

Peace of Mind

May/June 2023

The newsletter for the families and friends
of Delaware Run Healthcare Center Residents

*Dear Winter,
I'm breaking up with you. I think it's time I start seeing other seasons.
(PS: Summer is hotter than you)*

Is everybody ready for summer? I am in theory. I don't like really hot weather. I prefer high 60s-low 70s myself, but I do enjoy swimming and that's definitely better when the temp is 80 and above! We had a spring...I can't say that it was definitively great or definitively awful. We had an outbreak of very mild Covid, nobody was horribly ill, but it shut down all of our activities and gatherings for over a week. That wasn't fun. However, we had some really great outings and gatherings when we were allowed. Things seem to be getting better. We're allowed to hang out together again, and staff and visitors don't even have to wear masks as long as the transmission rate is less than high. If you're visiting, check the signs posted on the doors regarding current mask requirements. In bell choir we had a fun St. Patrick's Open House concert. We are planning a patriotic open house concert for July. It will be a Wednesday at 3:00, which is our regular practice time. Check your July calendar for an exact date. You might notice that this newsletter is a little shorter than my usual epistle. There are two reasons for this. The first is the aforementioned Covid outbreak. The second is that my phone decided I didn't have enough storage space and deleted a massive amount of photos. Hopefully one day I'll figure out how to get them back, but this is not that day. There is still a lot of good stuff in here, and I hope you'll enjoy it. As always (say it with me, now) thank you for supporting our AL Activities!

Amy



Birthday Boy!



Ladies Tea & Memories

“Turn, Turn, Turn”

In elementary school we were forced to have assigned seats in our classrooms, and I hated it. Undoubtedly, it helped our teachers keep track of us and keep us in line. “I can’t wait until I can sit wherever I want to!” I used to say to myself. My kids made the same complains, “Why can’t we just sit where we want to?”

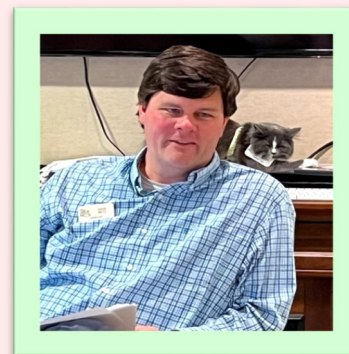
The cool thing about high school and college was that we got to sit wherever we wanted. I remember the pure adulation I felt at not being forced to sit in assigned seats by some fascist teacher! If you are anything like me, you know where this is going. After being freed from the bondage of assigned seats, just about every single one of us proceeded to *sit in the same seat every day*! As much as we hated the idea of being told what to do, we hated the idea of change even more.

Transitions are hard, aren’t they? I like to think of myself as someone who can roll with the punches, go with the flow, adapt on the fly, and sit in whatever seat I want to sit in, but the reality is change is really hard. I like my routines. It gives me stability, and when change comes, there are few things that are more difficult.

Transitions are an integral part of life at Willow Brook. Our residents are always transitioning: from their home of decades, to higher levels of care, to being a widow or widower, and – especially – to the idea of getting older. My son graduates in May, my daughter will be getting her driver’s license in a matter of weeks, my parents are getting older, my belly is getting bigger because I can’t stop eating candy . . . life is one change after another.

Book of Ecclesiastes in the Old Testament is written from the perspective of an older person looking back at their life, considering all the things they have wasted their time on. At the time they seemed like a big deal, but then as they transitioned to new stages of life, it seemed rather meaningless. At one point he writes, “There is a time for everything, and a season for every activity under heaven.” Well, seasons do change (including seasons of life), and that means we all have to get used to it. And for many of us . . . that’s really hard.

As you face the changes and transitions in your life, know that you are not alone in your feelings of disorientation and confusion and frustration. It. *Is*. Hard. But God has designed it this way. Variety is the spice of life, and there are nuggets along the path that make each day beautiful in its own right – though we can’t often see how in the moment. If you are struggling with your transitions, don’t hesitate to reach out to someone – maybe even your chaplain, to share your burden. Transitions are difficult, but you do not have to go through them alone.



Fellowship with the Fellows

The men had a good turn out for their lunch again this month! So good, we're discussing alternate areas for them to gather because the private dining room is too small! I call this a GREAT problem! Our April guest was Ed Nice, Director of I.T. John Regalsky filled in as co-host as Chaplain Adam had another engagement. The few minutes I was allowed in the room to take pictures, they appeared to be having a great time!



Upcoming Men's Lunches:

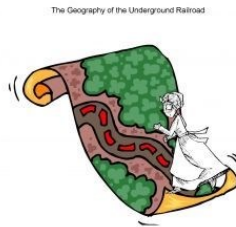
May 9

June 13





We continued our study of Black History with the Driving Tour of the Underground Railroad in Delaware County. It was fascinating that we had passed most of these places COUNTLESS times, never knowing of their important role in history.





Remy came along
on the bus trip
with us. He
enjoyed a stop by
Alum Creek.





MARCH MOCKTAIL PARTY:

**Leprechaun Punch
&
Mini Cheesecakes
(Made by our helper, Karen)**



**We always love our
visits with Karen and
Loki!**

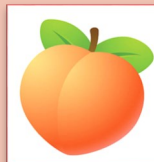


**Our Mocktail Parties
have become a monthly
highlight. It's a
challenge coming up
with fun new drinks
and treats each month,
but it's definitely
worth it!**

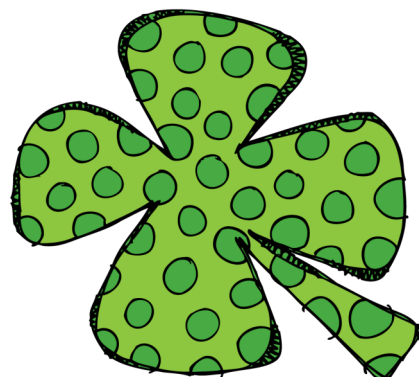


April Mocktail Party:

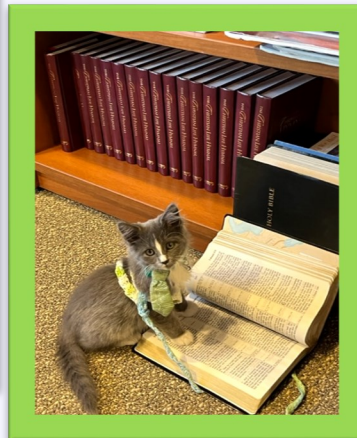
**Peach on the Beach
&
Oreo Truffles**



In March our bell choir hosted an open house at which we played four classic Irish tunes and served cookies and sparkling green punch in honor of St. Patrick's Day. We enjoyed it so much we've decided to do it again in July!



It was a joy to welcome the Elastic Band back! Their joyful music and infectious humor are always a treat.



A while back I mentioned that Remy had been studying the Bible in preparation for attaining his dream of becoming Assistant Chaplain for Willow Brook. As you can see, he has been continuing his studies.

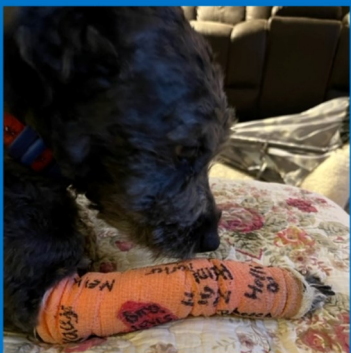




Remy didn't let a little thing like surgery keep him from showing up to work. Of course, he did have to rest now and then! Doctor's orders!



In a startling series of events, Remy's dog nephew, Duke, ended up in a cast the same day Remy came home in a cone. So they both came to work with me the next day. Everybody signed Duke's cast and Remy made room on the cart for Duke go on our bulletin board rounds!



As you can see, Remy never stops being a therapy cat. Even at home he comforted Duke.

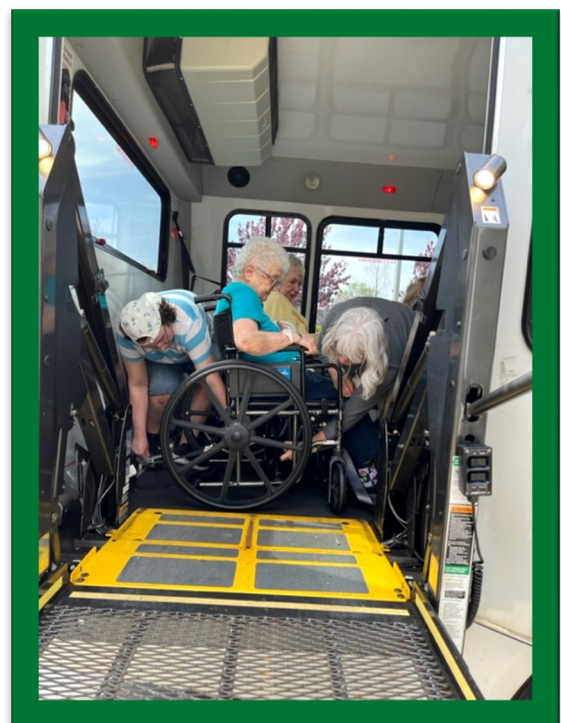




From Willow Brook....



We had a full bus for our trip to our sister campus, The Village, for lunch!





*...to
Willow
Brook!*

*Thank you,
Patricia, Jan,
and Chase,
for helping to
make this
possible!*



*We had a
lovely lunch
and enjoyed
seeing the
ways in which
our campuses
are similar as
well as the
ways in which
they are
different.*



Ladies Tea & Memories Event

Saturday May 13 at 1:30 in our A2 activity area

Please join us for a Ladies Tea!

We will be sipping tea and nibbling pretty desserts and talking about the important women in our lives.

Not only mothers, but mother-figures. Important aunts, grandmothers, mother's best friends, neighbors, teachers, pastor's wives. The women who helped to shape us into the women we have become.

Do you have a cherished item from one of these women? Bring it to discuss with the people at your table.

This is not a request of anyone to make speeches. Rather, it is a time to sit with a small group and recall cherished memories. There will be cards at each table with suggested talking points if you need a little nudge to get started.



Female relatives and dear friends may attend. I am looking for volunteers to make pretty little desserts, and would like to borrow some pretty cups, saucers, dessert plates, etc., for serving, so if you are interested in helping, please let me know!
(740)201-5768
asantarelli@willow-brook.org



Can you believe it???

Our Remy is Turning 1!

Believe it or not, it has been 10 months since Remy joined our Willow Brook Family!

That means our boy is going to be a year old. We certainly can't let this occasion slip by without a celebration, so we're having a birthday bash!

Join us Saturday May 27 between 1:30 and 3:30 in the Summit Room

for a birthday open house celebrating Remy, our therapy cat.

You'll have the opportunity to meet the family who found him abandoned in their RV and the person who forwarded his picture to me, all of whom will be here as honored guests.

We will be serving cat-themed foods, snacks and beverages.

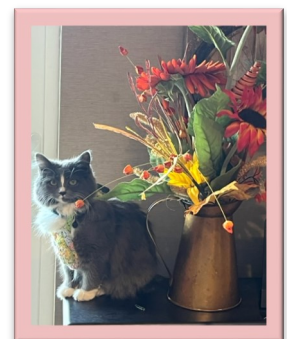
(Think tuna casserole, goldfish crackers, etc...)

It's just another opportunity for this little emissary of Heaven to bring his Willow Brook family happiness! If you've already met him and love him, or if you're still waiting for the chance to catch a glimpse of this special little guy, or even if you just want to enjoy a good time with your neighbors, be sure to stop by!



The picture that changed Willow Brook forever!

Families may attend. I'd welcome any food or snack ideas and donations related to our cat-themed party!





Please...

We'd still love to have any piano music you aren't using.

As requested earlier in the newsletter, I could use some volunteers to help supply snacks, decorations, and tea service for Remy's birthday party and our Ladies Tea and to help me run these events smoothly.

And thank you!

To all who have answered our call for art supplies.

To all who have volunteered their time and talents to making our activities more wonderful.

To those who bring in furry friends to bring our residents joy.

To the aides who help get our residents to activities.

To Rebecca and Lorie, our front desk heroes, for all the efforts they make every day to keep things running smoothly at Willow Brook.

To the family members who have reached out to me with ideas and supplies and are willing to help whenever I call.

To my residents, without whom I would be completely unnecessary and really bored!



A Word from our CEO

Transitions are a part of life, and some are harder than others. I can personally vouch for the truth of this old adage. As you may know, my family and I are in the middle of a major transition, moving our lives from Texas to Ohio. Many of you have empathized with me, as you have gone through a similar transition yourselves. I've appreciated your encouragement.

Let's face it, change is never easy. The newness can be exciting at first, then turns to nervousness, uncertainty, and fear as it progresses. Still, we face transitions in life from an early age, and learn to grow and adapt as we face them.

The changing of the seasons reminds me about transitions in life. It's been refreshing to feel the springtime of Ohio after arriving in the dead of winter. I was shoveling snow the second week I was here! As we get older and look back on the seasons of life, we learn that we will survive the initial nervousness, uncertainty, fear (and snow!), to feel the joy and comfort of the new season we step into.

Yes, change is tough, and no matter what transition or season of life we are in, God has a way (a perfect way), of walking the journey with us, weaving His purpose into our lives.

