

Reaching Out To Nursing Homes

Nursing homes and other senior living facilities have been hard hit by COVID-19 and have responded with measures meant to keep residents safe.

An unintended consequence has been some seniors feeling isolated. There are ways to help, however.

MASKS

In the early days of the pandemic, when supplies took a hit and became scarce, an army of helpers put their sewing machines to work to help fill the gaps.

Contact local nursing homes to see how their supply of cloth masks is holding up. Consider donating masks, either homemade or store bought, or ask if you can make a financial donation to cover costs of masks and other personal protective equipment.

STAY IN TOUCH

Due to restrictions placed on nursing home visitation, some residents haven't been able to see visitors for months. Many communal spaces and dining areas are closed, limiting the interactions residents can have.

Stay in touch with family by sending snail mail. They will appreciate the thought you put into the gesture.

AARP recommends sending gifts that remind seniors of family, such as a custom-made jigsaw puzzle of a family photo.

Ask about "adopting" a senior citizen in need of companionship. Visit within guidelines established by the facility. Get to know his tastes and interest and send small gifts or pass along interesting reading materials you think he might enjoy. If he has access to a smartphone or tablet and an internet connection, plan a virtual meal where you can each enjoy a meal while chatting via video.

If you are part of a house of worship, consider asking youth in the congregation to make encouraging videos to send to nursing home residents, or organize a care package delivery.

HELP BOOST EMPLOYEE MORALE

Employees at nursing homes and other senior care facilities have had additional demands placed on them, aside from their regular responsibilities, during the pandemic. Look for ways to help show them you appreciate their efforts. This might include sending gift cards for local restaurants or coffee shops. You also could arrange to send donuts and coffee at breakfast time for employees to enjoy. They will appreciate being recognized for their hard work.



Take a ride with us!

Metro Senior Ride Service

- We provide transportation services for people 60 years of age and older
- Service is available Monday-Friday
- \$3.00 per one-way ride



701-356-RIDE
(7433)



Suzanne Scheuerman
Therapy Assistant



Dawn Vosberg
Therapy Assistant



Pete Larson
PT/Owner



Craig Haugrud
PT/Owner

We can meet
your physical
and occupational
therapy needs

We accept ALL insurances!

Monday-Friday Open at 8.m.

220 Front St • Barnesville
218 354-7080