

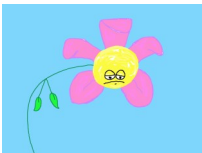
THE CHATTERBOX



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SORRY! NO
ORGANIZED
EVENTS
FOR THE
MONTH OF
MAY ...



Be sure to
wish a Very
**Happy
100th
Birthday** to
Arlene
Severson on
May 10th!!

Mother's Day is Sunday, May 10th.

It is sure to be quite different than years past since the threat of Covid 19 is still around us. We hope however you spend the day, it is a pleasant one. The social distancing guidelines have made us learn to stay connected in different and sometimes more creative ways.

If you can't be with your loved ones during important holidays, birthdays, milestones or anniversaries. Maybe try going through old photos, organizing them, or sending a surprise box of them to your loved ones. How fun to write short explanations or stories to go with some of them. These are valuable, meaningful sentiments right now. Staying connected, fighting feelings of loneliness and the blues, show love, give love (even if it's from across a phone line). Remember the good times and dream of more to come. Hang on, keep the faith, reach out, be a friend, be generous, be kind, be understanding. We really are all in this together (apart).





MASKS...THE NEW ESSENTIAL FASHION STAPLE FOR 2020

So here we all are. Smack dab in the middle of a world pandemic. Who would have imagined when we were wishing each other Happy New Year that this madness would be coming our direction?!

During this scary time, so many of our residents have stepped up like the wonderful people they are and have been busy making masks, donating materials to make masks, getting them to other residents who need them, and most importantly all of you who are **wearing** the masks!! When I started to get ready to write the article I soon realized I was going down the rabbit hole...so many people are involved and have given of their time, talents, love and materials. (please forgive me if your name is not mentioned)

We have many talented ladies who can sew but the #1 problem has been obtaining elastic. Kathy Calkins made quite a few masks but ran out of material so her neighbor Evelyn Larrison helped her out with that but then she ran out of elastic so her other neighbor Barb who was currently in Texas sent her elastic from there and her sister sent her some from IL and a friend sent some from Virginia also another neighbor Colleen Herwig also supplied some elastic to the cause. So when you see these homemade masks you may think they aren't that big of a deal when actually they are the biggest deal around!! Kathy made some of these masks for her son's friend and his crew who are EMT's she thinks she made about 80 masks total. Evelyn who donated materials to others also made some masks for a dental clinic who also needed special hats made too. She made them for family and in her words "to fill in the cracks" for others she comes across that are in need. Just think if we all filled in the cracks where others need help what a wonderful world this would be. Then we get to Judy Collins and Kay Kinderman who have probably made somewhere in the 200 mask range. They donated them to everyone and anyone in need. Judy has a granddaughter who works at John Hopkins and sent them a couple boxes of masks and also a couple boxes to a friend who works at a hospital in Philadelphia. Retired nurse, Jeannie Widra made them for all her co-workers at Pick-n-Save! Others who have made masks to protect family and friends are Monnie V. and Starr Veaser and Kathy Kessler, Barb Nelson, Roxanne Joyce, and Joan C. Shirley Goldbin made herself two...one to keep in the car and one for at home.

MASKS...continued....



Many of the ladies say they would have kept sewing but have run out of elastic, and fabric. Fabric can be quite costly if you have never bought it before you may be surprised.

Joe Joyce said he keeps his doors locked because Judy Collins has threatened to steal the elastic from his underwear in his nightstand to use for her masks...haha just kidding of course!! Got you Judy!!

Then of course we have these handsome fella's like Tormey who may be just a bit too cool for the conventional mask. Tormey shops at Harley and this is what he came up with for his protection.

Whatever you find for a mask be cool like Tormey and wear it!! Doesn't matter if it has flowers, foot-balls, stars or bees on it wear it proudly!! You are

making a HUGE difference in this fight!! THANK YOU for being so wonderful and safe!!

(who would have thought you could write/or read a whole page plus on a subject such as masks?!)

PLEASE BE AWARE:

EVERYONE MUST HAVE A MASK ON
IN THE COMMON AREAS OF THE
GARDEN BUILDING.

NOT JUST VISITORS, RESIDENTS TOO.

THANK YOU FOR YOUR PATIENCE, UNDERSTANDING
AND SUPPORT DURING THIS TIME.



Hello Yogis!

I hope you are all well! I am well and looking forward to seeing you all again. I'm certain yoga will continue!

In the meantime, I hope you are finding the *joy* in little things and allowing the *gratitude* of that moment to permeate your whole body.....

What brings you joy?..... a bird song? a beautiful sunrise? sound of rain falling? a new recipe? helping your loved one? the buds on the trees? the smell after a rain? hearing from a friend? learning something new on the computer? finishing a puzzle?.....

I attached a poem that really resonated with me, it might with you too.

Be well. Breathe. Kim

namaste

When the Going Gets Tough.....Katrina Kenison

When the going gets tough may I resist my first impulse to wade in, fix, explain, resolve, and restore. May I sit down instead.

When the going gets tough may I be quiet. May I steep for a while in stillness.

When the going gets tough may I have faith that things are unfolding as they are meant to. May I remember that my life is what it is, not what I ask for. May I find the strength to bear it, the grace to accept it, the faith to embrace it.

When the going gets tough may I practice with what I'm given, rather than wish for something else. When the going gets tough may I assume nothing. May I not take it personally. May I opt for trust over doubt, compassion over suspicion, vulnerability over vengeance.

When the going gets tough may I open my heart before I open my mouth.

When the going gets tough may I be the first to apologize. May I leave it at that. May I bend with all my being toward forgiveness.

When the going gets tough may I look for a door to step through rather than a wall to hide behind.

When the going gets tough may I turn my gaze up to the sky above my head, rather than down to the mess at my feet. May I count my blessings.

When the going gets tough may I pause, reach out a hand, and make the way easier for someone else. When the going gets tough may I remember that I'm not alone. May I be kind.

When the going gets tough may I choose love over fear. Every time.