

May  
2021

## St. Andrew's Place

Assisted Living



May is finally here and we are excited to welcome nicer weather. Not only does it improve our mental well-being to see the sunshine, but we are also happy to be able to go outside, to stretch our legs and be part of the community again.

Being cooped up is not fun! John, our Activity Director, has taken activities outside as often as possible. We

hope to start BBQ'ing soon again this year, once we acquire a new one as the old one no longer works. The smell and the taste of meat cooked on the BBQ... yummmmm...

A shout out and thank-you, to all the friends and family members that have visited St. Andrew's Place. We appreciate everyone following the policy and procedures in place to keep everyone safe from contracting COVID. Infection control is a top priority for us. Family and friends will be allowed to visit inside on Sunday, May 9th for Mothers' Day. Please call and set up a time to visit.

Like many people and businesses, there are still many challenges that we are navigating, as it pertains to COVID. I'm proud to say, St. Andrew's Place has an outstanding team of dedicated employees that always rises to the occasion, and tackles whatever challenges are thrown at them.

And with that, I wish everyone a Happy Mother's day, hope we all have a warm and bright Spring!

Laura Dodd  
Administrator

## This Past Month



## Activities

The month of May has arrived on the Peninsula! Here at St. Andrew's Place, that means outdoor gardening, tie-dyeing shirts and masks, and lunch trips to Ocean Beaches!



We have a lot planned this month including two afternoon scenic adventure trips, and two morning shopping trips, each and every week. New to the calendar, our activities department will be hosting an open technology hour every other Monday which will help assist the residents with their phones, tablets, computers, and other devices. Along with the technology hour we will also be offering bi-monthly walker and wheelchair cleaning and maintenance.



Last month was exciting as we began to emerge from our Covid-19 hibernation and started returning to the community. Many of our residents enjoyed some long anticipated retail therapy and we are planning on giving them the opportunity to get to even more stores in May, including goodwill, Joan's Fabrics, and even Port Angeles' own Swains.

We will continue to follow all COVID protocol to keep everyone safe so we can continue to enjoy being out in our community.

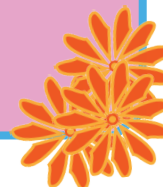
John Ozimkowski,  
Activity Director



Don't Forget,  
Mother's Day is May 9th

Call and Schedule a Visit:

360-417-3418



## Driving in Assisted Living

In today's day and age, driving yourself around is the norm for all ages. The liberating notion that if at any point you want to head out, you can. Shopping, eating out, going for a stroll on the beach, anything! You don't need to call a cab, wait for a bus (not to mention the walk to and from stops), or hope for an available shuttle that can take you to your destination.

However, as we age, driving can start to feel more and more like a chore to struggle with, rather than a convenience. Reactions dull and eyesight becomes blurry as we age, making driving far more stressful and dangerous. It is not uncommon for senior drivers to accumulate many more dents and scratches in a vehicle than typical drivers.

Not to mention that the price of owning a car can become cumbersome, depending on the circumstances. Gas, maintenance, parking, insurance.... They all add up, especially if you are still financing and making payments on the car.

Of course not everybody is the same, many seniors still retain good driving capabilities, and are in a position to take great advantage of being able to drive themselves about.

How about in assisted living? While the conditions differ from community to community, here at St. Andrew's Place we encourage our residents to have as much control, independence, and agency in their lives as they can, and are more than happy to see our residents, at least those who are safely able to, have their own vehicles to drive about, should they feel the need to do so. We understand the need our residents have for transportation, whether it be shopping for groceries, doctor visits, or anything else in-between.

Not every resident has their own car though, but there is still that desire to go out, get some fresh air and a change of scenery. So when the weather allows it, we go out on fun field trips to the local parks, trails, and waterfront so we can take in and enjoy our beautiful surroundings! St. Andrew's frequently schedules trips to the local stores so residents can get out and pick up some personal items or a pint of ice cream or two. And, we are very fortunate in Port Angeles to have the Access bus available for residents to go almost any place locally.

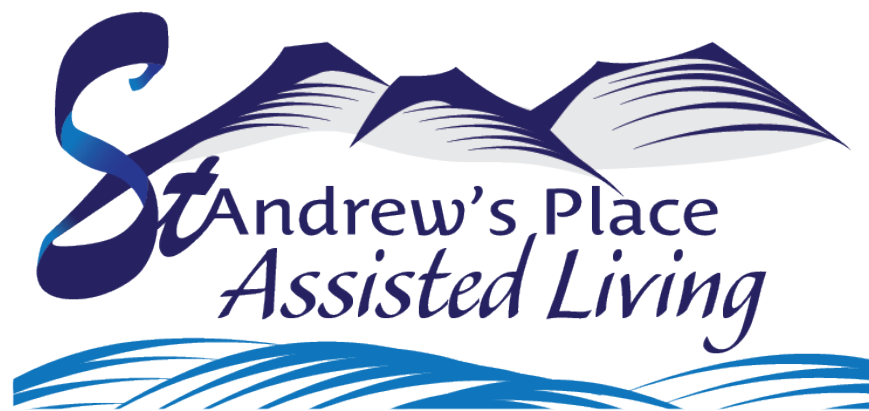


Ultimately, whether a senior should still be driving themselves, or if they should be relying on other methods of transportation, depends on their unique situation. However we here at St. Andrew's Place are supportive of our residents getting out there and being active in the community, no matter what path they wish to take!



# *St. Andrew's Place*

*Assisted Living*



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