



THE SANDSTONE SPECTATOR

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

JANUARY 2021

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



We are in the midst of the flu season ~ and cold weather. We can never have enough reminders during this time of year with what we can do to keep ourselves and others healthy. Adding Covid to the mix definitely makes doing these things even more important.

- ◆ **Get a flu shot (and the Covid Vaccine.. When its available!)**
 - ◆ **Exercise and get plenty of rest**
 - ◆ **Eat your fruit and veggies**
- ◆ **Stay hydrated.. Fluids, fluids, fluids!**
- ◆ **Wash, wash, wash your hands!**

Keep an eye out on Monday mornings for the weekly Positivity Rate letter from me. We track weekly what the rate is and have a plan in place for indoor visits. We have been pretty blessed with the weather so far. It has been pretty cooperative for our visits, but it is turning colder. Indoor visits can begin to occur once the positivity rate in Lawrence County drops below 10%. **If rates are above 10%, outdoor visits, window visits, and zoom virtual 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!

VACCINE UPDATE: You have all seen on the news that the FDA has approved 2 vaccines. In South Dakota, Sanford, Avera and Monument Health have received their 1st distributions. At this time, we do not have a date for when Sandstone will receive our vaccine. Connie has been in touch with Walgreen's to administer the vaccine when it arrives. As soon as a date is determined, Connie and Torie will be in touch with each resident and their Power of Attorney for consent to administer. If you have any questions, please give the facility a call! Thank you for your continued patience during this time!

A Peak at the Month Ahead ~ It's a New Year!



HAPPY NEW YEAR!! Take a peek at what we have planned for January at Sandstone Senior Living. **Please check the bulletin boards for times and additional information)**

January

- 1st Happy New Year!
- 4th Ice Cream Social
- 5th Podiatrist is Here!
- 7th January Birthday Social!
- 11th UL Table Talk w/Laura
- 12th UL Manicures
- 14th Resident Council
- 18th Bible Study w/Our Saviors
- 21st LL Table Talk w/Laura
- 25th UL Bird Feeder Craft
- 26th LL Manicures
- 28th LL Bird Feeder Craft

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
- ◆ Happy Hour every Friday!

Happy Birthday

It's a New Year!
Time to celebrate our
January Birthdays!

5th: Marlys M!
8th: Dick F!
11th: Lois M!
17th: Angie B!
18th: Phyllis W!

We will be celebrating
our family birthdays
THURSDAY,
January 7th!



DO you have an idea for an
activity or craft?
If so, we want to hear them!!!

A Look Back at Thanksgiving and December~



With Covid still around, we tried to make Thanksgiving as special as possible and spread Christmas cheer to our residents. Take a peak below at our Thanksgiving wishes to you all... and some Christmas cheer! Our home was filled with Christmas music and the fireplace 'crackling' ~ Christmas love abound! Bring on 2021!!!



Thankful Messages

From Our Residents to You!



It's The Most Wonderful Time of the Year!



Bent Willow Designs delivered Christmas cheer this month!



Our Thanks to the Forgotten Elderly Program for the wonderful Christmas gifts, our local schools for the cards and ornaments, the kind community members and families who thought of us this season!! Your kindness brought smiles to our faces!



Ms. Baker's 7th grade English class made us all ornaments!

Ms. Vavruska's 2nd grade class made us all some awesome cards!



Family Focus! Get to know your family and caregivers!



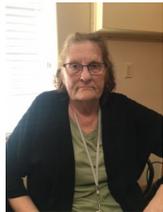
This month's Caregiver Focus is our Amanda R! She was randomly chosen to win a turkey that was donated to Sandstone... so, she is also the lucky caregiver focus! Here's your chance to get to know her better~



Amanda has been our family member for almost 2 years (she has been in healthcare since she was 16!)! You will usually see her on the evening shift, as the team lead! In 2020, Amanda married the love of her life and makes her home here in Spearfish with her husband and 2 "very smart" kittens.

Amanda grew up in Ohio, and moved to Spearfish in 2018. A fun fact, she was born the day after leap year! In her free time she likes to organize (a girl after my own heart!!!) and do crafts. She has been making a scrap book of every newsletter since she started with Sandstone!

This month I want to introduce you to our newest family member, Vera R!



You will notice a new face on our UL ~ Vera recently became part of our Sandstone Family! She was born and raised in Virginia ~ she left there when she was 19 and moved to Seattle. While in Washington, she got married and had 4 kids. Her family moved to ND, where they lived for 20 years!

Vera was a CNA during her working years and LOVES football and being with her family. She has 3 amazing grandchildren. Welcome to our family, Vera!

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!

hello

HAPPY NEW YEAR!!!!

I know I've said it already, but I have to say it again ~ THANK YOU to all of you who took time out of your busy Christmas season to drop off goodies for our caregivers! THANK YOU to those in our amazing community who made cards, ornaments, sent flowers and sent well wishes for our residents. THANK YOU to our families who dropped off goodies and items for our residents! This season was the hardest one for them and your caring hearts and generosity brought smiles to all of our faces. For that, we can't thank you enough.

I hope you are all enjoying the new layout of the newsletter ~ as always, if there is anything you would like to see changed or added, PLEASE let me know!! I love input and ideas.. If there is a family who would like to have a story added in (family history, fun story, anything!) I would love to have this be an interactive letter. We are all a big family and I want everyone to be included!!!

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



I Look forward to the day I can send out a Monday update that says INDOOR visits! Until then, please stay healthy. Enjoy your family during this busy season. I will see you all in the NEW YEAR!

Cheers to good health and happiness today and always! ~Angie



*Wishes for A Season Full of Love
& Laughter, and Good Health in
the New Year
From All of Us Here At
Sandstone Senior Living*

