

April 2021

St. Andrew's Place Assisted Living



Happy Spring Everyone!
With open arms, we welcome Spring!! The sunshine brightens our spirits and the heat will surely follow. The flowers are already blooming. Getting ready for gardening, taking our exercises outside, and lots of fresh air inspires us!

COVID is still on the top of our minds. All residents and employees have been given the opportunity to get vaccinated. St. Andrew's Place is slowly heading in

the direction of getting back to normal with the new updates to the Long Term Care Reopening plan from the Department of Health. Indoor visitation for visitors or residents that have been fully vaccinated are now allowed per the Reopening guidelines. For visitors and residents that has NOT been fully vaccinated outdoor visitation and window visitation are allowed. Please note all visitations need to be scheduled in advanced with the front office. Masks are still required to be worn at all times while at St. Andrew's Place regardless of vaccination status.

St. Andrew's Place takes pride in being the best assisted living. We are dedicated to compassionate care for all elders. The care is given by professional staff that truly has heart. Our care encompasses the physical, intellectual, and spiritual aspects of our residents. Our strong belief is meeting everyone's need no matter what their financial situation. As the number of Medicaid residents have increased significantly over the past two months we are forecasting a potential financial shortfall, making fund raising a priority. Please consider helping us with a donation.

Enjoy the sunshine!

Laura Dodd
Administrator

This Past Month



Activities

The month of March was full of adventure and exciting past times. We made sure every resident got the chance to visit the Olympic Game Farm if they wished, our bus worked overtime to make the four trips needed to get our residents there safe and socially distanced. And other than a little Buffalo slobber and a few bread crumbs we left with fond memories. The days are now longer and starting to get a little warmer. We took the opportunity to have a picnic on the bus at John Wayne Marina on a crisp beautiful afternoon which provided the residents a chance to get some rays and exercise in a serene setting.



The Sunshine has been flowing through our big front windows and is a perfect place for daily Tai-Chi and exercises. I can happily report that many of the residents who joined our workout program back in January are showing signs of enhanced mood and increased balance, coordination and strength.

April showers won't be stopping us from more outings and greater adventures. We are planning on going to Port Townsends Chetzemoka park on the 20th and 21st and will be picking up a hot deli chicken picnic to enjoy.



Due to COVID guidelines we are still unable to bring in live performances. This, however, has not stopped us from thinking outside the restrictions. We have the privilege of viewing a live play, put on by Key City Public Theater via zoom later this month. Finally, with Easter just around the corner the Bunny has been sighted making preparations for a chocolate egg hunt with help from his friends.

John Ozimkowski,
Activity Director

Laughter as Medicine

Socializing, having fun, and good laugh with others are sure ways to improve your day. But laughing may be more than a mood booster.

In older adults, studies have shown that laughter can actually help bring about a number of mental and physical benefits. It increases blood vessel function, relieves stress and tension, improves memory, and can boost overall happiness. Laughing also increases dopamine and other stress-reducers in the body.

Along with providing a boost to the immune system, laughter can reduce blood pressure and cholesterol by increasing blood oxygenation and aiding circulation, which can positively impact seniors suffering from high cholesterol and heart disease. In addition, laughter can increase levels of endorphins, which help regulate pain in the body. A good laugh can ease social interactions as well. By laughing with one another, people can form bonds improve socialization and relations with others.



At St. Andrew's Place, we are home to 41 fabulous residents, and we of course want the best for them. In the past (pre-covid) we would regularly bring in a laughter specialist to



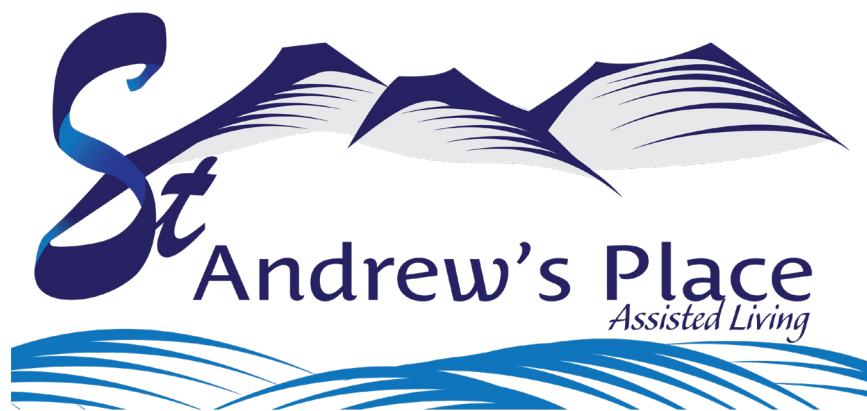
*Pictures are pre-Covid-19

get our residents to give a good chuckle. It doesn't have to be genuine laughter to gain some of the benefits either. (Although it does help) As many of the benefits are caused by the increased air/blood flow with the extra exercise the diaphragm is putting in.

Laughter is a key to good health and mental wellbeing. Have you had your laugh today? If not, put on a funny video, let a good ol' hearty chuckle, and just keep on laughing!

St. Andrew's Place

Assisted Living



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