



THE SANDSTONE SPECTATOR

A monthly newsletter brought to you by your family & friends at Sandstone Senior Living

FEBRUARY 2021

Top stories in this newsletter



Staying Healthy This Season & A Covid 19 Vaccine Update



A Peek at the Month Ahead (Activities!)



A Look at Last Month's Fun



Family Focus!



A Quick HI from Angie!

Staying Health This Season & A Covid 19 Update



Your monthly reminder to stay healthy! Covid and the flu are upon us, and it can not be repeated enough to help keep yourself healthy by:

- ◆ **Get the Covid Vaccine.. Call your local doctor to schedule!)**
 - ◆ **Exercise and get plenty of rest**
 - ◆ **Eat your fruit and veggies**
- ◆ **Stay hydrated.. Fluids, fluids, fluids!**
- ◆ **Wash, wash, wash your hands!**

We have been seeing the positivity rate in Lawrence County continue to decline! The most recent weeks number is 11% ~ so close to the 10% guideline! Indoor visits can begin to occur once the positivity rate in Lawrence County drops below 10%. **See note below regarding the vaccine and visitation.

If rates are above 10%, outdoor visits, window visits, and zoom virtual visits will continue. Please give our home a call to schedule an appointment. (605.642.4910) Once we are able to begin indoor visits, we ask that you call the facility to schedule a time. As with outdoor visits, each resident can have (1) scheduled visit per day, with (2) loved ones. At this time, we are not able to allow those under 18 to visit. Please remain in your car until we are able to sanitize the area.

All visitors will continue to be screened prior to a scheduled visit (temperature taken, hand hygiene performed, and masks worn for the entire visit). Thank you for your patience and understanding during this time!

****VACCINE UPDATE:** On January 21st ALL caregivers and residents will be receiving the 2nd dose of the Covid-19 vaccine. All indoor visits will continue to be outside/window/zoom until everyone has received their 2nd dose. If you have any questions, please give our home a call!

The state of South Dakota CDC released a statement last week that they have moved to category 1D on Monday, January 18th. *Person's eligible for the vaccine: *Aged 65+ (focus on 80+ at this time), *Patients who are immunosuppressed, *Patients with active cancer treatments, *Patients w/2 or more underlying health conditions, *Teachers, *Funeral service workers.*

If you or a loved one are in this group, call your doctors office to see when they will have the vaccine available, and schedule your time to receive it!

A Peak at the Month Ahead ~ Love is in the air!

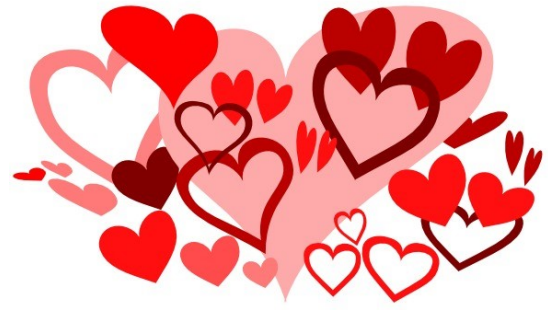


Take a peek at what we have planned for February at Sandstone Senior Living. **Please check the bulletin boards for times and additional information**

- 1st UL & LL Ice Cream Social
- 2nd UL Manicures
- 4th UL & LL Birthday Cupcake Social
- 7th UL & LL SUPERBOWL!!
- 8th LL Manicures
- 12th Chinese New Year Lunch
- 15th Happy Presidents Day!
- 14th Happy Valentines Day!
- 15th UL & LL Mardi Gras Mask Craft
- 17th Ash Wednesday
- 22nd Bible study w/Laura (Our Saviors)
- 25th UL & LL Resident Council Meeting

A Few Fun Things To Plan On Weekly:

- ♦ BINGO now 2 days a week!
 - LL ~ Tuesday AND Friday
 - UL ~ Wednesday AND Saturday
- ♦ Hope Lutheran Church ~ Wednesday
- ♦ Exercise Mon—Fri 10am (both levels)
- ♦ BEAUTY SHOP! Every Friday
- ♦ Happy Hour every Friday!



happy
birthday

8th: Helen E!

8th: Minda B!

*We will be celebrating
our family birthdays
THURSDAY, February 4th!*

A Message from the Activity Desk!

Hi everyone!

I am looking forward to all the fun activities we have planned for February ~ Ground Hog Day Treats, Mardi Gras Masks and don't forget Fat Tuesday!!

Carol is getting excited about the Chinese New Year lunch she is planning.

Lets Kick off February with a Bang!!

Please come join me!

Laura Lee

A Look Back at January!



HAPPY 2021!! January brought the vaccine to Sandstone! Every resident and caregiver was given both doses ~ the start to returning to a new normal! We celebrated the new year with our Noon Years Eve luncheon that even had a 'ball drop' to bring in 2021! Take a peak below at the memories from the month...



VACCINE TIME!



Happy "Noon" Years!



Family Focus! Get to know your family and caregivers!



This month's Caregiver Focus is our Deb O! .

We've seen Deb around our home for over 3 years now! She has been a CNA for 7 years and finds her work very rewarding! When she's not at Sandstone, you can find Deb outside walking her dog, hiking, cooking, painting or recycling stuff to make crafts! She loves spending time with her family and friends! We love her contagious laugh and energy!!



Say HI and HAPPY BIRTHDAY To Barb H!

Barb has been part of our family since February 2013! She came to Sandstone from Sturgis. You can always see Barb with a smile on her face and participating in all the activities scheduled. Her favorite activities are exercise, coloring, playing Farkle and bingo! She enjoys swimming and can't wait to get back to 'normal' so she can go to the pool with her friend, Tim.

A favorite quote of Barb's (that seems SO fitting right now") is: *When life gives you lemons, take them and make some lemonade!* Thanks for always making us smile and for being part of our family, Barb! AND HAPPY BIRTHDAY!

A Quick HI from Angie!

hello

Another month has come and gone ~ and it seems like winter has finally made its appearance. Have you had a chance to go and "like" our Facebook page? Invited your friends and family? Have you been on our website lately... notice any changes? :) We've been busy giving it a facelift! Hop on over and check it out!



January saw us all receiving our Covid vaccines ~ I am now looking forward to the day I can send out a Monday update that says INDOOR visits! Please check out the guidelines for the indoor visits (on the 1st page of this newsletter!). I look forward to hopefully seeing you all in person again very soon! If you have any additional questions regarding indoor visits, scheduling a zoom or outdoor visit, please don't hesitate to give our home a call and we will get you set up!!

Cheers to good health today and always!

~Angie



Winter is here, hurry off little squirrels
Time to sleep and hide
Bears, bats, bumble bees
off should you go too, goodbye
Winter is here

~Maria L

www.randomlyabstractwordpress.com

