise, tai-chi and guided meditations. Our weekly exploration into the past is a popular event and many of our residents have traveled the world and bring differing and insightful experiences to our archaeology and travel segments. This last month residents shared some of their own personal artifacts collected through their worldly journeys including items from China, Northern Africa and Pompeii.

With the warming weather we are anticipating March picnics and excursions to the Olympic Game Farm. Stay tuned this month, there are whispers in the wind of a special St. Patrick's Day guest who will be visiting and bringing with them a little luck of the Irish for everyone.

John Ozimkowski,
Activity Director



St. Andrew's Place

Assisted Living



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