



THE SANDSTONE SPECTATOR

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

DECEMBER 2020

Top stories in this newsletter



Staying Healthy This Season & A Covid 19 Update



A Peek at the Month Ahead (Activities!)



A Look at The Past Month's Fun



Family Focus! Get To Know Us!



A Quick HI from Angie!

Staying Health This Season & A Covid 19 Update



Well, as if it isn't enough that we are dealing with COVID-19, now flu season is knocking on the door. Your and your loved ones health is the number 1 priority during this time.... My husband read an article in the Men's Journal that I thought had some great tips for us all to stay healthy during the flu season, and the pandemic:

1. Get a flu shot!
2. Exercise
3. Keep your stress down
4. Eat your fruit and veggies
5. Stay hydrated
6. Get your rest
7. Wash, wash, wash your hands!

With the holidays approaching during the pandemic, the American Medical Association put out an article that I thought you all might want to read ~ it is a good reminder of the importance of social distancing to reduce the spread ~ and that the health of your loved one is our #1 priority. Click on the link below to read the article:

<https://www.aha.org/press-releases/2020-11-19-ama-aha-ana-issue-open-letter-urging-public-scale-back-holiday-gatherings>

The weather has been pretty cooperative for our visits, but we know that it will be turning colder. We have a plan for indoor visits~ these will take place on our lower level. Indoor visits can begin to occur once the positivity rate in Lawrence County drops below 10%. You should receive an email from me on Monday mornings with the weeks current data. **If rates are above 10%, outdoor visits and window visits will continue. Please give the facility a call to schedule an appointment.

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!

A Peak at the Month Ahead ~ It's the Holiday Season!



Wow! We made it! It's the Holiday Season! Christmas songs, the smell of baking cookies, and smiles everywhere. Take a peek at what we have planned for December at Sandstone Senior Living: (Please check the bulletin boards for times)

- 1st Salvation Army Angels Deliver gifts!
- 3rd December Birthday Social
- 7th Manicures (Lower Level)
- 7th Peppermint Ice Cream Social!
- 10th Manicures (Upper Level)
- 14th Christmas Card Craft
- 17th Resident Council Meeting
- 21st Christmas Cookie Decorating
- 24th Christmas Carols and Snacks!

- 25th Merry Christmas!
- 28th Bible Study With Laura
- 31st Happy New Year To You All!

A Few Fun Things To Plan On Weekly:

- ◆ BINGO! LL ~ Sundays AND Tuesdays
UL ~ Wednesdays AND Saturdays
- ◆ Hope Lutheran Church on Wednesdays
- ◆ Exercise Mon—Fri 10am (both levels)
- ◆ BEAUTY SHOP! Every Friday
- ◆ Social Hour every Friday!



And... We Wish A Very Happy
DECEMBER Birthday To Our
Family and Friends:

- 4th: Maybelle K!**
- 10th: Clarence E!**
(The Village)
- 24th: Jean O!**
- 25th: Sherry H!**
- 29th: Jeremy S!**

*We will be celebrating our family birthdays
THURSDAY, DECEMBER 3rd!*

*Keep an eye out for the December
Calendar for more details!*

A Look Back at October and November~

*Thankful
Grateful
Blessed*

We didn't get to go on our annual Fall Leaf Tour ~ but want to **THANK YOU ALL** for sending us pictures of the beautiful leaves in the Black Hills. Our walls were covered with the beauty of the season. Take a peek at our Halloween costumes and more fun!



HAPPY FALL

BINGO IS BACK!!!!



And, our pumpkin decorating winners were:

We are so thankful for our Veterans!



Something New... Family Focus! Get to know your family and caregivers!



Something new to share with you! Every month we are going to randomly choose 1 caregiver and 1 (or 2!) resident to focus on! We are a family and want you to get to know us all!!

This month's caregiver is our very own LAURA F! She took over the role of Activities Coordinator ... she's the one who gets to have fun with our residents! Here's your chance to get to know her!

Laura was born in California and was Miss Baby California in 1974, Miss Midlothian Texas in 1989 and was on the USA Swim Team for 8 years! In her spare time, she is a certified family historian and the South Dakota State Commissioner for the Clan Campbell Society of the Northwest. She would love to tell you more about both of these ~ you will learn a lot from her!!



Laura has 2 awesome kids ~ Emma is a sophomore and Ethan is an 8th grader. She loves spending time with her family and friends and is SO excited for her new role at Sandstone ~ she would love to hear your ideas for activities!

We have 2 new family members since our last letter, so it seems fitting that we take a minute to get to know them both!



Miss Lillian M recently moved to our upper level! "Bill", as she likes to be called, lived in Salem, SD ~ where she was married to her husband for over 50 years. They had 2 sons ~ Bill says she is very proud of how smart both of them are! She worked for years as the secretary for her husband. When they both retired, they moved to the Black Hills. If you stop by and say hi to Bill... you will most likely see her doing crossword puzzles!



Miss Willanore R, aka "Willie" moved to our lower level just this week! She was born and raised on a sheep farm in Harding County (50 miles north of Belle Fourche!) Willie was a switch board/telegraph operator in her working days. Willie was married for 53 years and has 3 kids and 18 great grandchildren!

We are so happy you both are part of our family!!! And we look forward to getting to know you both!

A Quick HI from Angie!



Happy Holidays to you all! It is hard to believe it is that time of year again. I wanted to take a second and send you all a wish for a happy and healthy Christmas season! I know it has been a strange year (to say the least), but thank you for allowing us to care for your loved one. I have enjoyed getting to know you all this year and look forward to 2021!

I hope you all have had a chance to visit with Laura! She is doing an awesome job with activities and the residents are enjoying her energy! Be on the lookout for more pictures throughout the Christmas season of what we are doing at Sandstone!

Lastly, you have a second, please go and like our Facebook page ~ and invite your family and friends!



I hope you enjoy the newsletter's new look ~ If there are any topics you would like us to have in upcoming newsletters, please let me know!! Have a Merry Christmas and I look forward to seeing you all in 2021!!

~Angie