

Good evening,

We have one resident on precautions today.

It's a quiet day at the lodge for a good Friday. Most of the business office staff are off today. Thanks to our families we still had some visits to the window and phone calls. Our staff sick calls have settled.

We are at approximately twenty seven (27) days of lock down. How do we stay positive in the situation that we are all in? Isolation can really impact a persons psyche in a negative way. Too much time on your own can be difficult. We are aware that some of our family spent the majority of their days in GLL and were able to socialize with staff, spend time with your loved one and spend time in the lobby watching the world go by sharing conversations with friends. You contributed your time volunteering with our staff helping other residents, forming close bonds with other family members. We want you all to know that we think of you often and want to make sure that you are caring for yourself during this time. This is a really big adjustment to your schedule, your days, weeks have all been altered by no visits to the lodge. Take care of yourself during this down time!

Write in a journal every day. Make sure to be specific! A number of studies have found gratitude to be linked with positive emotions, and overall well-being and life satisfaction. Our great-grandchildren may never live through a pandemic like what we are in. Write about your experience, so that you can share it with your family one day. Go thru old photos and give them to family, old letters, crafts, etc.

Listen to music. Research has shown that music activates the region of the brain that releases the feel-good chemical dopamine and also relaxes the body. So “happy” music can, in fact, make you feel happier! Our residents LOVE MUSIC. You can instantly see a change in all of there faces when they hear music! Sitting listening to piano is a favorite pastime of our residents. You might enjoy this song! <https://youtu.be/rTVjnBo96Ug>

Share positivity by sending one thank-you email or doing one kind act every day. There are several studies that show that acts of kindness can boost happiness, reduce depression and even help you live longer. Make a sign for the residents at the lodge! Bake some cookies for the staff! Send a card to a neighbor on your street.

Challenge your negative thinking. Ask yourself, “Is there another more positive way I could view this?” Hundreds of studies have shown that being able to think optimistically is good for your health and well-being. It takes work to stay positive. In this current world it’s easy to be negative, but it’s unhealthy. Start with one positive thought...”the sun is out today.” That’s it...just one. Then go from there! It is nearly impossible to work in a personal care home and be in a negative state of mind. We are surrounded by so much history and experience that in itself challenges your thinking everyday! We have some very colorful residents that bring so much joy to our day!

Smile. It might sound simplistic, but research has shown that it might actually help you feel happier. Feedback sent to the brain from facial muscles may impact the development of emotions. So smile at the next person you see! Chances are they will smile back. Many of our residents respond to a simple smile, it brightens their day.

Remember to continue with social distancing even if the stores start to open up and the city seems like it’s moving in a direction of normalcy.

We wish you all a peaceful and healthy Easter weekend. We hope that you are all keeping well, practicing social distancing and staying close to home. We thank you for your continued support, positive comments and prayers~

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"Because when you stop and look around this life is pretty amazing" - author unknown

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