

Better Living

at Terrace Communities



WOODSTOCK TERRACE

July - October 2020

Greetings to all Residents, Friends, and Families of Woodstock Terrace

we're all in this together

Obviously the spring of 2020 has presented all of us with challenges that we never thought we would face. Of course our main objective was, and continues to be, to keep the residents free from contracting the hideous COVID 19 virus. Thank goodness so far, so good!

As you know, we have had several strategies to achieve that objective. Unfortunately one of them was, and still is, to restrict non-essential visitors from entering the building, which includes family members and other loved ones. As time has passed this has proven in many ways to be the most difficult strategy for everyone, but especially for the residents.

At this point I want to give special recognition and a very special thanks to the Recreational Activities staff. Susan, Patty and Thomas have worked overtime to make sure the residents have had as much fun programming as possible.

We were eventually able to resume van rides and other "outside the building" activities to relieve their "cabin fever".

I don't want to stop with the Activities staff either. I think each and every employee at Woodstock Terrace has gone the extra mile to stay cheerful and upbeat for the residents during this difficult time. This is especially noteworthy since they had their own health and the health of their families to consider.

As things evolve regarding the virus and infection rates in the region, we will continue to review all of our strategies and do the best we can to relax the rules.

We have already resumed essential medical appointments and hope to resume more routine appointments as the summer progresses.

On behalf of everyone at Woodstock Terrace I want to thank all of you for understanding how difficult this has been and for supporting our efforts. Please know that we will continue to everything we can to keep your loved one safe while appreciating the emotional strain everyone is under.

Eric Fritz, Executive Director

STAY SAFE
together we will get through this



How to Make Yourself a Priority and De-stress After a Pandemic

Pen to paper, I never imagined writing on this topic!

Taking care of yourself mind, body and soul is essential during the changing times.

Here are a few "How to" tips.....

1. **Focus on what strengthens you, not what scares you:**
Fear has a way of hijacking our rational thinking. Choose to focus on that which makes you stronger!
2. **Limit your consumption of COVID related news:**
Narrow your sources to those that are reputable and relevant. (Your local department of health and the CDC for example)
3. **Pamper yourself:**
Moisturize, exfoliate and soak... (homemade body scrub instructions below)
4. **Educate yourself:**
Find the facts behind the headlines
5. **Be creative:**
Call on your inner child and craft, craft, craft....
6. **Pick up a new hobby:**
Learn another language. Try out a new instrument. Learn how to cook. If you haven't done it before but always wanted to..... give it a try.
7. **Give back to your community:**
Helping others cope with their stress can also make your community stronger but don't take on the weight of the world. Be on the lookout for people who are struggling with the times. Offer support on the days you feel strong.
8. **Stay in touch with loved ones:**
Call, video chat, run errands, send mail. Do what it takes to keep in touch from 6 feet apart.
9. **Exercise your body:**
Join an on line class or enjoy one of the many beautiful playgrounds' nature has provided you with.
10. **Exercise your mind:**
Practice training your mind in helpful directions that support your well-being.
11. **Eat healthy, well balanced meals:**
Social isolation and stress can result in poor eating habits and obesity. Be conscientious of the choices you make. Reach for fresh whole foods instead of processed goodies to keep a positive mood, healthy skin and maintain body weight. Don't forget to hydrate. (see smoothie recipe below)
12. **Count your blessings:**
Each morning when you wake, think of 5 things you are thankful for and let them guide your day.....

Matcha Green Tea Smoothie

- ½ cup plain nonfat Greek yogurt
 - 2 tbs honey or sugar
 - ½ cup ice cubes
- 1 tsp. matcha green tea powder

Blend all ingredients together and enjoy!



Nikol Collett RN
Health Service Director

Green Tea Body Scrub

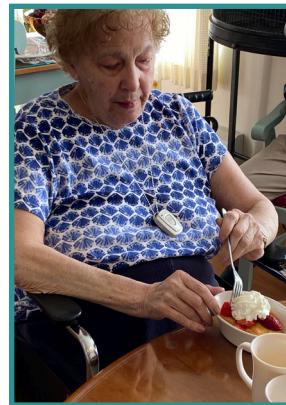
- Contents of 2 green tea bags
 - 1 cup white sugar
 - ½ to ¾ cup of softened coconut oil
- 1 tablespoon ground freeze dried edamame beans

Mix all ingredients and enjoy as a body scrub or bath treatment.



Woodstock Terrace Fun

Above all we have fun and we enjoy our friends around us.

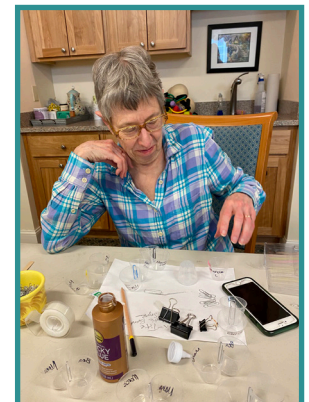
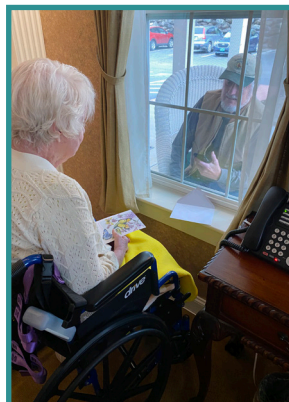


**FUN-
STUFF**

Monthly Cooking Club



Social Distancing Visits



Open Art Classes



Life Enrichment Department

What to expect this Summer...

Cooking Club
Book Club
Open Art Studio
Fresh Flower Design
Tea with Downton Abbey

Chair Yoga & Seated Tai Chi
Writers Workshop
Scenic Van Rides
Meditation
Wine & Cheese tastings in the pub

The Garden Club - Taking care of our many flowers & a variety of vegetables in our beautiful gardens
And much more.....



For more information on our programs please contact
Susan Scibetta at: sscibetta@terracecommunities.com

Greetings from the kitchen!

Summer is Here!!



Beginning in July we'll be switching to our Summer menus. We're looking forward to serving more fresh fruits and veggies as well as other lighter fare items.

The COVID-19 virus has caused some problems with sourcing certain items, so please excuse any last minute substitutions.

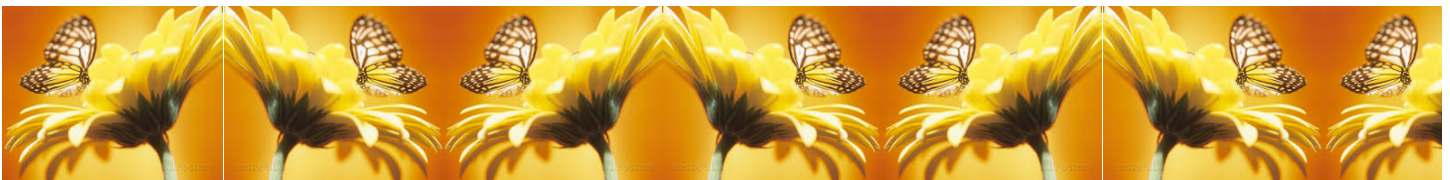
We're looking forward to having guests and visitors being able to join us for meals again. Hopefully soon!!

-Chef Kathy and the Kitchen Staff

Terrace Communities Foundation, Inc.

Eldercare employees and senior citizens are part of our family. To honor them, the Foundation was formed as a 501 (C) (3) non-profit corporation to accept donations that will benefit both residents and employees of Terrace Communities Assisted Living. When planning your legacy, please keep our Foundation in mind. Terrace Communities Foundation, Inc. offers loans to assist eldercare employees who wish to advance their education in health care, or who may be experiencing financial hardship due to a family illness or emergency. Terrace Communities Foundation, Inc. also provides help to elders who may need financial assistance to remain in their Terrace Communities assisted living home. To apply or make a donation in honor of a loved one, friend or employee, please contact us at:

Terrace Communities Foundation, Inc.
Attention: Melissa Moore
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Assisted Living, Respite Care, Alzheimer's & Dementia Memory Care

TerraceCommunities.com

